



# BABAJI'S KRIYA YOGA®



The first in a series of progressive initiations will be presented by Amman,  
a member of Babaji's Kriya Yoga Order of Acharyas

Mt. Shasta, California.  
August 9<sup>th</sup> and 10<sup>th</sup>, 2014.

The goal of life is happiness, peace, love and enlightenment. The desire for perfection comes from the Self, the image of God which seeks to express itself through all humanity.

KRIYA YOGA is a scientific art of perfect God truth union. It was revived in modern times by a great master of India, Babaji Nagaraj, as a synthesis of the teachings of the 18 Siddhas. It includes a series of techniques.

The initiation will be conducted over the course of the weekend from 9:30 a.m. to 5:30 p.m.

Saturday and Sunday at  
USFS, Red Fir Campground

suggested contribution is \$250  
or love offering  
depending on means

This will be preceded by  
an introductory talk & meditation  
Fri. Aug. 8th, 2014 7:00 pm to 8:30 pm  
at the same location. (no charge)

contact Amman by email at  
a.frank@sasktel.net to preregister or for  
further information

Mt. Shasta contact: kriyashasta@gmail.com

In this weekend you will learn 18 postures for greater health, relaxation and energy; the 6 phases of the powerful breathing technique, known as

"Kriya Kundalini  
Pranayama"

to awaken and circulate subtle energies; 7 techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the Self and Absolute Reality.

**Amman** first learned about Babaji as a teenager in 1969 and was initiated into kriya yoga in 1970 by Yogacharya J. Oliver Black, a lay minister of Self Realization Fellowship and direct disciple of Paramahansa Yogananda. In the mid 1980's he lived with Yogacharya Black at his his yoga retreat in northern Michigan. In 2006 Amman rediscovered Babaji and has since then gained greater insight into yoga through Babaji's Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field and continues to work with the Ministry of Environment in Saskatchewan. Amman has conducted yoga classes and seminars at various locations across North America and continues to teach from his home north of Saskatoon.

For more information on Babajis Kriya Yoga see [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)

**Amman (Alan Frank)** may also be contacted by tel. at 306-982-4379 . by email [a.frank@sasktel.net](mailto:a.frank@sasktel.net) and by mail at RR1, Site1, Comp104, Christopher Lake, SK. S0J 0N0. CANADA. Amman's website [www.kriya.ca](http://www.kriya.ca)