



# BABAJI'S KRIYA YOGA

## The Yoga of the Siddhas

31 Jan - 2 Feb **2020** · MUMBAI

@ Hindustan Prachar Sabha

with Acharya Satyananda, Babaji's Kriya Yoga Order of Acharyas

### Kriya – the internal alchemy of Yoga

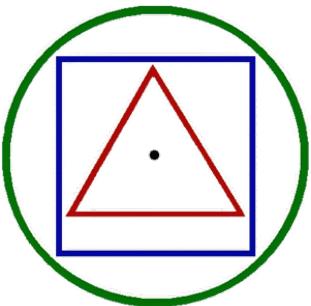
A path of self-empowerment, self-transformation & self-realization

#### First Initiation into Kundalini Pranayama

*The Breath to Creation's Power & Consciousness*

+ 7 Meditation Techniques · Postures · Sacred Puja · Guidance

*"Goals of Life are Happiness, Peace, Love, Enlightenment – the Desire for Perfection comes forth from the Self, the Image of God, which seeks to Realize & Express Itself through All Humanity" - Yogi Ramaiah, inspired by Babaji*



- ॐ Act with Awareness, Consciously Create your Life
- ॐ Awaken your Power of Intention and Manifestation
- ॐ Improve Health, Mental Fitness & Inner Well-Being
- ॐ Transform limiting habitual unconscious Patterns
- ॐ Accelerate unfolding Divine Consciousness within You
- ॐ Tap the Source of Wisdom in your own inner Experience
- ॐ Enhance your current Spiritual or Religious Practice
- ॐ Find your Self, Absolute Reality & Inner Peace

Practice of Kriya Yoga is independent of age, physical health, socio-cultural or religious background, and integrates into any other spiritual practice. – **Initiation** means to receive one's initial or deepening experiences with one's practice in a safe and sacred setting from someone initiated in the lineage to guide others in them. – Those powerful **Tools** with profound effect are given in person specifically to you and *only* for your own personal private use. – Your **Ability** to use them requires your initial training and your regular personal practice. Then you can and will experience the sacred magic of inner alchemy which words cannot describe.

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**babajiskriyayoga.in**





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

## Venue

**Hindustan Prachar Sabha**  
 Mahatma Gandhi Memorial Bldg  
 7 Netaji Subash Rd  
 near Charni Rd Stn (West)  
 Mumbai 400 002

## Schedule

3-day weekend program  
 Friday 4pm–7pm  
 Sat 8am–7pm, Sun 8am–7pm  
*reporting time Friday 3pm*  
*complete attendance mandatory*

## Suggested Contribution

Rs. 6,000  
*prior to the start of the program*

## Registration

*required in advance, details may change  
 we reserve the right of admission  
 please contact our Trust and  
 fill out the ⇨ online enrollment form*

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 Sri Vinod Kumar +91 98 4566 1221  
*for local information, please contact*  
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 Vijay +91 98 3388 8223  
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## Information

⇨ *our website <[babajiskriyayoga.net](http://babajiskriyayoga.net)>*  
 ⇨ *read <Testimonials> and <Articles>  
 of our students' experiences on our website!*

### *⇨ recommended Books:*

'Kriya Yoga: Insights Along the Path',  
 'Babaji And The 18 Siddha Kriya Yoga Tradition',  
 by M. Govindan (<Kriya Yoga Publications>)  
 P. Yogananda's 'Autobiography of a Yogi'.

## TESTIMONIALS

"Perfect. I couldn't think how it could be better."

"This two and a half day 'initiation' cut through the noise, and I arrived at a whole heap of stuff that I could take back and use immediately. I recommend it highly."

"I have found that Kriya Yoga is the fullest flowering of yogic practices. A yoga practice offered as a living experience."

"It was wonderful... elevating, enlightening, comforting, inspiring and immediately actionable... all rolled into one... not many things like that on this planet."

"I am feeling relieved and very hopeful with the journey ahead of me. Peaceful in the knowledge that I will find myself - a self I always felt I never knew."

"Just what I wanted. I was in a different world altogether. Time & money well spent for myself."

