



BABAJI'S KRIYA YOGA®

2nd level - Anthar Kriya Yogam



Spiritual retreat - April 12/13/14, 2019

Centro Ayurveda Maharishi in Mirabello, Ameno (NO)

All students initiated in Babaji's Kriya Yoga are invited to attend the second-level seminar. Scheduled on a weekend, designed to integrate Kriya Yoga into everyday life.

To be effective, this seminar is a period of detachment from everyday worries, in a natural environment. The teaching of mantras, in particular, is an environment that has been studied with spirits through devotional activities.

This weekend includes several activities: new techniques of pranayama and meditation, band and mudra, a day of silence, group practice of hatha yoga postures, chants around sacred fire, lectures on Kriya Yoga and philosophy of Yoga. There will also be meditations and walks in the woods. It will reach its peak in the individual teaching of the Bija mantras.

What you need

Comfortable shoes and clothing for yoga and walking in the woods, a notebook and a pen to take notes and record the meditations and mantras, bathroom necessaire.

Suggested contribution

Seminar: € 250 (seminar)

Sangha registration: 30 €

Accommodation

100 € to 150 € (per type of accommodation: rooms, studios, yoga room)

Includes accommodation, meals with Ayurvedic cuisine, drinks, fruit.



Acharya Siddhananda Sita

Sita Carla Leite was born in Brazil. Yoga enters her life from an early age and is definitely part of her encounter with Kriya Yoga. In 2004 she received her first initiation with Govindan Satchidananda and since her practice intensifies to become the essence of her life. During the months and years that followed she received the second and third initiations and participated in pilgrimages and stays in India. In 2006 she completed her teacher training with Durga Ahlund and Govinda Satchidananda in Quebec. In 2009 she became acharya of Babaji's Kriya Yoga and began transmitting the first initiation in France and other countries in Europe. In 2011 she completed a period of intense preparation for teaching the second initiation into Kriya Yoga, and in 2015 she was allowed to teach this initiation. Since then she has traveled to various countries to teach this discipline and art that has become her life.



Acharya Marco Arjuna Simontacchi

Self-awareness researcher for over 30 years. Trainer and Coach of NLP and Hypnosis and Certified Personal Empowerment Trainer. In 1993 he approached Yoga and in 1995 he met Marshall Govindan Satchidananda and Babaji's Kriya Yoga. He attended the Integral Yoga Institute with Swami Ch'Ananda.

In 2000 he joined the Order of the Acharyas, certified as an International Instructor to teach the Kriya Yoga of Babaji and Siddha with the name of Arjuna.

For more information,
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Babaji's Kriya Yoga
www.babajiskriyayoga.net