



# BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations  
**with Vidhyananda**  
**West Chester, Pennsylvania**  
**(45 minutes from Philadelphia)**  
**October 11-13, 2019**

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.



Vidhyananda will be giving  
**an initiation seminar**  
**Saturday & Sunday**  
**October 12 & 13, 2019**  
**9:00 a.m. to 5:00 p.m.**  
**Suggested contribution: \$300**

**Uptown! Knauer Performing Arts Center**  
**226 North High Street**  
**West Chester, PA 19380**

**The Initiation seminar**  
**will be preceded by an**  
**introductory lecture & meditation**  
**Friday, October 11, 2019**  
**From 7:30 to 9:00pm**

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.

**Vidhyananda** LMT, RYT is the founder of Providence Healing Arts, a Yoga Studio & alternative healing center in Providence, Rhode Island, USA. As a student of Hatha Yoga and Kundalini Yoga for 40 years, Vidhya is a certified 500 hour yoga instructor facilitating retreats and teacher trainings throughout the world. She has over 25 years of experience in the study of Ayurveda, Macrobiotics and Traditional Five Element Theory.

### **Local Contact**

**For more information contact Frank**  
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For more information on Babajis Kriya Yoga see [www.babajiskrivayoga.net](http://www.babajiskrivayoga.net)

### **Vidhyananda**

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