

Dear Kriyaban,

Om Kriya Babaji Nama Aum

You are cordially invited to our next meeting of Babaji's Kriya Yoga initiates, which will take place on **Sunday, November 22, 2020, from 3:00 pm to 6:00 pm.**

You will be able to deepen your understanding and experience of Babaji's Kriya Yoga, while having the opportunity to meet other Kriya Yoga practitioners.

During this meeting, there will be a group practice of Kriya Hatha Yoga from 3:00 p.m. to 4:15 p.m.

There will also be a practice of Kriya Kundalini Pranayama, meditation as well as the study of a Patanjali Sutra, and a period for questions and answers.

If you have any doubts or questions related to your Kriya Yoga practice, this is a great time to share them with us!

Please let us know if you intend to participate.

RSVP: info@babaji.ca or tel. 1-888 252 9642