

# INTRODUCTION TO KRIYA MEDITATION

## A 6 WEEK SERIES EXPLORING BABAJI'S TANTRIC KRIYA YOGA WITH MASTER TEACHER JEFFREY S. BOEHME

**Know Your Life Purpose! \* Empower Your Dreams!  
Live a Life of Joy, Passion, Fulfillment, and Spiritual Harmony!**

Location: The Gong Studio, 1807 Second Street, Santa Fe

Dates: 6 Monday Evenings beginning March 30, 2015

Time: 6 P.M. to 7:30 P.M. (Please arrive 10 minutes early)

Investment: \$90 for the entire series . \$20 per class for drop-ins.

Enter complex at Back Road Pizza, continue to yellow hydrant, turn left, Gong Studio is on right

This course is preliminary to instruction and initiation into the *Cosmic Cobra Breath* (Kriya Kundalini Pranayam), a powerful transformational yogic technique central to Babaji's Tantric Kriya Yoga.

"He who knows the truth  
of the body will come to  
know the truth  
of the Universe."

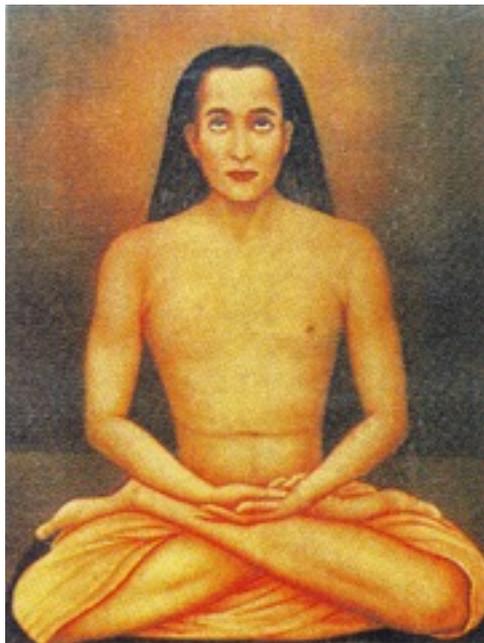
-5000 Year  
Golden Chain of Masters

"God is in your spine."

-Paramahansa Yogananda

"I don't care who your God  
is. If you do this, you will  
meet Him!"

-Goswami  
Sunyata Saraswati



*Kriya Yoga* is a system of meditation and gentle movements that cultivate and circulate internal energy to change body and brain chemistry, activating higher levels of awareness and the associated spiritual experiences. Kriya can be practiced by anyone regardless of age or health condition. There is no need for difficult postures and can be done sitting in a chair.

Om Kriya Babaji Namah Aum



For more information,  
please visit  
[www.SpiritualScienceSociety.org](http://www.SpiritualScienceSociety.org)

Master Teacher Jeffrey Boehme was initiated into the Jyoti Lineage of Babaji's Tantric Kriya Yoga by Goswami Sunyata Saraswati. After years of dedicated practice, Jeff was charged with the responsibility of teaching this Kriya science and initiating others.

In his over two decades of spiritual training, Jeff has also studied and taught Chi Kung, Qabalah, Western Esotericism, Tibetan and Taoist Tantra and Sound Current Meditation. He has combined these teachings into a very powerful, practical, down-to-Earth system imbued with his omnipresent sense of humor. Master Teacher Boehme authored Blueprint for a Golden Society and is currently working on a second book.

**Drop-ins welcome! \$20 per class. No experience necessary! Chairs will be provided as needed.**