



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

in Winnipeg, Manitoba.
June 21st and 22nd, 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 a location to be determined near Winnipeg, Manitoba

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

This will be preceded by an introductory talk & meditation
Fri. June 20th, 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

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

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