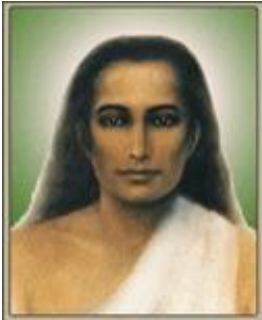


Om Kriya Babaji Nama Aum

Your are invited (July 19th 20th 21st & 22nd 2016 Time 6pm-9.3pm)

Initiation into Babaji's Kriya Yogam



Maa-Avatar Babaji



Yogi SAA Ramaia



Yogi Ram Sunthar

Five-fold path of Babaji's Kriya Yogam will be taught in these classes

- 1.Asana or exercises to develop the physical body or Annamaya-Uruvam.
- 2.Pranayam or Vaasi (breathing techniques) to develop the vital body or Pranamaya-Uruvam
- 3.Meditation or Dhyanam to develop the mental body or manonmaya-Uruvam.
- 4.Mantras to develop the Intellectual body or Puththimaya-Uruvam,
- 5.Bhakthi or devotion to develop the spiritual body or Karanamaya-Uruvam

Yogi Ram Sunthar is the direct disciple of Yogi S.A.A Ramaiah, who stayed with Babaji and learnt Kriya yogam from Babaji himself. Kriya yoga Initiation classes will be conducted in stages. At each stage pranayam and Dhyanam will be taught. On completion of this kriya initiation one is fit to receive a Beeja mantra, after participating in a spiritual retreat and yagna (fire ceremony). One has to write "Om Kriya Babaji Nama Aum" 1008 times to receive a Beeja mantra.

welcome to attend. 1080 Tapscott Rd, Toronto ON M1X 1E7 · 416-477-4351

Tel: (416) 477-4351 email: info@holistickriyayoga.org

Om Shanthi. Shanthi..Shanthi AUM!