"By regularly practising Kriya Yoga, I'm able to come home to myself after being out there in the world. I have within me all that it takes to deal with what is going on inside and outside me."

"Our Acharya is a highly informed and gifted teacher, adept at introducing powerful practices accessible and attainable to non-adepts without diluting their essence, effectively and precisely merging the essence of the various yoga paths into a unified whole."

**Your Contribution:** Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide. Traditionally, initiation (diksha) as such has no charge, however, a contribution by each participant is required to cover the costs involved to make this program possible for you. In order not to make our offer dependent on external sponsors, we ask every participant for a suggested contribution before the start of the program.





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



Siddha Boganathar



Kriya Babaji

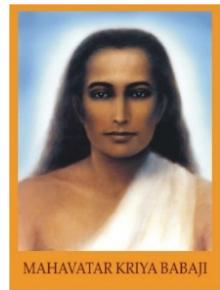


Yogi Ramaiah



M.G. Satchidananda

**KRIYA YOGA** is a holy scientific art of inner alchemy for Self-Realization and reunion with God-Truth, revived for today's humanity by a perfected grand master and spiritual world teacher, **Mahavatari Kriya Babaji Nagaraj**, nowadays taught in various branches of his disciples. It is a practical distillation of Siddhanta, a synthesis of the teachings of India's mystic ageless sages and tantric Yoga adepts, known as the **Siddhas** ("having attained perfection"), represented by Siddha Tirumular's *'Tirumandiram'* Tantra Yoga, Siddha Boganathar's Yoga of secret internal alchemy, and Siddha Patanjali's famous *'Yoga Sutras'* in the ancient South Indian **18 SIDDHA TRADITION**.



MAHAVATAR KRIYA BABAJI

## THE PROGRAM

**You receive** clear instruction and practical training in using essential yogic techniques to awaken, circulate, store and increase subtle energies and your life force, to purify, heal and strengthen your body, mind and intellect, to enhance awareness, to burn your *Karmas* and find your *Dharma*, to use the law of attraction, to accelerate the natural progression of Divine Consciousness into your human nature, to unfold your divine and human potential in all your bodies or levels of existence.

**You realize** your own inner experience as the most reliable authoritative source of knowledge and wisdom and self-empowerment.

**You learn** a powerful transforming magnetizing breathing technique (*kundalini pranayama*) with six phases, seven meditation techniques (*dhyana*) to prepare the mind, postures (*asana*) to prepare the body, and in a sacred opening Puja ceremony an invocation *mantra* to connect to the Grace of Kriya Babaji and your own Inner Guru.



## THE LINEAGE

**Babaji's Kriya Yoga Order of Acharyas**, founded by M. Govindan Satchidananda inspired by his teacher Yogi S.A.A. Ramaiah and Babaji, initiates in three progressive stages into a series of 144 comprehensive Yoga techniques (*Kriyas*), which represent a five-fold path of Yoga, based on the teachings of Babaji and the 18 Siddha tradition.

The initiations are taught in intensive seminars as a day or retreat program, starting with this **first initiation**.

A **second initiation** residential 3-day retreat introduces other qualities of integral Yoga, with a *mantra* initiation (*diksha*) and fire ritual (*yagna*), sacred silence (*mauna*), additional substantial pranayamas, training of awareness, and how to constantly practice Yoga in daily life.

A **third initiation** residential 9-day advanced retreat introduces a series of 144 *Kriyas*, techniques to purify the bodies and develop subtle energy powers (*siddhis*) and the mystic states of consciousness in meditation (*samadhi*).

**Repeating** is appreciated by many participants to deepen, refresh and expand their experience and insights.



**THE TEACHER:** **Satyananda**, Acharya in Babaji's Kriya Yoga Order of Acharyas, certified in Psychology and Psychotherapy with experience in clinical and corporation settings, studied spiritual wisdom of the world since childhood, Vedanta and Yoga for many years, and has dedicated two decades exclusively to intense study and teaching of Babaji's Kriya Yoga and to serving its mission in Karma Yoga. He offers initiation into the lineage of Babaji's Kriya Yoga, mainly in Europe, India and the East, pilgrimages to sacred places and saints of holy India, and teachings on Yoga philosophy, metaphysics and consciousness.

