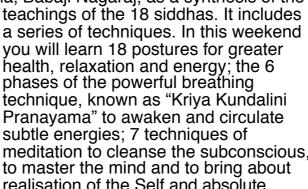
## BABAJI'S KRIYA YOGA 1st INITIATION COURSE

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



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.



30th March

When:

28th 29th

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

Contribution \$350

Contact:



**Matthew** (Muktananda) +(61) 403 043 807 Email: twistingfish@hotmai l.com

**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 <u>Matthew Exley (Muktananda)</u> 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:

- 35 Improve your Health, Mental Fitness and Inner Well-Being
- 30 Consciously Create your Life. Act with Awareness
- 35 Awaken your Power of Intention and Manifestation
- 35 Transform limiting unconscious habitual patterns
- 35 Find your Self, Absolute Reality and Inner Peace
- 35 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