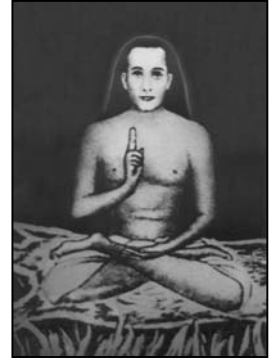


Second Level Initiation  
Weekend Retreat  
"ANTHAR KRIYA YOGAM"  
with *Yogacharya Satyananda MD*  
**OCTOBER 15 -17, 2010**  
**JOHOR BAHRU, MALAYSIA**



Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Babaji's Kriya Yoga. This weekend is designed to teach you how to integrate Kriya Yoga into our daily life and to experience its fullness.

The 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, and lectures on Kriya Yoga. There will also be meditation and walks in natural surroundings. It will reach its climax with the individual training in the "bija" (seed) mantras.

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.

**REGISTRATION:**

**Eligibility:** eligible to attend this weekend are those initiated into the first level of Babaji's Kriya Yoga (Level 1).

**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; sunscreen are optional.

**Venue:** Amman Temple near the second causeway to Singapore (natural setting)

**Accommodation included :** Good Hope Hotel, Skudai, Johore; 10 minutes from temple.

No. 1, Jalan Ronggeng 5, Taman Skudai Baru, 81300 Skudai, Johore. 60-7-557-2828; [www.goodhopehotel.com.my](http://www.goodhopehotel.com.my);

**Transport:** Daily transport provided between hotel and temple

**Food:** Lunch is catered vegetarian Indian food plus tea break

**Costs:** Contribution Fee: RM250;

Lodging Option 1: RM250 (2 nights SR / 2 \* lunch), Option 2: RM160 (2 nights DR / 2 \* lunch)

**Reservations:**

Balachander Sundareswaran 06-3-2274 3189: 019-2616944 [million\\_bala@yahoo.com](mailto:million_bala@yahoo.com)

for Malaysians: Deposit of M\$ 100

Lakshmanan 65-9238 0635 [lakshman@starhub.net.sg](mailto:lakshman@starhub.net.sg)

for Singaporeans: Deposit of S\$50

Pay to POSB account; 056-62978-5

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**PROGRAM****Friday**

5:00 p.m. Arrival  
8:30 p.m. Introduction and Group Meditation  
9:30 p.m. Rest

**Saturday**

5:00 a.m. Wake up  
5:30 a.m. Assemble in hall. Instruction and practice of new pranayama 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. Vegetarian Lunch  
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.  
4:15 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**

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.  
8:00 a.m. until 2:00 p.m. in hourly teams chanting around sacred mantra yagna fire,  
then initiation into chakra mantras and one deity mantra of choice.  
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. Lunch, followed by a discussion and sharing of experiences.  
4:00 p.m. Departure

