



## Babaji's Kriya Kundalini Yoga Initiation (Deekshai)



**TRADITIONAL Babaji's KRIYA KUNDALINI YOGA TRAINING** by Yogi Ram Sunthar, direct disciple of Yogi SAA Ramaiah (April 2018 in Aranyam Colombo, Srilanka)

**KRIYA kundalini YOGA** is a series of scientific practical techniques, which assists the practitioners to realize his potential and to tap the latent sources of inspiration and higher states of consciousness. Regular and sincere practice of **KRIYA YOGA** (Kriya Kundalini Pranayam and dhyana) brings about an increasingly wider perspective of self-realization.

**The scientific art and practice of BABAJI'S KRIYA YOGA includes: Asanas (Yoga Exercises), Kundalini Pranayama (scientific art of Yogic Breathing), Dhyana Yoga (Meditation), Mantra Yoga (Chanting Moola and Beeja Mantras), and Bakthi Yoga (Practice of Devotion).**

**KRIYA YOGA**, a form of Raja Yoga, is the same science that **LORD SHIVA** gave millenniums ago to his Shakthi **PARVATHI DEVI** at Amarnath, in Kashmir. Very slowly but steadily the world is taking to **SCIENTIFIC MYSTICISM** or **KRIYA YOGA**. The goal of kriya kundalini Yoga (Vaasiyoga) is Soruba Samadhi.

No children allowed under 10 years of age. A kind donation (Guru Dakshanai) will be paid, according to ones means and desire towards the cost of maintaining our Ashram activities. ....Om Kriya Babaji Nama Aum!!!

**Date & Time:** April 28<sup>th</sup> Friday till 30<sup>th</sup> Sunday. All three days. 6am till 7.30 am

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