

# **ANTHAR KRIYA YOGAM**



**SECOND  
LEVEL  
INITIATION**  
and weekend retreat  
**September 18-20, 2009**  
**June 18-20, 2010**  
**at the Quebec  
Ashram**

Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Kriya Yoga at the Kriya Yoga Ashram situated near beautiful Mount Orford, in St. Etienne de Bolton, Quebec, an hour from Montreal. This weekend is designed to teach you how to integrate Kriya Yoga into our daily life and to experience its fullness.

This training requires a natural environment and a prolonged period - apart from the preoccupations of daily life - to be effective. The training in mantras, in particular, demands an environment which has been filled with spiritual vibrations through devotional activities.

This weekend will include a variety of activities: initiation into new techniques of pranayama and meditation, bandahs, and mudras, new techniques of meditation during daily life and sleep, a day of silence, group practice of the yoga postures, chanting around a sacred fire, lectures on Kriya Yoga. There will also be meditation and walks in the forest. It will reach its climax with the individual training in the "bija" (seed) mantras. There will also be periods of free time to appreciate the beauty and peace of this extraordinary place with its panoramic view of Mount Orford, a private lake, 80 acres of forest and meadows and numerous wild animals.

The Anthar Kriya Yoga retreat will reveal to you how to integrate Kriya Yoga into all of your daily activities: during meals, work and even sleep. The art of living through Kriya Yoga permits one to get rid of bad habits and hindrances to fulfillment. This weekend will deepen your appreciation of the Divine's manifestation in all five planes of existence.

## PROGRAM

### **Friday September 18, 2009; June 18, 2010**

6:00 p.m. Those needing transportation from Montreal, leave from Montreal Airport Terminus at corner of University and De La Gauchetière Ave.

7:00 p.m. Arrive at "Babaji's Kriya Yoga Ashram, St. Etienne de Bolton

8:30 p.m. Introduction and Group Meditation

9:30 p.m. Rest

### **Saturday September 19, 2009; June 19, 2010**

5:00 a.m. Wake up

5:30 a.m. Assemble in hall. Instruction and practice of new pranayam techniques.

7:00 a.m. Begin 24 hour period of silence. Group practice of Kriya Kundalini Pranayama and Meditation.

7:30 a.m. Group practice of yoga postures.

8:30 a.m. Breakfast

9:00 a.m. to 11:00 p.m. Free time

11:00 a.m. Training in psycho-energy techniques, "bandahs" and "mudras" to awaken the chakras and energize the body.

11:30 a.m. Meditation on Babaji's lecture "Who Am I?".

12:30 p.m. Lunch, prepared according to the principles of Macrobiotics and vegetarianism.

2:00 p.m. Workshop on "How to let go of disturbing emotions with Kriya Yoga in daily life".

3:00 p.m. to 4:00 p.m. Training in several techniques of meditation; during walking, during daily activities, and others which allow one to see "prana" and auras, and to make clouds disappear.

4:00 p.m. Initiation into "Yoga Nidra": meditation during sleep.

5:00 p.m. Lecture on the scientific art of "Kriya mantras yoga", the significance and science of mantras how to practice them, the organization of a "mantra yagna" (chanting around a sacred fire).

6:00 p.m. Dinner

7:30 p.m. Lecture: "How to integrate Kriya Yoga into ones daily life".

8:30 p.m. Group practice of Kriya Kundalini Pranayama

9:30 p.m. Rest

**Sunday September 20, 2009; June 20, 2010**

5:00 a.m. Wake up

5:30 a.m. Assemble in the meditation hall to practice the new techniques of pranayama and meditation.

7:30 a.m. Dedication of the end of the period of silence. Homage to Babaji. Beginning of chanting around sacred mantra yagna fire. Teams of 2 to 3 persons will replace one another every hour until 2:00 p.m. purifying and preparing themselves for initiation into the chakra mantras and a mantra of their choice corresponding to different aspects of the Divinity.

7:30 a.m. Group practice of the yoga postures.

8:30 a.m. Breakfast

8:00 a.m. to 2:00 p.m. Individual training in the potential "bija" mantras and individual practice of meditation and mantras.

2:00 p.m. Closing of the sacred fire.

2:00 p.m. Dinner, followed by a discussion and sharing of experiences.

4:00 p.m. Leave St. Etienne de Bolton for Montreal.

**SUGGESTED CONTRIBUTION:** \$300, plus taxes, which includes the cost of lodging, meals and training.

**RESERVATIONS:** Contact MG Satchidananda  
196 Mountain Road, P.O. Box 90  
Eastman, Quebec, J0E 1P0  
Tel. 1-888-252-9642  
Fax: 450-297-3957  
E-mail: [info@babajiskriyayoga.net](mailto:info@babajiskriyayoga.net)

A \$75 non-refundable deposit will be necessary to reserve your place. The number of places available will be limited, therefore please reserve your place as soon as possible.

**LIMITATIONS:** The only persons eligible to attend this weekend are those who have been trained in Kriya Kundalini Pranayama and Dhyana.

**WHAT TO BRING:** Comfortable shoes and loose clothing for practicing the yoga postures and for walking in the woods, separate notebooks for recording meditations and writing mantras, personal toilet articles; swimsuit, sunscreen are optional. Five meals will be served: Three on Saturday, two on Sunday.

**DIRECTIONS from Montreal:** Cross the Champlain Bridge. Take the #10 Autoroute (Eastern Townships Autoroute) for 55 minutes, to Exit #100. Turn right and go 3 miles to the village of St. Etienne de Bolton. At the church keep your right and take "Mountain Road" (rang de la Montagne) up the hill for 3/4 of a mile. At the crest of the hill, just after the pavement becomes a gravel road, turn right into the first driveway, number 196 Mountain Road. The entrance is marked by an arch with the letter "Kriya Yoga Ashram de Babaji". The telephone number is (450) 297-0258 or 1-888-252-9642. You will see a large blue and white house there.

**From New York:** Take Highway #87 North to the border, then follow the signs towards Montreal. Just before signs for the Champlain Bridge over the St. Lawrence into Montreal, exit to Highway #10, direction East towards Sherbrooke. Follow the above directions to the Ashram.

**From New England:** Take Highway #91 through Vermont to the border of Quebec, where it becomes #55. Continue for another 20 minutes to Highway #10. Go West towards Montreal another 15 minutes to Exit #100. Turn left at the sign St. Etienne de Bolton and follow the above directions to the Ashram.

**TRANSPORTATION from New England and New York: Carpools are also forming from the New York City, Boston, Albany, Toronto and Montreal areas. Please let us know if you would like to be in a carpool.**

**TRANSPORTATION FROM MONTREAL:** We will organize transportation between Montreal and the ashram for CN\$25 roundtrip. If you are arriving by airplane, you should let us know well in advance of your arrival time and flight number. Take a bus or taxi from the airport to the Central Train Station at 895 de La Gauchetiere Street West Montreal (back door). Try to arrive by 6:00 p.m. if it is for a weekend event, as this is the time we like to pickup everyone. If for some reason you will be late, please notify us as quickly as possible by calling the ashram 1-888-252-9642.