
BABAJI'S KRIYA YOGA

INITIATION WITH ACHARYAS NEELA SARASWATI AND NIRANJANA

KRIYA YOGA IS A SYNTHESIS OF THE TEACHINGS OF THE 18
SIDDHAS. IT INCLUDES A SERIES OF TECHNIQUES.

In this initiation you will learn

18 postures for greater health, relaxation and
energy

**6 phases of the powerful breathing
technique**, known as

"Kriya Kundalini Pranayama"

to awaken and circulate subtle energies

7 techniques of meditation to cleanse the
subconscious, to master the mind and to bring
about realization of the Self and Absolute
Reality



JANUARY 22 - 24 2027 STRASBOURG

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SUGGESTED CONTRIBUTION : 290 EUROS

THE INITIATION WILL BE GIVEN IN ENGLISH AND FRENCH

FOR FURTHER INFORMATION:

CONTACT :

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Neela Saraswati is a member of Babaji's Kriya Yoga Order of Acharya and offers initiations into Babaji's Kriya Yoga, satsang meetings, Kriya Hatha Yoga classes and lectures. After having studied economics in the US and Europe and having worked for an auditing firm and taught economics at the University, she now lives with her family in Munich and works in the field of Science. Neela Saraswati has been practising yoga for more than 30 years and has studied Western and Eastern philosophies in depth. In 2016, she discovered Babaji's Kriya Yoga, to which she has dedicated herself intensively ever since.

Niranjana discovered Babaji's Kriya Yoga in 2004, at the age of 21, during an initiation with Satchidananda. This meeting was decisive for the course of her life, and the practice of yogic sadhana immediately became the central axis of it.

During the past 21 years, she made multiple trips, and had the chance to study with several Acharyas of this lineage in different countries. She has been teaching Kriya Hatha Yoga since 2011 and collaborates with kriyabans around various projects related to Kriya Yoga.

[HTTPS://WWW.BABAJISKRIYAYOGA.NET/FRENCH/HOME.HTM](https://www.babajiskriyayoga.net/french/home.htm)