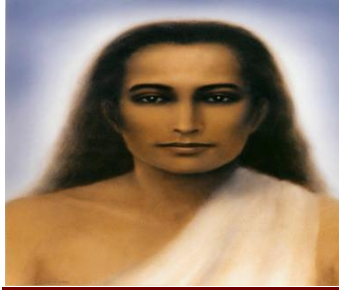


## **BABAJI'S KRIYA YOGA**



### **Level I Initiation with Yogacharya Siddhananda 2<sup>nd</sup> to 4<sup>th</sup> October 2015 Jamyang Buddhist Centre, Kennington, London SE11**

#### **About Babaji's Kriya Yoga**

What is Yoga and why practice Yoga?

Yoga is more than standing on your head or bending or stretching your body - it is remembering through personal experience who I AM, and letting go of all that I am not!

This requires constant practice of to enable you to look past the fluctuations in and around you, to being in your true nature.

That is why **KRIYA YOGA** and **Mahavtar Kriya Babaji** are referred to as "**India's gift to the world**", in "**Autobiography of a Yogi**."

Whatever our original reason or need, the regular practice of Yoga creates the experience of:

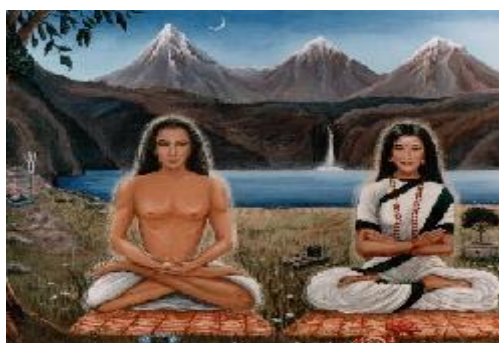
- increased health, wellbeing fitness
- reduced stress
- greater love, happiness, peace of mind, fulfilment
- enhanced spiritual awareness and connection.
- increased personal freedom from habits
- more balance, equilibrium and stability.

#### **Benefits of Kriya Yoga**

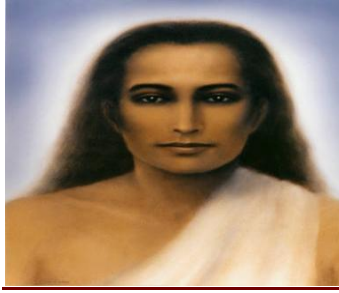
Babaji's Kriya Yoga trains us in the art of living through Conscious Creation, developing and improving our **Self-Awareness, Self Realization** and **Self-Mastery**. As a result we can experience being the constant creator of our experience of health, happiness and wellbeing. By awakening, energising and increasing our powers, using the ancient "Kriyas," techniques into a flexible personal practice that integrates into our daily lives and routines, we are able tap into our full human potential.

With regular practise of these "Kriyas" we become **mindful** in how we think, feel and speak, in our attitude and behaviour, in thoughts, words and actions, using the power of intention to manifest and unfold our faculties and the amazing tools of our **Mind-Body-Spirit** for integral well-being. Eventually, our environment responds, and our experience changes according to our own vibratory reality. That is what enables us to experience ourselves as the source, cause and creator of our lives.

Eventually we are able to go beyond the fluctuations of our mind and emotions and environment, to experience ourselves our true nature - the Spirit and the Soul that we are, so "Now nothing can disturb me any more" (Ramana Maharishi).



## **BABAJI'S KRIYA YOGA**



### **The Initiation Programs**

Training in Babaji's Kriya Yoga is training in the “art of living” in through **Conscious Creation**, through **Self-Awareness, Self Realization** and **Self-Mastery**, by tapping into our full potential human power. The complete system of the practical 144 Kriyas techniques, involving postures, breathing, meditation, mantras and devotional techniques, are taught over a series of 3-level Initiations.

The Kriyas were developed to “nurture personal mastery of human nature” at all 5 levels of our being (physical, mental, intellectual, vital, emotional, spiritual). During a series of 3 Initiation programs, you are progressively trained in the flexible system of 144 techniques, using your **physical, vital, mental, intellectual and spiritual** faculties, with guidance of how to integrate this into your personal lives. . Regular practice with sincerity and surrender makes complete transformation into undreamt of possibilities, starting with health.

If you have other practises or beliefs, there is no conflict, as Kriya Yoga is not a religion – it is a pathway towards your own truth through your own personal experience. Often Kriya Yoga deepens your current practice.

