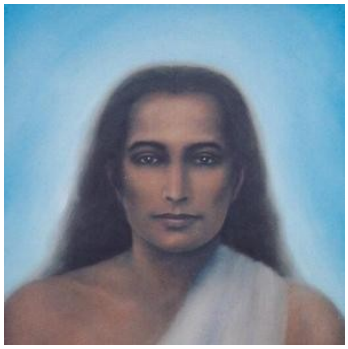

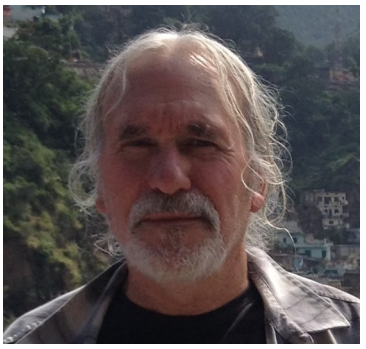

BABAJI'S
KRIYA YOGA®

The first in a series of progressive initiations with **Amman**, a member of Babaji's Kriya Yoga Order of Acharyas will be conducted in Costa Rica in Puerto Viejo de la Talamanca.
Jan 16th and 17th, 2027.

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 the 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

Amman will be presenting an initiation / seminar over the course of the weekend 9:00 a.m. to 5:00 p.m. Sat. & Sun. at a location to be determined in Puerto Viejo de laTalamanca.

This will be preceded by: a free introductory lecture & guided meditation Jan 15th, 2027 2:00 pm to 4:00 pm at the same location

for further information or to register contact a.frank@sasktel.net

In this weekend you will learn 18 postures for greater health, relaxation and energy; the six phases of the powerful breathing technique, known as

"Kriya Kundalini Pranayama"

to awaken and circulate subtle energies; seven techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the

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 SRF (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. Amman conducts several initiations into Babajis Kriya yoga at select locations annually.

For more information on Babajis Kriya Yoga see: www.kriya.ca and www.babajiskriyayoga.net