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SAI DATTA MANDIR INC.,

॥सबुरी॥

[A501(C)(3) Non-Profit Organization, Fed ID#46-0599196]

SAI DATTA PEETHAM & CULTURAL CENTER

SRI SHIVA VISHNU TEMPLE NJ

1665-370 Oaktree Rd, Edison, NJ 08820

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<https://www.saidattanj.org>



# SUSHUMNA KRIYA YOGA

MEDITATION FOR ALL AGES

Starting 7th July, 2024 to 11th August, 2024  
from 5.00 PM to 6.00 PM



Sushumna Kriya Yoga is a Meditative practice designed to suit the present times to the needs of modern man in improving holistic health which includes physical, mental, emotional, social and spiritual well being.

## Benefits

- Improves Concentration & Memory
- Self confidence & Self control
- Constant Awareness & Alertness
- Strong will power
- Relief from stress & Depression
- Emotional Balance
- Positive Personality
- Complete Health & wellness
- Removes Sleeplessness
- Unlimited Joy & Blissfulness
- Attaining higher spiritual state

## Procedure

### Yoga Mudra

Sit in a straight and comfortable position.  
Keep your hands in Yoga Mudra.



### Chant OM

Chant 'OM' for 21 times

### Long & Deep breaths

Take 'Long breaths' for 14 times  
(with a good feel)

### Focus

Gently focus between eyebrows  
(third eye) to attain thoughtless state.

Volunteers from Divya Babaji Sushumna Kriya Yoga Foundation will be  
Conducting a Training Program. All ages are Welcome.

Where: Sai Datta Peetham, 1665 Oak Tree Road, Edison, NJ. 08820, Community Hall

When: Every Sunday starting 7th July, 2024 to 11th August, 2024

July 7th, 14th, 21st, 28th, August 4th and 11th. Time : 5.00 PM - 6.00 PM

**DIVYA BABAJI SUSHUMNA KRIYA YOGA FOUNDATION**

[www.divyababajikriyayoga.org](http://www.divyababajikriyayoga.org)

[learn@divyababajikriyayoga.org](mailto:learn@divyababajikriyayoga.org)

**For registration details please contact**

Temple Front Desk at 732-809-1200, 732-662-3250, 3251, 3252

908-922-8062, 732-742-7156

**For LIVE Programs**



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<https://youtube.com/user/saidattapeetham>