



BABAJI'S KRIYA YOGA
Antar Kriya Yogam
Second initiation, retreat

With Yogacharya Siddhananda Sita
6 - 8 April Forest Diva Centre (on the banks of
the Vucha dam, 2 hours from Sofia, Bulgaria).



BABAJI'S KRIYA YOGA

Antar Kriya Yogam

Second initiation, retreat

With Yogacharya Siddhananda Sita
6 - 8 April Forest Diva Centre (on the
banks of the Vucha dam, 2 hours from
Sofia, Bulgaria).

Students of Kriya Yoga are invited to take part in a retreat and a second initiation. During these days, they will learn how to integrate Kriya Yoga into their daily lives.

Antar Kriya Yogam will show you how to integrate the practice of Kriya Yoga into all your activities: at mealtimes, at work, and even while you sleep. The art of Kriya Yoga will help us free ourselves from the limitations of bad habits. This weekend will amplify your connection to the Divinity that manifests on all five levels of existence.



To be effective, this training must take place in a natural environment, away from everyday worries.

Program /

06/04 :

- arrival at 16h00
- beginning of the seminar
- puja
- dinner

07/04 :

- 6h00 / training
- brunch
- training
- 19:30 / dinner
- training session

08/04 :

- 6:00 / training
- brunch
- mantra yagna and mantra diksha
- end of the seminar

18:00 - Departure.

Accommodation and food / 135 euros

Suggested contribution / 300 euros



The program includes /

Learning and practising several new pranayama techniques.

Beginning of a 24-hour period of silence.

Group practice of Kriya Kundalini Pranayama and Kriya Dhyana (meditation).

Group practice of yoga postures.

Training in psychophysical techniques, bandhas and mudras to awaken the chakras and energise the body.

Meditation on Babaji's words 'Who am I?' and a talk on 'The nine obstacles to practice according to Patanjali'.





How to get rid of the emotions that get in the way of everyday life' seminar.

Training in a number of meditation techniques; during activities, while walking, etc., which enable us to see the 'prana' and the aura and to make the clouds in the sky disappear; introduction to the practice of 'Yoga Nidra'; meditation during sleep, yogic rest.

Lecture on the meaning of 'mantra yagna' and the science of mantra yoga.

Organisation of a 'mantra yagna' (chanting around a sacred fire); lecture on 'How to integrate Kriya Yoga into daily life'.





Dedication and end of the period of silence. Start of chanting around the sacred fire (mantra yagna). Groups of 2 or 3 people will change every hour, purify themselves and prepare for the initiation into the chakra mantras and the chosen mantra corresponding to one of the different aspects of the divine.

Bring comfortable seasonal clothes for practising yoga and walking in the woods, a yoga mat, a meditation cushion, notes for the meditations and mantras, toiletries and sun cream depending on the weather.

Prerequisite: initiation to Babaji's Kriya Yoga, level 1.



Please contact Niranjana to ask to take part in the workshop:

niranjana@babajiskriyayoga.net

sitayoga.blogspot.com

Babaji's Order of Kriya Yoga Acharyas