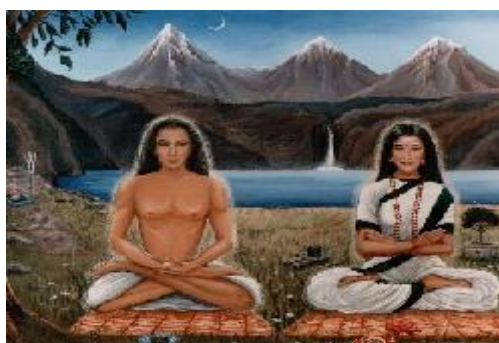
### **Initiation into Babaji's Kriya Yoga includes:**

- Awakening Consciousness
- Kriyas for Personal Transformation
- Unfolding Awareness
- Kundalini Energy
- Mystic Samadhi Experience
- the Creative Force of Manifestation
- Realization of Self and Absolute Reality
- Health in Body, Mind and Soul
- “Kriya-Kundalini-Pranayama”- Breathing techniques
- Meditation techniques
- Hatha Kriya
- Shakti Mantras
- Sacred Fire Ceremonies
- The Art of Self Awareness, Self Realization and Self Mastery

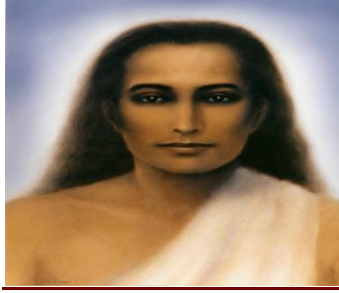
### **Level I Initiation**

In this intensive weekend workshop, the first of three progressive Initiations, you learn essential Kriya techniques to awaken and circulate subtle energies, to increase your life force, to purify, heal and strengthen the five Mayakoshas / levels of our being - physical, mental, intellectual, vital, emotional, spiritual). This will expand your consciousness and awareness, and unfold your complete human potential power, using:

- **KRIYA KUNDALINI PRANAYAMA – powerful, transforming and magnetizing breathing techniques**
- **ASANA - Hatha Yoga for greater health, relaxation and energy**



## **BABAJI'S KRIYA YOGA**



- MEDITATION - Dhyana techniques to master the mind, find inner peace and realize Self & Absolute Reality
- MANTRA - to contact Kriya Babaji and your GURU within you
- INITIATION PUJA - Sacred ceremony of Bhakti Yoga
- How to lead a healthy yogic life style with today's life demands

Initiations into the Babaji's Kriya Yoga Level I program are available to all.

As Level I and II Initiations are like 2-sides of the same coin, Level II completes the training given in Level I, in the art integrate Mind-Body-Spirit, we recommend that students do both Level I and Level II Initiations.

### **London Level I Initiation Program with Yogacharya Siddhananda**

**Yogacharya Siddhananda (Sita)** was born in Brazil in a family of spiritual seekers. She grew up in the spirit of Yoga, mystical Christianity and the teachings of Tibet. Through her explorations of the world and human nature, as well as study of sacred literature through long sea voyages, pilgrimages and retreats, She learned to recognise the universal presence of an essence which animates and unites all of us. Sita has been a teacher, a translator and a builder and organiser of several different enterprises. She has 5 children.

**Suggested contribution** - £270 for new students / £150 for Repeaters. £100 non-refundable deposit payable by 22nd June, with balance payable by 1<sup>st</sup> September.

**To Register** - If you have not already done so, to reserve your place please return the completed [Enrolment Form](#) to Marina at [babaji.ky.london@gmail.com](mailto:babaji.ky.london@gmail.com) by 22nd June.

### **Student Testimonials**

- *"With all the chatter around concepts like 'Resilience', 'Mindfulness' and 'Mental Toughness', is a 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." (Head of Leadership Development)*
- *"I have I found that Kriya Yoga is the fullest flowering of yogic practices that integrates the broadest possible techniques and yoga philosophy into a cohesive and effective practice. A yoga practice offered as a living experience." (Yoga teacher)*
- *"It was wonderful... elevating, enlightening, comforting, inspiring and immediately actionable ... all rolled into one ... not many things like that on this planet." (CEO)*

For any questions regarding UK programs, please contact [babaji.ky.london@gmail.com](mailto:babaji.ky.london@gmail.com)

For questions relating to anything else or Initiation programs anywhere else in the world please contact the Quebec ashram at [info@babajiskriyayoga.net](mailto:info@babajiskriyayoga.net) .

Thank you!

**Om Kriya Babaji Nama Aum!**

Marina

