



# Foundational Building Blocks of Yoga

## LECTURES ON CLASSICAL YOGA AND PRACTICE

Babaji's Kriya Yoga®

### Lecture and Practice 1

I started Yoga over 20 years ago to deal with chronic back pain. As my practice settled, my questions about the deeper objective of Yoga remained unanswered for many years.

The underpinnings of Yoga are rarely taught, significantly diluting the effectiveness of its practice.

Understanding the philosophical foundation of Yoga gave me aspiration, milestones, focus on the objective. I would like to share with you in this lecture some insights about this wonderful path.

Nandi was initiated to Kriya Yoga by M.G. Satchidananda who was in turn initiated by Yogi S.A.A. Ramaiah in 1969. Satchidananda was the recipient of the 2014 International Yoga Federation's Patanjali International Award.



**FREE**

**WHEN**

**Lecture 1: Thursday June 5**

**Lecture 2: Thursday June 12**

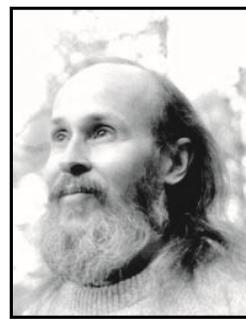
**Both from 7:00 to 8:15 p.m.**

**WHERE**

**Virtual (Microsoft Teams)**

**OR**

**In Person: Nandi's Ashram (near  
CHEO in Ottawa)**



### Lecture and Practice 2

Yoga is offered in a dizzying array of formats.

This second lecture explains the main branches of Yoga: Hatha (postures), Pranayama (breath control), Dhyana (meditation).

This lecture will help you understand how an integral Yoga, like Babaji's Kriya Yoga, combines those branches like the spokes of a wheel.

A short practice and guided meditation will enable you to experience how the wheel turns on the path of Yoga, bringing peace, awareness, joy.

### REGISTRATION

Please send me an email and I will send you the address and Teams link:

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

**For additional information**

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

OUTLINE ON NEXT PAGE



# LECTURES ON CLASSICAL YOGA

Babaji's Kriya Yoga®

## Outline

### Lecture 1

The Quest – Why was Yoga conceived, what is its purpose?

The Responses of Society and Science

The Response of Millennial India

The Subconscious

The Ego

The Samskaras, the Wheel of Karma

The Subject and the Object; What is Consciousness?

West Yoga and East Yoga ? the Berlin Wall of Yoga

The Different Dimensions ("bodies") of Human Experience

Practice (Stretching, Pranayama, Guided Meditation)

### Lecture 2

Integral Yoga (Rajah Yoga)

The Branches of Yoga

Postures – a Healthy Body in a Healthy Mind (Hatha Kriya Yoga)

Breath Control – Directing Vital Energy (Pranayama Kriya Yoga)

Psycho-energetic Centers (Chakras)

Mind Control (Dhyana Kriya Yoga meditation techniques)

Yoga and spirituality - The Mystical Perspective (Bakti Yoga)

Practice (Postures, Pranayama and Guided Meditation)