

If you could access the tools to connect to the Divine, and discipline your mind and your emotions, so that you can improve your Love, Life and Career would you take them?



## The Essence of Kriya Yoga®

What you seek is seeking you

Kriya Yoga is the most effective and most scientific avenue of approach to the Infinite. It is a non-sectarian instrument through which human evolution can be quickened. These teachings were revived by a great Master of India, Babaji Nagaraj, as a synthesis of ancient teachings of the 18 Siddha tradition.

Recognize what you can change - Be free from wrong thoughts & habits

Take this opportunity to create a new life!

Through a life of moderation and regular practice of Kriya Yoga, one can cultivate inner peace, joy, and wisdom.

Free Lecture: Fridays, Feb. 16 & March 2 - 7 pm.-8:30 p.m.

Seminar: Sat. & Sun. March 3 and 4, from 9:00 am to 6:00 pm

In the First Level Initiation Seminar you will learn:

Kriya Hatha Yoga ~ Kriya Kundalini Pranayama ~ Kriya Dhyana Yoga



RESERVE YOUR SPOT TODAY

~~480-650-7968~~ | [almashanti@cox.net](mailto:almashanti@cox.net)



Suggested  
Contribution  
**\$288.00**

Shantiananda has been studying yoga since 1970 and was first initiated into Babaji's Kriya Yoga® in 1991. In July 2001, after years of rigorous training, Shantianada became a member of Babaji's Kriya Yoga Order of Acharyas. She is now authorized to teach the first level initiation seminar of Babaji's Kriya Yoga in the Southwest as well as in Spanish speaking countries.

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