



BABAJI'S KRIYA YOGA

The Yoga of the Siddhas

15-18 Feb 2024 Mumbai

@ YOVANA – The Temple of Ayurveda

with Acharya Satyananda, Babaji's Kriya Yoga Order of Acharyas

Second INITIATION

Anthar Kriya Yoga Mantra Yagna

mauna · mantra diksha · kundalini pranayama · make your life your yoga

a path to action with self-awareness, self-transformation, self-empowerment and self-realization



for all initiates of Babaji's Kriya Yoga



The Second Initiation into Babaji's Kriya Yoga is the complement to the First Initiation.

The Anthar Kriya Yoga retreat trains you how to practice Yoga constantly in daily life in any of your routine activities. It enhances liberation from suffering, awakening of consciousness, constant self-awareness and unconditional bliss. It enables you to integrate Kriya Yoga into your daily life to experience its effects and its true wealth.

You experience more qualities of the integral five-fold Yoga during one day of dedicated practice (*tapas*) in meditative sacred silence (*mauna*), followed by one day of chanting around a sacred *mantra yagna* fire preparing you for personal *mantra diksha* initiation. You receive *bija chakra* mantras and a personal *shakti* mantra of a divine quality and power. You learn complementary *pranayama* breathing techniques to awaken, rise and increase your subtle creative life force and for purifying and healing your physical and subtle bodies, a Yoga Nidra practice and how to transform habitual obstacles and afflicting emotions.

This training requires a peaceful environment and time apart from the distractions, demands and preoccupations of your life at home to allow for a period of intense training and spiritual immersion.



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18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

THE PROGRAM

Venue

YOVANA – Lodha Dham

near Mini-Punjab-Grill, Vehele Village, off Mumbai-Nashik Expressway

Upper Thane, Bhiwandi – 421 302 Maharashtra

Schedule

4 days residential program
Thursday 5pm to Sunday 5pm
reporting time Thursday 2-3pm
complete attendance mandatory

Expenses

Suggested Contribution to the Trust
₹ 3,000

Room and Board to the venue
₹ 8,500 *dorm. occupancy*
(extra for triple double or single occupancy)

Registration

required in advance, details may change
we reserve the right of admission
payments prior to program

please fill out our ⇒ **online enrolment form**
and contact us (our local coordinators or Trust)

⇒ <vijay_gudimetla@yahoo.com>

Mr Vijay Raghava (Mumbai) 098 33 88 8223

Mr Vinod Kumar (Trust) 098 4566 1221

Information

⇒ *our website* <babajiskriyayoga.net>

⇒ *the venue's website* <yovana.org>

⇒ *read <Testimonials> and <Articles>*
of our students' experiences!

⇒ **Recommended Books:**

Babaji and the 18 Siddha Kriya Yoga Tradition +
Kriya Yoga Insights Along the Path by M. Govindan
Autobiography of a Yogi by Paramahansa Yogananda

PARTICIPATION

Eligibility: fully completed first initiation in Babaji's Kriya Yoga, irrespective of how long ago. Both initiations can be attended one after the other with a varying time span in between. You are welcome to repeat the program any time.

Requirements: complete attendance with full stay at the venue, eligibility and registration in advance. We reserve the right of admission to the initiation. Details may change.

Your Expenses: your own travel to the venue, your full board accommodation and a suggested contribution to the Order of Acharyas for your participation.

Accommodation: provided are shared rooms and full board with three vegetarian meals and tea breaks. Please contact us in case of exceptional needs.

Arrival and departure: If you travel from far away, we recommend you arrive early to settle in or add a night prior and after the program. Transport to the venue may be organized. Please contact us for details.

What to bring: your yoga mat, meditation cushion, a shawl, pen and notebook, towels and toiletries, slippers and fresh adequate clothing. We will spend time inside and outside.

Your Contribution: Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide. Traditionally, initiation as such has no charge. However, in order to keep our offer to you independent from external sponsoring and to cover the costs involved to make this group program possible for you, we request from each of our participants a suggested contribution for receiving initiation and their own participation.





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KRIYA YOGA is a holy scientific art of inner alchemy for God, Truth union and Self-Realization. It was revived for today's humanity by a perfected grand master of India and spiritual world teacher, **Kriya Babaji Nagaraj**, nowadays taught in various branches of his disciples. It is a practical distillation of Siddhanta, a synthesis of ancient teachings of the **Siddhas**, India's mystic ageless sages and tantric Yoga adepts who have attained perfection, represented by Siddha Tirumular's 'Tirumandiram' Tantra Yoga, Siddha Boganathar's Yoga of secret internal alchemy, and Siddha Patanjali's famous 'Yoga Sutras', reflected in the South Indian



18 SIDDHA TRADITION.



THE TEACHER **Satyananda** is Acharya in Babaji's Kriya Yoga Order of Acharyas, certified in Psychology and Psychotherapy with experience in clinical and corporation settings, studied spiritual wisdom of the world since childhood, Vedanta and Yoga for many years, and has dedicated two decades exclusively to intense study and teaching of Babaji's Kriya Yoga and to serving its mission in Karma Yoga. He offers initiation into the lineage of Babaji's Kriya Yoga, mainly in Europe, India and the East, pilgrimages to sacred places and saints of holy India, and teachings on Yoga philosophy, metaphysics and consciousness.

THE TEACHING

Practice of Kriya Yoga is independent of age, physical health, socio-cultural or religious background, and integrates into any other spiritual practice. – **Initiation** means to receive one's initial or deepening experiences with a practice in a safe and sacred setting from a teacher initiated in the lineage authorized to guide others in them. – **Those powerful Tools** with profound effect are given in person, specifically to you, and *only* for your own private use on yourself. – **Your Ability** to use them requires your initial training and your regular personal practice. Then you can and will experience the sacred magic of inner alchemy which words cannot describe.

*Improve your Health, Mental Fitness and Inner Well-Being
Consciously Create your Life. Act with Awareness
Awaken your Power of Intention and Manifestation
Transform limiting unconscious habitual patterns
Find your Self, Absolute Reality and Inner Peace
Enhance your current Spiritual or Religious Practice
Accelerate Divine Consciousness progressing in your Being
Realize the Source of Wisdom inside your inner Experience*

THE LINEAGE

Babaji's Kriya Yoga Order of Acharyas, founded by M. Govindan Satchidananda, inspired by his teacher Yogi S.A.A. Ramaiah and Babaji, initiates in three progressive stages into a series of 144 comprehensive Yoga techniques (*Kriyas*), which represent a five-fold path of Yoga, based on the teachings of Babaji and the 18 Siddha tradition.

The initiations are taught in three intensive seminars as a day program or retreat program.

The first and second initiation together form the basis for a solid, effective and authentic Kriya Yoga practice.

A **third initiation** residential 9-day advanced retreat introduces a series of 144 Kriyas, techniques to purify the bodies and develop subtle energy powers (*siddhis*) and the mystic states of consciousness in meditation (*samadhi*).

Repeating is being appreciated by many initiates to refresh or deepen and expand their inner experiences and personal insights and prepare for attending the next stage.

