



Babaji's Kriya Yoga Level I Initiation
14 to 16 October 2016
with Yogacharya Satyananda
Jamyang Buddhist Centre, Kennington, London SE11

About Babaji's Kriya Yoga

Yoga is union of the mind, body, spirit, and remembering who I AM, and letting go of all that I am not! It requires constant practice to enable 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 essential well-being. Eventually, our environment responds, and our experience changes according to our own vibratory reality. That is what enables our **personal alchemy** – by experiencing ourselves as the source, cause and creator of our lives.

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

To attain this heightened ability and power requires formal training and regular personal practice. This is what will give you the experience and insights of your personal and universal truth mentioned, which words are not adequate to describe.



The Initiation Programs

Training in Babaji's Kriya Yoga is training in the ancient “art of living” through **Conscious Creation, 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) by the ancient spiritual Siddha masters. 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 transformation and personal alchemy possible.

Kriya Yoga does not conflict with other practises or beliefs – 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
- 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 Level I is available to all.

Whereas Level I Initiation sets the foundations, Level II Initiation takes your experience deeper integration of your Mind-Body-Spirit and Heart, with training to integrate Kriya Yoga into your daily life.

Level II is a silent residential retreat from Friday afternoon till Sunday evening. It is open to all existing students of Babaji's Kriya Yoga.

Together, Level I and Level II Initiations provide an integrated and holistic practice.

Most students agree with our recommendations to complete Level I and II Initiations, and repeat initiations - to sustain their practice, strengthen the powers that you have developed and deepen your connection to your Self.

The next Level II Initiation in the UK is on:

21-23 October 2016 with Yogacharya Satyananda at Jamyang Buddhist Centre, London

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 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)
- "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. (home-maker)

To read other testimonials, please go to <http://babajiskriyayoga.net/english/testimonials.htm>

London 2016 Level I & Level II Initiation Programs

Initiations in the UK are held once a year in London.

Below are details of the 2016 program.

Babaji's Kriya Yoga Level I Initiation with Yogacharya Satyananda

14 to 16 October 2016

(Friday 6pm - 8.30pm; Saturday 8.30am - 6.30pm; Sunday 8.30am - 6.30pm)

@ Jamyang Buddhist Centre, The Old Courtyard, Kennington, London SE11

Suggested contribution

£270 for new students

£150 for Repeaters.

Places are limited. To avoid disappointment, register early by returning your completed **Enrolment Form** to babaji.ky.london@gmail.com.

Payment can be made with effect from 1st April and before 31st August 2016 (includes £100 non-refundable deposit).



About Yogacharya Satyananda

Yogacharya Satyananda M.D gives Level I, II and III Initiations into Babaji's Kriya Yoga worldwide. Certified in Psychology and Psychotherapy, he has worked in clinical and corporation settings. After studying spiritual wisdom of the world since childhood and Vedanta and Yoga for more than a decade in India and the West, he dedicated several years exclusively to intense study and practice of Babaji's Kriya Yoga, and to serving Babaji's Kriya Yoga and its students worldwide in Karma Yoga. He regularly takes pilgrimages to India's sacred places and holy masters.

"Satyananda is a highly informed and gifted teacher, with his ability to merge in an effective and precise way, disparate yoga practices into a unified whole. He is highly adept at introducing powerful techniques and practices in a way that is both accessible and attainable to non-adepts without diluting the essence of the Kriya Yoga practices."

Preparation

Although not compulsory, we recommend that you read "[Kriya Yoga - Insights along the Path](#)"

This book is a powerful companion for aspirants, practitioners or teachers alike, who are on a path towards expanded awareness, self realisation and personal mastery. Its power is in the vast topics it covers in simple clear sincere and non-jargon and objective style.

It clearly addresses the questions of: - Why Yoga? Why Kriya Yoga? Why be / know WHO I AM? Once you have read it, you will realise the importance of and how to remember "Who I AM, and let go of what I am not!"

To read the first 15 pages and Table of Contents of this book- <http://www.babajiskriyayoga.net/english/flexpaper-ui/kriya-yoga-insights-9781895383492-lib.php> .

Further information

For any questions regarding UK programs, please contact babaji.ky.london@gmail.com

For information on programs anywhere else in the world or anything else, please contact info@babajiskriyayoga.net .

Thank you for your interest and your registration.

Om Kriya Babaji Nama Aum!

Marina

UK Volunteer and Program Organiser