

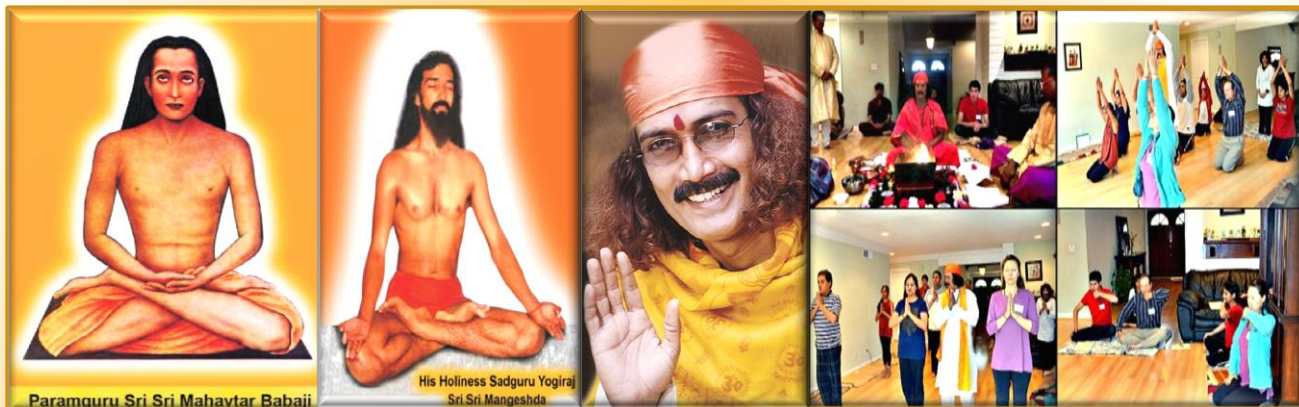
# Kriya Yoga Initiation & Workshop

31<sup>st</sup> August 2013 • 8 am – 5 pm

Venue: Westlake Village. Address will be provided upon registration.  
Contact for workshop fees. Initiation is one on one basis and not on a mass scale

By Eminent Himalayan Yogi

**His Holiness Sadguru Yogiraj Sri Sri Mangeshda**  
Direct Disciple of Himalayan Maha Yogi Param Guru Mahavatar Babaji



**What is Kriya Yoga:** Mind is behind the functioning of the body. Soul cannot directly control the physical body. Physical body is born with this mind. What Kriya Yoga teaches us is to let the soul take the initiative and let the Mind follow the soul - taking you to heightened levels of consciousness and awareness. People have a tendency to spend time mired in the past (leading to sadness and disappointment) or the future (leading to anxiety, stress and fear). Kriya Yoga teaches you to be present with and in each breath, removes excess carbon built-up in your blood and maintain healthy Body.

Testimonials and more details visit : <http://subtleconnection.com/kriya-yoga-initiationdiksha>  
Read the Kriya Yoga discourse transcript at <http://subtleconnection.com/kriya-yoga>

## Five fold Techniques taught at the workshop after initiation

•Kriya Hatha Yoga (postures); •Kriya Kundalini Pranayam (scientific breathing techniques); •Kriya Dhyana yoga (Meditation and beyond); •Kriya Bhakti Yoga (Devotion); •Kriya Mantra Yoga. Techniques will be personally taught by Sadguru.

## Who can Practice Kriya Yoga? Anybody 12 years and above.

- Kriya Yoga teaches you to do at least something according to your capacity. That is why Kriya Yoga is a beautiful and guaranteed path of "Self-realization" – Sadguru Mangeshda.
- If you cannot do all of them, you can do any one part and still reach the ultimate Awakening – Aham Brahmasmi. Even a person in a wheel chair or physically challenged can still do the Kriyas – they can practice at least the Kriya Mantra Yoga – chanting or Kriya Dhyana Yoga.

**Duration of Practice:** Practicing for minimum 30 minutes per day regularly, you get maximum benefit and energy to keep going the whole day.

## Sadguru Mangeshda's lectures in SMKYF Activities channel on YOU TUBE

  
**Sadguru Mangeshda**  
**Kriya Yoga Foundation**  
(Registered charitable trust)

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[www.subtleconnection.com](http://www.subtleconnection.com) for courses and events in USA

[www.mangeshda.org](http://www.mangeshda.org) for details about our Foundation

**Our Motto is to spread Unconditional Love and Unconditional Forgiveness for World Peace**