

- Introduction to Kriya-yoga
- Initiation
- Prana Vidya- The knowledge of life-force
- Austerities, Self-study and Knowing the Ishwara.
- Righteousness and observances.
- Pranayama
- Body Principle
- Practical lessons on Nabhi Kriya, Khechari Mudra, Guru Pranam, Om technique, Hamsa Sadhana, Mahamudra, Proper Kriya-1, Paravastha, Jyoti Mudra and Sambhavi Mudra.
- Guided Meditation.