



Babaji's
Kriya Yoga Initiation
Chatham, New York
with Vidhyananda

About Kriya Yoga

The goal of life is happiness, peace, love, and enlightenment. The desire for perfection comes from the Self. Kriya Yoga was revived in modern times by a great master of India, Babaji Nagaraj, as a synthesis of the teachings of the 18 siddhas. It includes a series of techniques. In this weekend you will learn 18 postures for greater health, relaxation and energy; the 6 phases of the powerful breathing technique, known as "Kriya Kundalini Pranayama", to awaken and circulate subtle energies; 7 techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the Self and Absolute Reality.



Vidhyananda LMT, RYT,

is the founder & director of Yoga Vidhya, a Yoga Studio & Wellness center, located in Chatham, NY (USA). As a student of Hatha Yoga & Kundalini Yoga for 40 years, Vidhya is a certified 500-hour yoga instructor facilitating retreats & teacher trainings throughout the world. She has over 45 years of experience in the study of Ayurveda, Macrobiotics & Traditional Five Element Theory.

Chatham, New Yorks

Chatham, NY is a hidden gem in the heart of the Hudson Valley, known for its rolling hills, historic architecture, and peaceful countryside charm. Its vibrant farm-to-table dining scene features locally sourced ingredients from nearby farms. Whether you're strolling through town, hiking, or enjoying a \$seasonal meal, Chatham offers an authentic upstate New York experience. Conveniently located just 10 miles from Hudson, NY, it's easily accessible from Albany, New York City, Boston, & Providence.



Level 1 Initiation Seminar

September 25th, 26th, and 27th, 2026

September 25th; free introductory lecture,
7 p.m.-9 p.m.

September 26th and 27th, 2026
9 a.m. to 5:30 p.m.

3 Main Street, 2nd Floor
Chatham, New York, USA.

Suggested Donation: \$250

Contact Vidhyananda at: sherry@providencehealingarts.com or call or text (T) 401.751.2050
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