



BABAJI'S KRIYA YOGA

& the Yoga of the Siddhas

28 Feb-1 Mar **2020** • **KUALA LUMPUR**

@ KECHARA FOREST RETREAT

with Acharya Sita Siddhananda, Babaji's Kriya Yoga Order of Acharyas

Anthar Kriya Yogam – The Internal Alchemy of Yoga

Second Initiation into Mantra Yoga + Kundalini Pranayama

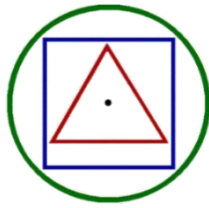
Mauna & Diksha Chanting & Yagna



The second initiation into Babaji's Kriya Yoga is the complement to the first initiation. You experience other qualities of integral five-fold Yoga through dedicated practice of meditative silence (*mauna*) and personal mantra initiation (*diksha*) after chanting at a sacred fire (*yagna*), learn essential Kriya pranayamas for internal (*anthar*) alchemy to transform life energy (*prana*), for healing, Yoga Nidra, and how to transform afflicting emotions. It enhances liberation from suffering, awakening of consciousness and unconditional bliss, and it enables you to practice Yoga constantly in your daily life.



This residential retreat in a peaceful environment is designed to take you away from distractions, demands and preoccupations of your life at home and allow for a period of intense training and spiritual immersion.



“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

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18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



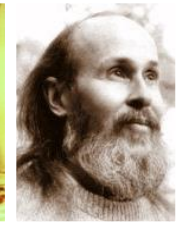
Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

Venue

Kechara Forest Retreat

Lot 3189, Jalan Chamang,
Bentong – 28700

Schedule

3-day weekend residential program

Friday 4pm to Sunday 5pm

reporting time Friday 2pm

complete attendance mandatory

Suggested Contribution

Rm. 150

plus full board accomodation

with twin room: Rm. 680 ;

with room for 6 persons: Rm. 500

prior to the start of the program

Registration

required in advance, details may change

please contact us and

fill out the ⇒ online enrolment form

⇒ < kriyabala@gmail.com >

for venue registration, please contact

Mr. Balachander +60 16 977 1412

(+60 63 2274 3189)

Ms. Veni +60 12 326 0813

Information

⇒ *our website* <babajiskriyayoga.net>

⇒ *read* < *Testimonials* > and < *Articles* >
of our students' experiences!

⇒ *recommended Book:*

'Enlightenment: It's not what you think'
by M. Govindan (<Kriya Yoga Publications>)

PARTICIPATION

Eligibility: fully completed first initiation in Babaji's Kriya Yoga, irrespective of how long ago. You are welcome to repeat the program any time.

Accommodation: provided are shared rooms and full board with three vegetarian meals and tea breaks. Please contact us in case of exceptional needs.

Transport to the venue: can be organized, please contact us for details

Arrival: reporting time at the venue for room assignment Friday 2-3pm. **Departure:** retreat ends around 5pm on Sunday. If you travel from far away, we recommend you arrive early to settle in, please contact us for details.

Your Expenses: your own travel to the venue, your full board accommodation and a suggested contribution to the Order of Acharyas for your participation. Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide, and also not to make this offer dependent on external sponsors. Traditionally, initiation (diksha) as such has no charge, however, a contribution by each participant is required to cover the costs involved to make this program possible for you.

What to bring: your yoga mat, meditation cushion, a shawl, pen and notebook, towels and toiletries, slippers and fresh adequate clothing. We will spend time inside and outside.

Requirements: complete attendance with full stay at venue, eligibility and advance registration. We reserve the right of admission to the initiation. Details may change.

Registration: Places at the venue are limited. **For** enrolment, reservation and payment details of your contribution for participation and your accomodation, please contact Mr. Balachander or Ms. Veni.





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Siddha Boganathar



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THE VENUE

The Kechara Forest Retreat is a unique holistic retreat center, with a Tibetan Buddhist philosophy background, focused on the total wellness of body, mind and spirit. Set in the midst of lush tropical forest in Bentong, Pahang, this is the perfect destination for individuals, families and the spiritual at heart, offering comfortable accommodation, extensive facilities and the promise of peace and tranquility.

- ॐ *Access Creation's Power & Consciousness*
- ॐ *Make your Life your Yoga*
- ॐ *Access Power of Intention & subtle Kundalini Shakti*
- ॐ *Transform Limiting Beliefs & Habitual Patterns*
- ॐ *Enhance your current Spiritual or Religious Practice*
- ॐ *Improve Health, Mental Fitness & Inner Well-Being*
- ॐ *Accelerate unfolding Divine Consciousness within You*
- ॐ *Find your Self, the Absolute Reality & Inner Peace*

THE LINEAGE

The first and second initiation together form the basis for a solid, effective and authentic Kriya Yoga practice.

A third initiation residential 9-day retreat program, following this second initiation program, teaches as an advanced training a series of 144 Kriyas, including techniques to purify the bodies (*tapas*) and to develop subtle energy powers (*siddhis*) and the mystic states of consciousness in deep meditation (*samadhi*).

Repeating the initiation programs is being appreciated by many initiates to deepen, refresh and expand their inner experiences and personal insights.

THE TEACHER: **Siddhananda Sita** was initiated into Babaji's Kriya Yoga in Scotland in 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 a decade ago. 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 and international countries. sitayoga.blogspot.com

