



BABAJI'S KRIYA YOGA

Initiation Level 1 Seminar

The first in a series of progressive initiations

With **Siddhananda Sita** (A member of Babaji's Kriya Yoga order of acharyas)

Zichron Ya'akov, Israel 28 March – 30 March 2019

The goal of life is happiness, peace, love and enlightenment. The desire for perfection comes from the Self, the image of God which seeks to express itself through all humanity.

KRIYA YOGA is the scientific art of perfect God Truth union. It 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.

Acharya Siddhananda Sita was first initiated into Babaji's Kriya Yoga in Scotland on 2004, since then she has practiced Babaji's Kriya Yoga with increasing intensity and devotion ever since. She has participated in several pilgrimages to India and completed the teacher training program in 2007. After fulfilling certain rigorous conditions over several years she was authorized to conduct first, second and third levels of initiation into Babaji's Kriya Yoga. She lives in South France and teaches in several European countries. (sitayoga.blogspot.com).

Siddhananda Sita will be presenting an initiation / seminar over the course of the weekend 8:00 a.m. to 5:30 p.m. Friday and Saturday.

Suggested contribution is 750 NIS. Food and accomodation not included.

This will be preceded by a free introductory lecture and guided meditation on Thursday evening from 7:30 pm to 9:00 pm.

Location: "Meorot House of Yoga and Music", Givat Eden, Zichron Ya'akov.

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.

For more information or to enroll contact Daya at murtidaya@gmail.com or telephone: +972558890264

For questions on Babaji's Kriya Yoga contact Sita@babajiskriyayoga.net

For more information on Babaji's Kriya Yoga go to www.babajiskriyayoga.net

