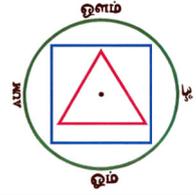




# KRIYA HATHA YOGA®

## TEACHERS TRAINING 2021



with **Sita Siddhananda Mayi Ma**

from **5th to 12th April** and from **14 to 18 July, 2021**

Intensive 12-day residential training in preparation a year of personal work and 200 hours of practice giving entitlement to a teacher's certificate, to enroll in the Yoga Alliance and the French Federation of Yoga.

**As students of Babaji's Kriya Yoga you are cordially invited to become Babaji's Kriya Hatha Yoga Teacher.** One of the best ways to deepen your practice and serve others is to teach this wonderful and scientific art of Kriya Yoga. The teacher training has been designed in such a way that it allows you to perform the 200 hours required by the Yoga Alliance to obtain an international certificate.

A manual of approximately 250 pages accompanies the program. Following a twelve-day stay of intensive practice, students will begin a year of study and teaching during which they will perform some practical exercises.

The program will not only allow you to fulfil the requirements but will also promote your personal well-being and spiritual growth. This program is pragmatic; it focuses on personal transformation as much as on the acquisition of professional skills.

*To be admitted, students must practice Kriya Yoga, have followed the **first and second level initiations and practice daily**. They must also practice Hatha Yoga **for at least two years**. This is an intensive practice program and all participants must be in good physical and emotional condition.*

The 12 days of residency include an in-depth work on the mechanics of the 18 asanas of Kriya Hatha Yoga, their physical benefits, the theory that justifies the selection of asanas and energetic phenomena related to the practice of postures. Fifty additional asanas will be explored and incorporated into practice.

The program focuses on Yoga Philosophy through the study of Patanjali Sutras. It also includes a thorough study of energy, prana and the subtle body, as well as the study and teaching of bandhas, pranayama and meditations.

For more information

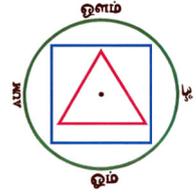
Kriya Yoga Sangha  
[info@kriyayogasangha.org](mailto:info@kriyayogasangha.org)

Babaji's Kriya Yoga  
[www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)



# KRIYA HATHA YOGA®

## TEACHERS TRAINING 2018



Twelve hours of lectures are devoted to the relationship between the anatomy and physiology of the human body and the practice and teaching of Hatha Yoga. The program includes the acquisition of teaching techniques: How to modify a posture for a specific problem, therapeutic purposes or personal limitations; how to guide the breathing; how to work with energy lines; how to balance intensity and relaxation. You will begin to develop your teacher's voice by deepening your inner Hatha Yoga experience.

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### Conditions

To obtain their certificate, students must be able to perform postures with precision and presence, have the skills to teach demonstrating a yogic attitude, and meet the following conditions:

Condition 1: 12-days of residence

Condition 2: Teach one class per week (1h30) for 11 months

Condition 3: Practice sadhana daily, including 18 postures

Condition 4: Keep a personal journal of a daily sadhana, including condition 3, hold a day of silence a month, and record your meditations, reflections and observations on your own behavior (to be submitted)

Condition 5: Initiation to Babaji Kriya Yoga Level 1 and 2

Condition 6: Study Mr.Govindan's translation of Patanjali Sutras and Baghavat Gita.

You must complete a questionnaire about your thoughts (to submit)

Also Required:

Final Examination Practice

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Yoga is an important step and requires some skills and especially the desire to share. Sharing is an act of love. In love lies presence; acceptance without judgment of oneself and others. A good teacher must also constantly learn, grow, challenge himself with humor, humility and a sense of gratitude to all our teachers, including our own students. Enthusiasm is also a fundamental quality in teaching it is an extraordinary force. Finally, a teacher must practice intensively in order to be able to transmit from his personal experience, from his inner being which bears the highest qualities.



# KRIYA HATHA YOGA®

## TEACHERS TRAINING 2018



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### Accommodation

Centro Ayurveda Maharishi in Mirabello, Ameno (Province of Novara)

Consts vary from €360,00 to €720,00 (according to type of accommodation: camping, rooms, studios)

Includes lodging with meals (vegetarian and vegan cuisine) drinks, fruit.

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### Pricing

Price of training €1008,00. A deposit of €300,00 non refundable is required to reserve your place. Payment can be made by money transfer to

Kriya Yoga Sangha

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#### **Acharya Sita Siddhananda Mayi Ma**

Sita Carla Leite was born in Brazil. Yoga enters her life from an early age and is definitely part of her encounter with Kriya Yoga. In 2004 she received her first initiation with Govindan Satchidananda and since her practice intensifies to become the essence of her life. In 2009 she became acharya of Babaji's Kriya Yoga and began transmitting the first initiation in France and other countries in Europe. In 2011 she completed a period of intense preparation for teaching the second initiation into Kriya Yoga, and in 2015 she was allowed to teach third initiation. Since then she has traveled to various countries to teach this discipline and art that has become her life. It is with great joy that she proposes here in France the training to become a teacher of Kriya Hatha Yoga to the already initiated students wishing to deepen their sadhana and share this teaching with others.

Please contact [kriyasita@gmail.com](mailto:kriyasita@gmail.com)  
or to [chiara@kriyayogasangha.org](mailto:chiara@kriyayogasangha.org) to  
receive a general list of topics  
covered by this training.

For more information

Kriya Yoga Sangha  
[info@kriyayogasangha.org](mailto:info@kriyayogasangha.org)

Babaji's Kriya Yoga  
[www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)