



BABAJI'S KRIYA YOGA

The Yoga of the Maha Siddhas and Mahavatar Kriya Babaji

Initiation weekend program

with Yogacharya M.D. Satyananda, Babaji's Kriya Yoga Order of Acharyas

21 – 23 June 2019, at Regents University, Regens Park, London NW1

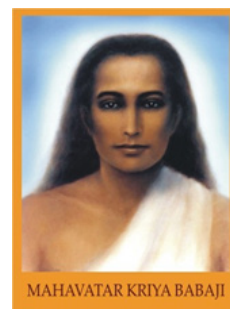
What is Kriya Yoga

Yoga is “union of body, mind and spirit” – “Recognising who I truly am and releasing all what I am not.”

Kriya Yoga is the inner **Alchemy** of Yoga. Kriya Yoga is a holy scientific art of “perfect God truth union”, a tool for mastering your mind and your life force, a tool for inner transformation.

Kriya Yoga teaches the **Breath** to Creation's Power and the Awakening of Consciousness.

Revived for today's humanity by *Mahavatar Kriya Babaji Nagaraj*, this synthesis of ancient teachings of the *Maha Siddhas*, India's age-free mystic sages and Yoga adepts, is nowadays taught in various branches of disciples. Babaji's Kriya Yoga Order of Acharyas, founded by M. Govindan Satchidananda, inspired by his teacher Yogi S.A.A. Ramaiah and Babaji, initiates in three progressive stages into a series of 144 Kriya techniques, based on the teachings of *Babaji* and Siddhanta, the ancient *18 Siddha Yoga tradition*.



Why do Kriya Yoga – the benefits

1. *Physical health, mental fitness, emotional well-being, balance and stability in your daily life*
2. *Experience of inner peace, fulfilment, love, happiness*
3. *Awakening the Kundalini Shakti*
4. *Action in awareness, acceptance of yourself and others, releasing habits and blockages*
5. *Conscious creation of your present and future life*
6. *Realisation of your true Self & Absolute Reality*
7. *Enhancement of your current spiritual practice –*

Kriya Yoga does not conflict with other spiritual practises or religious beliefs.

In this weekend workshop..

You will learn essential Kriya techniques to awaken and circulate subtle energies, to increase your life force, to purify, heal and strengthen your body and mind, to burn efficiently your Karmas, to enhance your awareness, expand consciousness, and to unfold your human potential power:

- ॐ **Kriya Kundalini Pranayama** – the powerful, transforming and magnetizing breathing technique
- ॐ **Hatha Asana** - Hatha Yoga postures for greater health, relaxation and energy
- ॐ **Dhyana**–Meditation techniques to master the mind, train awareness and expand consciousness
- ॐ **Mantra** - to connect with Kriya Babaji's Grace and your inner GURU
- ॐ **Initiation Puja** - Sacred ceremony of Bhakti Yoga
- ॐ **Integration** How to lead a healthy yogic life style with today's life demands



“The Goals of Life are Happiness, Peace, Love & Enlightenment – the Desire for Perfection comes forth from the SELF – the Image of GOD – which seeks to Realize & Express Itself through All Humanity..” – Yogi Ramaiah, inspired by Babaji

Testimonials

- *"Perfect. I could not think how it could be better."*
- *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."*
- *"Just what I wanted. I was in a different world altogether. Time and money well spent for myself."*
- *"I have I found that Kriya Yoga is the fullest flowering of yogic practices. A yoga practice offered as a living experience."*
- *"It was wonderful... elevating, enlightening, comforting, inspiring and immediately actionable ... all rolled into one ... not many things like that on this planet."*
- *"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."*
- *"By regularly practising Kriya Yoga, I am able to come home to myself after being out there in the world. I have within me all that it takes to deal with what is going on inside and outside me."*

About your teacher

M.D. Satyananda, Yogacharya in Babaji's Kriya Yoga Order of Acharyas, offers seminars with initiation into Babaji's Kriya Yoga, mainly in Europe, India and the East. 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 one decade exclusively to intense study and practice and to Karma Yoga serving Babaji's Kriya Yoga and its students. Since one decade he offers programs for Babaji's Kriya Yoga and on Yoga psychology, philosophy and metaphysics, individual counselling, and regularly takes pilgrimages to India's sacred places and holy masters.



The path

Second Initiation: a silent residential retreat weekend program to provide you means to integrate Yoga into your daily life, open to initiates of the first initiation.

Third Initiation: a 9-day advanced training retreat open to initiates of the second initiation.

Repetition: Initiates appreciate repeating initiation workshops to deepen their experiences and insights.

To attain this *heightened ability and power* requires both the **formal training** given in the Initiation workshop and **regular personal practice**. Then you can experience the Magic, which words cannot adequately describe.

We invite you to experience insights of your personal and universal truth for yourself!

Om Kriya Babaji Nama Aum!



Organized by Babaji's Kriya Order of Acharyas
(a non-profit educational organization USA/Canada/India, founder director M. Govindan)
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