

INITIATION TO BABAJI'S KRIYA YOGA  
DURING THE INTERNATIONAL KRIYA YOGA GATHERING

in Saint-Denis-d'Orques from July 8 to 10, 2025

with Acharya Siddhananda Sita.

Babaji's Kriya Yoga is a spiritual practice of the ancient yogic masters, the Siddhas, aimed at self-realization and conscious creation of life. It is an art and science accessible to all.

This extraordinary initiation will take place as part of a large gathering that will bring together practitioners and teachers of Kriya Yoga from around the world.

During the first initiation, we receive the essential techniques, the kriyas, to awaken and develop our dormant potential.

- Mantra and puja
- 6 phases of Kriya Kundalini Pranayama to activate primordial energy
- 7 techniques of Dhyana Kriya for mastery and purification of the mind
- 18 postures of Kriya Hatha Yoga to vitalize the physical body.

Acharya Siddhananda Sita Leite was initiated in 2004 by M.G. Satchidananda and since then she has undergone a series of preparations to be authorized to transmit to transmit the three levels of Kriya Yoga.

Information and registrations: [sitayoga.blogspot.com](http://sitayoga.blogspot.com) [kriyasita@gmail.com](mailto:kriyasita@gmail.com)

Suggested participation: 290 euros