

BABAJI'S KRIYA YOGA

1st INITIATION COURSE

The goal of human life can be said to be HAPPINESS, PEACE, LOVE & ENLIGHTENMENT.

The desire for perfection comes from the Self. Kriya Yoga 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. 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 realisation of the Self and absolute reality.



Kriya Yoga techniques are taught in a series of levels 1st 2nd 3rd initiation courses. All courses are taught by certified yoga acharyas from Babajis Kriya Yoga Order (www.babajiskriyayoga.net)

The initiation course will be lead by Matthew Exley (Muktananda). He is the founder of Twisting Fish Yoga Studio, Perth WA and has over 25 years of teaching experience around the world in a variety of Yoga traditions from Iyengar, Ashtanga, Vinyasa, Hatha and Kriya yoga. Some of the benefits you will receive from the 1st Initiation course is the ability to:

- ॐ Improve your Health, Mental Fitness and Inner Well-Being
- ॐ Consciously Create your Life. Act with Awareness
- ॐ Awaken your Power of Intention and Manifestation
- ॐ Transform limiting unconscious habitual patterns
- ॐ Find your Self, Absolute Reality and Inner Peace
- ॐ Realize the Source of Wisdom inside your own inner Experience

1

**DEEPER RELAXATION
TO STRENGTHEN THE
IMMUNE / NERVOUS
SYSTEM**

2

**AWAKEN INTUITION
INCREASING YOUR
POTENTIAL POWER
AND CONSCIOUSNESS**

3

**UNDERSTAND WHO
YOU TRULY ARE AND
YOUR LIFE'S MISSION**



When:
**28th 29th
30th March**



Where:
**Twisting
Fish Yoga**
Claremont Perth
WA

Contribution
\$350

Contact:



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