



SAHAJ KRIYA YOGA: SKY

Volume I



EVER IN SERVITUDE OF  
YOGIRAJADHIRAJ ANANTA SRI THAKUR OMKARNATH DEV

**Kinkar Vitthal Ramanuja**



A whole generation can now sit under the vast canopy of the SKY. Kinkar Vitthal Ramanuja flags off the journey towards eternity with his unique technique of Sahaj Kriya Yoga.

Sahaj Kriya Yoga is a blend of five yogic devices: Asanas (physical postures), Pranayama (control of vital breath), Pranam (obeisance), Prarthana (prayer), and Dhyana (meditation). SKY is unique because no other system confers physical fitness, mental alertness, intellectual brightness, material gain and spiritual awareness, all at once!

SKY can be practiced as a stand-alone practice or along with any other spiritual observance. In just half an hour.

SKY oxygenates every cell and it floods with new life. It rids you of negative emotions such as anxiety, tension and frustrations, depression and anger and toxic deposits in the body. As we regain inner health the body senses rejuvenation. There is a welcome relief. One becomes light-hearted, calm and centered. One has a clearer vision of the world and the role of one's own self in it. A sense of joy prevails and one feels good about oneself. The smile is restored to the face---we may bubble with childlike mirth! Love flows naturally in all our relationships with others.

Welcome to SKY. A blue lotus of the science of yoga has bloomed, in the form of SKY, in the still pool of Sri Vitthal Ramanuja Maharaj's consciousness. It's a path-breaking discovery in Yoga that's way beyond physical maneuvers—a unique blend of devotion and physical exercise, meditation and breath-control!

Here's a simple, easy to perform and most potent spiritual practice which everyone can perform.

Price 10USD

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