

Kundalini Kriya Yoga of Mahavatar Babaji

Kriya Yoga Initiations

with Rudra Shivananda
in Union City, CA

Improve your health
Experience awareness
Realize your higher self

Learn:

- 18 Hamsa-Asanas (Yoga Postures) for health and vitality
- 7 Dharanas (Meditations) to master the mind
- 7 Pranayamas (Breathing Techniques) to awaken kundalini



Rudra Shivananda

Free introductory lecture and meditation

Topic: Living a spiritual life in a material world
Free CD provided after registration

Schedule for Kriya Initiation Workshop

Saturday: 9:30 a.m. - 5 p.m.

Sunday: 10:00 a.m. - 5 p.m.

Learn the original Kriya mentioned in
Yogananda's "Autobiography of a Yogi."
The Kundalini Kriya Yoga as taught by
Yogiraj Gurunath Siddhanath

Event Location:

Union City, CA

(Address provided after registration)

Rudra Shivananda is a Kriyacharya from the lineage of Lahiri Mahasaya, Shri Yuketeswar, Swami Satyananda Giri and Yogiraj Gurunath Siddhanath. He has authored 6 books and taught Kriya Yoga throughout the world. Rudra is now helping to manifest a yogic university in California.

www.rudrashivananda.com

For more information or enrol:

Call toll-free: 1-877-426-7259

email at : workshops@rudrashivananda.com