



## Invitation to the “Antha Kriya Yoga” Retreat Weekend

with Yogacharya M.D. Satyananda, Babaji’s Kriya Yoga Order of Acharyas  
for Initiates of Babaji’s Kriya Yoga

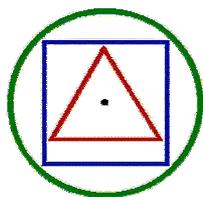
*Transform Your Daily Life Activity into Yoga*  
*Mauna – Silence & Chanting*  
*Mantra Diksha & Mantra Yagna (Sacred Fire Ritual)*

Students who have begun to learn and practice yoga techniques, often ask at one point of their practice:

*“How to integrate my Yoga into my Daily Life?! I would like to integrate my yoga practice more into my daily routine activities. How can I do this? Daily life presents many obstacles working against yoga practice and according values of a yogic life style, and beside job and family, the only choice I see is to sacrifice my free leisure time for more yoga practice. Also, I would like to proceed beyond an isolated practice of a few separated yoga techniques.”*

Yogacharya Satyananda MD

“Dear Kriya Yoga Student!



Om Kriya Babaji Nama Aum. You are cordially invited to attend our retreat weekend of the second level initiation into Babaji’s Kriya Yoga. This weekend seminar with the name “Antha Kriya Yogam” was developed to train you in a compact time frame how to integrate Kriya Yoga into your daily life and how to experience its effect and true wealth. Anthar Kriya Yogam’ seminars are offered annually in India, America and Europe and other countries of the world.

This learning process to be effective demands a natural environment and a certain timeout from those usual duties and occupations of your daily life. Especially, the learning of mantras is supported by an environment, which has been filled up with spiritual vibration through dedicated practice. Therefore, the retreat will have a quiet venue surrounded by nature and includes overnight stay at the place of the seminar. This weekend will contain many different activities: group practice of the techniques of the first initiation (yoga asana, kriya kundalini pranayama and dhyana), introducing new cleansing pranayama and meditation techniques, bandha and mudra techniques (special psycho-energetic exercises and gestures), meditative walking in the nature, lectures on Kriya Yoga and workshops of self study, how to deal with routine activities, how to transform habitual obstacles and afflicting emotions. It will be divided into one day of silence (mauna) and one day of chanting around a sacred fire (mantra yagna) preparing for the personal initiation into mantras (mantra diksha) as the climax of the seminar. There will be seed (bija) mantras to activate each chakra and a shakti mantra (power of creation) of personal choice from a series of mantras corresponding with different aspects of the Divine and Guru. There is also some free time for contemplating enjoyment of the place. The Anthar Kriya Yogam retreat will demonstrate you, how you can literally practice in any of your daily activities without exception, during waking state, eating, working, recreational and leisure time and even sleep.

The art of living of Kriya Yoga allows you to detach from poor distracting living habits and obstacles, which prevent you from fulfillment and contentment and awareness of life and self-realization. This weekend will expand your awareness of your life experience and your true Self and deepen your appreciation for the manifestation of the Divine within all levels of our existence. Om Kriya Babaji Nama Aum.”

Organized by:

**Babaji’s Kriya Yoga London**

Marina Kapur | 0 799 097 5292 | babaji.ky.london@gmail.com