

Babaji's Kriya Yoga



SECOND LEVEL INITIATION

Feb 4-6, 2018

at Island Club
Hong Kong

with Siddhananda Sita

A member of Babaji's Kriya Yoga order of Acharya

Initiated Kriya Yoga Students are cordially invited to participate in the second level initiation in Kriya Yoga at Island club on the beach of Tai Long village, Lantau Island in Hong Kong. This initiation 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 beach. It will reach its climax with the individual training in the "bija" (seed) mantras.

This initiation 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 will provide to you practical tools which will help you to overcome bad habits and obstacles to fulfillment. This weekend will deepen your appreciation of the Divine's manifestation in all five planes of existence.

PROGRAM SCHEDULE

Sunday 4th Feb 2018

5:00 p.m. Introduction and Group Meditation

7:30 p.m. Rest

Monday 5th Feb, 2018

6:00 a.m. Assemble in hall. Instruction and practice of new pranayam techniques.

7:00 a.m. Begin 24 hour period of silence. Initiation into Nityananda Kriya meditation. 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 10:30 a.m.. Free time

10:30 a.m. Training in psycho-energy techniques, "bandahs" and "mudras" to awaken the chakras and energize the body.

11:15 a.m. Meditation on Babaji's lecture .Who Am I?.

11:45 a.m. The Nine Obstacles to continuous inner awareness. Using auto-suggestion to overcome them.

1:00 p.m. Vegetarian Lunch,

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

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" (Yogic rest) 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. Break

6:45 p.m. Lecture: .How to integrate Kriya Yoga into ones daily life..

7:45 p.m. Group practice of Kriya Kundalini Pranayama

Tuesday 6th Feb 2018

6:00 a.m. Assemble in the meditation hall to practice the new techniques of Pranayama and Meditation

7:00 a.m. Group practice of the yoga postures.

8:00 a.m. . Dedication of the end of the period of silence. Homage to Babaji. Beginning of chanting around sacred mantra yagna fire. Teams of several 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.

8:15 a.m. Breakfast

9:00 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 followed by lunch

3:00 p.m. Discussion and sharing of experiences.

SUGGESTED CONTRIBUTION: HKD 4000 which includes the cost of meals, accommodation and training. For those who are attending level 1 & 2 together, it will be HKD 8000 including meals, accommodation and training.

RESERVATIONS: Contact Yan Gao
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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 and loose clothing for practicing the yoga postures, yoga mat, blanket, meditation cushion, separate notebooks for recording meditations and writing mantras, personal toilet articles; meals will be served:

Siddhananda Sita was first initiated into Babaji's Kriya Yoga in Scotland on 2004, since then she has practiced Babaji's Kriya Yoga with increasing intensity and devotion ever since. She has participated in several pilgrimages to India and completed the teacher training program in 2007. After fulfilling certain rigorous conditions over several years she was authorized to conduct first, second and third levels of initiation into Babaji's Kriya Yoga. She lives in South France and teaches in several European countries.

For more information on Babajis Kriya Yoga see www.babajiskriyayoga.net