

# BABAJI'S KRIYA YOGA INITIATION

## Brussels March 28-29 2026

**Introductory Conference : Friday March 27 7:30 pm.**  
**Initiation : Saturday 28-Sunday 29 8:30 am to 5:30 pm**  
**in French with English translation**

**KRIYA YOGA** is the scientific art of **Self-Realization** in the physical, vital, mental and spiritual bodies. This form of Yoga is a synthesis of the ancient teaching of 18 Siddhas tradition revived by the great Indian Master **Babaji Nagaraj**.

Babaji's Kriya yoga consists of a series of techniques accessible to beginners and experienced yogis.

**During the initiation you will learn :**

**18 Hatha Yoga postures.** These promote relaxation and stability, increase energy levels, and prepare the physical body for more subtle practices.

**6 breathing techniques** «Kriya Kundalini Pranayama », designed to awaken our latent energy and circulate it through the 7 main chakras.

**7 meditation techniques** to purify the subconscious, develop concentration and mental clarity, awaken intuition and creativity and lead towards **Self realization- the Absolute Reality**.



**Teacher : Siddhananda Sita** was born in Brazil into a family of spiritual seekers. Her encounter with Babaji's Kriya Yoga and her intensive practice profoundly transformed her spiritual path.. Since 2009, after completing a rigorous Acharya training, she has devoted her life to transmitting Babaji's Kriya Yoga and shares this timeless spiritual heritage.

**Siddhananda Sita Mayi Ma** : [kriyasita@gmail.com](mailto:kriyasita@gmail.com)

<https://babaji-kriyayoga.com/>

**Venue : Espace TARAB**

96, Chaussée de Roodebeek 1200 Bruxelles

Métro : Roodebeek

**Information & Registration** : [danielle.elleboudt@gmail.com](mailto:danielle.elleboudt@gmail.com) +32 (0)498 052 096

**Suggested Participation** : 300 euros

