

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

Venue : Espace TARAB

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Métro : Roodebeek

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

Suggested Participation : 300 euros

