

# ANTHAR KRIYA YOGAM



**SECOND  
INITIATION**  
**February 8th-10th, 2019.**  
**Ki-Ra Retreat,**  
**Dominican Republic.**

Initiated Kriya Yoga Students are cordially invited to participate in the second level initiation into Babaji's Kriya Yoga at the Ki-Ra retreat, Dominican Republic. This retreat is designed to teach you how to integrate Kriya Yoga into our daily life and to experience its fullness.

This training requires a natural environment and a prolonged period – apart from the preoccupations of daily life - to be effective. The training in mantras, in particular, demands an environment which has been filled with spiritual vibrations through devotional activities

This weekend will include a variety of activities: initiation into new techniques of pranayama and meditation, bandahs, and mudras, new techniques of meditation during daily life and sleep, a day of silence, group practice of the yoga postures, chanting around a sacred fire, lectures on Kriya Yoga. There will also be meditation and outdoor walks. It will reach its climax with the individual training in the "bija" (seed) mantras.

The Anthar Kriya Yoga retreat will reveal to you how to integrate Kriya Yoga into all of your daily activities: during meals, work and even sleep. The art of living through Kriya Yoga permits one to get rid of bad habits and hindrances to fulfillment. This weekend will deepen your appreciation of the Divine's manifestation in all five planes of existence.

A particularly inspiring setting to practice kriya yoga and receive initiation has been chosen to conduct this retreat.



## PROGRAM

### Friday February 8<sup>th</sup>, 2019

afternoon. Arrive at Ki-Ra retreat and settle in.

8:30 p.m. Introduction and Group Meditation

9:30 p.m. Rest

### Saturday February 9<sup>th</sup>, 2019

5:00 a.m. Wake up

5:30 a.m. Assemble in yoga hall. Instruction and practice of new pranayam techniques.

7:00 a.m. Begin 24 hour period of silence. Group practice of Kriya Kundalini Pranayama and Meditation.

7:30 a.m. Group practice of yoga postures.

8:30 a.m. Breakfast

9:00 a.m. to 11:00 p.m. Free time

11:00 a.m. Training in psycho-energy techniques, "bandahs" and "mudras" to awaken the chakras and energize the body.

11:30 a.m. Meditation on Babaji's lecture .Who Am I?..

12:30 p.m. Lunch, prepared according to the principles of Macrobiotics and vegetarianism.

2:00 p.m. Workshop on "How to let go of disturbing emotions with Kriya Yoga in daily life".

3:00 p.m. to 4:00 p.m. Training in several techniques of meditation; during walking, during daily activities, and others which allow one to see "prana" and auras, and to make clouds disappear.

4:00 p.m. Initiation into "Yoga Nidra": meditation during sleep.

5:00 p.m. Lecture on the scientific art of "Kriya mantras yoga", the significance and science of mantras how to practice them, the organization of a .mantra yagna. ( chanting around a sacred fire).

6:00 p.m. Dinner

7:30 p.m. Lecture: .How to integrate Kriya Yoga into ones daily life..

8:30 p.m. Group practice of Kriya Kundalini Pranayama

9:30 p.m. Rest

### Sunday February 10<sup>th</sup>, 2019

5:00 a.m. Wake up

5:30 a.m. Assemble in yoga hall to practice the new techniques of pranayama and meditation

7:30 a.m. Dedication of the end of the period of silence. Homage to Babaji. Beginning of chanting around sacred mantra yagna fire. Teams of 2 to 3 persons will replace one another every hour until 2:00 p.m. purifying and preparing themselves for initiation into the chakra mantras and a mantra of their choice corresponding to different aspects of the Divinity.

7:30 a.m. Group practice of the yoga postures.

8:30 a.m. Breakfast

8:00 a.m. to 2:00 p.m. Individual training in the potential bija mantras and individual practice of meditation and mantras.

2:00 p.m. Closing of the sacred fire.

2:00 p.m. Dinner, followed by a discussion and sharing of experiences.

4:00 p.m. Departure

**to register or for further information contact:**

Amman [a.frank@sasktel.net](mailto:a.frank@sasktel.net)

or [info@Ki-Ra.com](mailto:info@Ki-Ra.com)

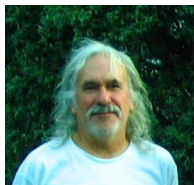
**SUGGESTED CONTRIBUTION:** \$250 or other depending on means for training

plus \$75 per night for meals and accomodation or \$225 for 3 nights.

The number of places available will be limited, therefore please reserve your place as soon as possible.

**LIMITATIONS:** The only persons eligible to attend this weekend are those who have been trained in Kriya Kundalini Pranayama and Dhyana.

**WHAT TO BRING:** yoga mat, water container, comfortable shoes and loose clothing for practicing the yoga postures , separate notebooks for recording meditations and writing mantras, personal toilet articles; swimsuit, sunscreen are recommended. Six meals will be served: one on Friday, three on Saturday, two on Sunday.



**Amman** first learned about Babaji as a teenager in 1969 and was initiated into kriya yoga in 1970 by Yogacharya J. Oliver Black, a lay minister of Self Realization Fellowship and direct disciple of Paramahansa Yogananda. In the mid 1980's he lived with Yogacharya Black at his his yoga retreat in northern Michigan. In 2006 Amman rediscovered Babaji and has since then gained greater insight into yoga through Babaji's Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field. Amman has conducted yoga classes and seminars at various locations across North America and continues to teach from his home north of Saskatoon.

see [www.kriya.ca](http://www.kriya.ca)

#### **DIRECTIONS to Ki-Ra retreat**

If arriving by air Punta Cana (PUJ) is preferable and is 45 mins away.

or La Romana (LRM) 15 mins away - but limited flight options.

Pick up can be arranged by contacting [info@ki-ra.com](mailto:info@ki-ra.com)

The retreat is located at the following address:

Ki-Ra Holistic Living Retreat Centre

Carr Boca de Chavon 23000

Altagracia

Dominican Republic

(near the towns of La Romana & Bayahibe)