



## ***Babaji's Kriya (Kundalini) Vaasi Yoga initiation Deekshai (Upadesam) in New Malden, Surrey UK***

**Saturday 22nd & Sunday 23<sup>rd</sup> June 2019. 06.00am till 08.30am**

**Initiation into Babaji's Kriya (Kundalini) Vaasi Yoga Deekshai (Upadesam) will be given by yogi Ram Sunthar (direct disciple of Yogi SAA Ramaiah) at The Girls Guides Hall, 11-13 Tadworth Avenue, New Malden, Surrey. KT3 6DJ, on Saturday 22nd & Sunday 23<sup>rd</sup> June 2019. Interested person must follow:**

1. Class will take approximately two hours (06.30am - 08.30am) on Saturday 22<sup>nd</sup> & Sunday 23<sup>rd</sup> June 2019. People following the course should be on time. Late arrivals will not be admitted.
2. Babaji's Kriya Vaasi (Kundalini) breathing (pranayam) & Dhyanam (meditation) will be taught. People who can't do Asanas can also join in and try to do one or two Asanas at least before initiation. No child under 9 is allowed.
3. Bring a bottle of Wicks, a small bottle of gingerly (sesame) oil, handkerchief or clean tissue, a notebook and a pen.
4. After this initiation, the initiate will be expected to practise whatever they are taught in this class for one month (morning and evening). The practise will only take minimum 15 minutes in the morning and 15 minutes in the afternoon.
5. After receiving initiation one will receive an initiation number and becomes a member of the Universal Kriya Babaji's Yoga Sangam. There are 950 such members so far initiated worldwide. Upon receiving this membership an initiate qualifies to stay in our Babaji's Ashram in India & Srilanka and practise Babaji's five-fold path of Kriya yoga.
6. Already initiated people are also encouraged and welcome to come for revision. Please inform in advance as priority given to new initiates. If the above time is not suitable for you for any reason please do not hesitate to contact us. Guru Dakshanai will be put in an envelope and marked Babaji-Guru-dakshanai and the name of the person should be marked clearly on the envelope. This donation will be used towards our ashram activities in India & Srilanka.

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All are welcome to attend. Om Shanthi.... Shanthi. Shanthi AUM!!