



# BABAJI'S KRIYA YOGA

*The Yoga of the Siddhas*

15<sup>th</sup>- 17<sup>th</sup> March 2024 in COLOMBO

@ Babaji's Kriya Yoga Ashram

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

## **Kriya Yoga** – *the Internal alchemy of Yoga*

First **Initiation** into Kriya Kundalini Pranayama

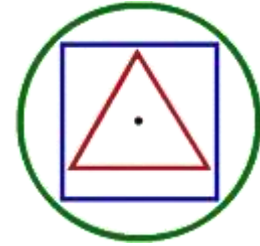
*the breath to creation's power & consciousness*

7 dhyana **meditation** techniques

18 body postures · sacred initiation ceremony with Babaji mantra · guidance

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

- ☸ *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 own inner Experience*



**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.

*“The Goal of life is happiness, peace, love, enlightenment – The desire for perfection comes forth from the Self, the image of God, which seeks to express itself through all humanity” -Yogi Ramaiah*

Organized by Babaji's Kriya Yoga Order of Acharyas Trust, Sri Lanka

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Founder President Marshall Govindan Satchidananda

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**[info@babaji.lk](mailto:info@babaji.lk)**





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

## THE PROGRAM

### Venue

#### **Babaji's Kriya Yoga Ashram**

#73/2, Alwis place, Kotahena,  
Colombo -13, Sri Lanka

### Schedule

3-day weekend program  
Friday 5.30pm-7pm  
Sat 7am-6pm, Sun 7am-6pm

*reporting time Friday 4.30pm  
complete attendance mandatory*

### Suggested Contribution

Rs. 10,000/-

### Registration

*required in advance, details may change  
we reserve the right of admission  
**contact us** (our local coordinators or Trust)*

⇒ <info@babaji.lk>

**Amirtha +94/ 71 432 6522**

**Devika +94/ 77 439 7339**

**Ahil +94/ 77 605 5359**

### Information

⇒ *our website* <babajiskriyayoga.net>

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

⇒ *Recommended Books:*

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

## TESTIMONIALS

*"Perfect. I couldn't think how it could be better."*

*"This two and a half day 'initiation' cut through the noise, and I arrived at a whole heap of stuff that I could take back and use immediately. I recommend it highly."*

*"I have I found that Kriya Yoga is the fullest flowering of yogic practices. A yoga practice offered as a living experience."*

*"It was wonderful... elevating, enlightening, comforting, inspiring and immediately actionable... all rolled into one... not many things like that on this planet."*

*"I am feeling relieved and very hopeful with the journey ahead of me. Peaceful in the knowledge that I will find myself - a self I always felt I never knew."*

*"Just what I wanted. I was in a different world altogether. Time & money well spent for myself."*

*"By regularly practising Kriya Yoga, I'm able to come home to myself after being out there in the world. I have within me all that it takes to deal with what is going on inside and outside me."*

*"Our Acharya is a highly informed and gifted teacher, adept at introducing powerful practices accessible and attainable to non-adepts without diluting their essence, effectively and precisely merging the essence of the various yoga paths into a unified whole."*

**Your Contribution:** Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide. Traditionally, initiation (*diksha*) 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.





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



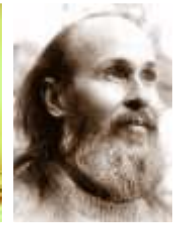
Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

**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** **Kriyanandamayi**, Acharya in Babaji's Kriya Yoga Order of Acharyas, offers Kriya Yoga initiation seminars in Sri Lanka, India and Malaysia in English or Tamil. In her country Sri Lanka, she manages the ashram of Babaji's Kriya Yoga Order of Acharyas Trust, performs rituals and organizes events and pilgrimage tours, offers Hatha Yoga classes and corporate or educational programs, and is an acupuncturist and art therapist. She was introduced into spirituality at a very young age and explored various spiritual lineages. Since her initiation into Babaji's Kriya Yoga, she dedicated her life fully to intense sadhana of Babaji's Kriya Yoga and to serving the local sangha and her parental family.

## THE TEACHING

**You receive** clear instruction and practical training in using a series of essential yogic techniques (*Kriyas*) to awaken, circulate, store and increase subtle energies and your life force, to purify, heal and strengthen your body, mind and intellect, to enhance awareness, to burn your *Karmas* and find your *Dharma*, to use the universal law of attraction, to accelerate the natural progression of Divine Consciousness into your human nature, to unfold your divine and human potential in all your bodies or levels of existence.

**You realize** your own inner experience as the most reliable authoritative source of wisdom, knowledge and empowerment.

**You learn** a powerful transforming magnetizing breathing technique (*kriya kundalini pranayama*) with six phases, seven meditation techniques (*dhyana*) to master the mind, postures (*asana*) to master the body, and in a sacred ceremony (*puja*) an invocation *mantra* to connect to the Grace of Kriya Babaji and your own Inner Guru.



## 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 intensive seminars as a day or a retreat program, starting with this **first initiation**.

A **second initiation** residential 3-day retreat introduces other qualities of integral Yoga, with a *mantra* initiation (*diksha*) and fire ritual (*yagna*), sacred silence (*mauna*), additional substantial pranayamas, training of awareness, and how to constantly practice Yoga in daily life.

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 appreciated by many participants to refresh or deepen and expand their experience, insights and knowledge and prepare for attending the next stage.

