



First in a series of progressive  
Initiations to

# BABAJI'S KRIYA YOGA®

Nandi's Ashram (near CHEO)

KRIYA YOGA is a brilliant and practical synthesis of age-old teachings referred to by Patanjali in the famous Yoga Sutras and revived in this modern era by a great Indian master.

The goal of life is the attainment of our full potential, happiness, peace and love. That desire for perfection comes from the Self peeking through the shell of the ego.

## **Introductory conference and meditation:**

**Thursday  
September 18, 2025,  
from 6:30 p.m. to 8:30 p.m.**

**7 lessons:**

**Thursday September 25th to  
November 6th, 2025 from  
6:45 p.m. to 8:45 p.m.**

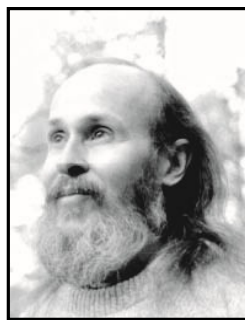
**Suggested Contribution: 150\$**

In this seminar you will learn techniques which, through daily practice, promote Self-realization at all levels:

- Physical (18 postures that bring greater health, relaxation and energy);
- Vital (6 phases of Kriya Kundalini Pranayama, a powerful breathing technique, to awaken and circulate subtle energies);
- Mental/spiritual (7 techniques of meditation to purify the subconscious and control all manifestations of the mind).

Nandi was initiated to Kriya Yoga by M.G. Satchidananda who was in turn initiated by Yogi S.A.A. Ramaiah in 1969.

Satchidananda founded the Order of Acharyas to teach Babaji's Kriya Yoga around the world; he was the recipient of the 2014 International Yoga Federation's Patanjali International Award.



## **Registration or Questions**

Please send me an email at

[Nandi@babajiskriyayoga.net](mailto:Nandi@babajiskriyayoga.net)

## **Additional Information**

[www.babajikriyayogaottgat.com](http://www.babajikriyayogaottgat.com)

We reserve the right of admission. Your deposit will be returned if the seminar is canceled, you are not accepted or are prevented from attending.