

# ANTHAR KRIYA YOGAM



**SECOND  
LEVEL  
INITIATION**  
and weekend retreat  
**April 7 - April 9, 2017**

**Nederland, CO**

Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Kriya Yoga at the home of Acharya Skandavel in the majestic Rocky Mountains of Nederland, CO. This weekend is designed to teach you how to integrate Kriya Yoga into our daily life and to experience its fullness.

This training requires a natural environment and a prolonged period - apart from the preoccupations of daily life - to be effective. The training in mantras, in particular, demands an environment which has been filled with spiritual vibrations through devotional activities

This weekend will include a variety of activities: initiation into new techniques of pranayama and meditation, bandahs, and mudras, new techniques of meditation during daily life and sleep, a day of silence, group practice of the yoga postures, chanting around a sacred fire, lectures on Kriya Yoga. There will also be meditation and outdoor walks. It will reach its climax with the individual training in the "bija" (seed) mantras.

The Anthar Kriya Yoga retreat will reveal to you how to integrate Kriya Yoga into all of your daily activities: during meals, work and even sleep. The art of living through Kriya Yoga permits one to get rid of bad habits and hindrances to fulfillment. This weekend will deepen your appreciation of the Divine's manifestation in all five planes of existence.

## PROGRAM

### Friday April 7, 2017

Before 1:30 p.m. Arrive into Denver International Airport (for those coming from out of state).

**2:20pm the "AB" bus departs from Gate 8 to Boulder (\$9 ticket will get you from the airport all the way to Nederland. Bring exact change and buy your ticket from the driver specifying that you're going all the way to Nederland via the Boulder Transit Center. Keep your ticket and don't be late! Arrive at Boulder transit center at 3:22pm. Get off bus at the Boulder Transit Center and get on the "N" bus to Nederland which departs at...**

3:40pm Take N bus to "Nederland Park-N-Ride". Arrive at 4:11pm and enjoy short walk to Boulder Creek Lodge in downtown Nederland, CO (approximately 10min walk through town) stopping at New Moon Bakery for decaf chai and a snack while enjoying the beautiful mountain air and cozy scenery (optional). You may also wish to stop at the Mountain Co-op for snacks or forgotten items (2min walk from the New Moon Bakery).

5:45 p.m. Shuttle from Boulder Creek Lodge to Skanda's home. Meet at the front desk of the Boulder Creek Lodge for pickup.

6:00 p.m. Arrive at the home of Skanda in Nederland (10min from downtown Nederland) for Ayurvedic dinner + meet and greet.

8:30 p.m. Introduction and group Meditation

9:30 p.m. Shuttle back to Boulder Creek Lodge to rest.

### Saturday April 8, 2017

5:00 a.m. Wake up

5:30 a.m. Shuttle from Boulder Creek Lodge to Skanda's for instruction and practice of new pranayama techniques.

7:00 a.m. Begin 24 hour period of silence. Group practice of Kriya Kundalini Pranayama and Meditation.

7:30 a.m. Group practice of yoga postures.

8:30 a.m. Ayurvedic breakfast

9:00 a.m. to 11:00 a.m. Free time. Go for a walk or take a nap.

11:00 a.m. Training in psycho-energy techniques, "bandahs" and "mudras" to awaken the chakras and energize the body.

11:30 a.m. Meditation on Babaji's lecture Who Am I?

12:30 p.m. Lunch, prepared according to the principles of Ayurveda vegetarianism.

2:00 p.m. Workshop on How to let go of disturbing emotions with Kriya Yoga in daily life.

3:00 p.m. to 4:00 p.m. Training in several techniques of meditation; during walking, during daily activities, as well as techniques which allow one to see prana and auras, and to make clouds disappear.

4:00 p.m. Initiation into Yoga Nidra (yogic rest).

5:00 p.m. Lecture on the scientific art of Kriya mantra yoga, the significance and science of mantras, how to practice them, the organization of a mantra yagna (chanting around a sacred fire).

6:00 p.m. Ayurvedic dinner

7:30 p.m. Lecture: How to integrate Kriya Yoga into ones daily life.

8:30 p.m. Group practice of Kriya Kundalini Pranayama

9:30 p.m. Shuttle back to Boulder Creek Lodge to rest

### **Sunday April 9, 2017**

5:00 a.m. Wake up

5:30 a.m. Shuttle from Boulder Creek Lodge to Skanda's to practice the new techniques of pranayama and meditation. Meet at front desk for pickup.

7:30 a.m. Dedication of the end of the period of silence. Beginning of chanting around sacred mantra yagna fire. Teams of 2 to 3 persons will replace one another every hour until 2:00 p.m. purifying and preparing themselves for initiation into the chakra mantras and a mantra of their choice corresponding to different aspects of Divinity.

7:30 a.m. Group practice of the yoga postures.

8:30 a.m. Breakfast

8:00 a.m. to 2:00 p.m. Individual training in the potential "bija" mantras and individual practice of meditation and mantras.

2:00 p.m. Closing of the sacred fire.

2:00 p.m. Dinner, followed by a discussion and sharing of experiences.

4:00 p.m. Shuttle back to Boulder Creek Lodge – Departures from Nederland bus station to Denver International Airport (for out of state attendees).

**SUGGESTED CONTRIBUTION:** \$300, which includes the cost of meals and training.

**Accommodations:** Reservations will need to be made in advance. Mention that you are attending the "Yoga weekend with Skanda" and the hotel should extend a discount to you:

**The Boulder Creek Lodge:**

**Address:** 55 Lakeview Dr. Nederland, CO 80466

**Phone:** 303-258-9463

\* If you are renting a car at **Denver International Airport**, you can opt to reserve an Airbnb in the town of Nederland and drive to and from Skanda's home rather than shuttling back and forth between Skanda's and the Boulder Creek Lodge. Please keep in mind you will be commuting mostly in the dark on mountain roads as the training begins early in the morning and concludes late in the evening. Please give yourself ample time each morning so as not to be tardy. You can also caravan from the Boulder Creek Lodge to Skanda's home to avoid getting lost and missing part of the training.

A \$75 non-refundable deposit will be necessary to reserve your place. This can be done via PayPal via the direct link:

**PayPal.Me/skanda18**

The number of places available will be limited, please reserve your place as soon as possible.

**LIMITATIONS:** The only persons eligible to attend this weekend are those who have been trained in Kriya Kundalini Pranayama and Dhyana.

**WHAT TO BRING:** A warm jacket/hat/gloves/clothing and winter shoes if attending the winter 2<sup>nd</sup> initiation, comfortable shoes, loose clothing and asana mat for practicing the yoga postures and for walking in the woods, separate notebooks for recording meditations and writing mantras, personal toilet articles, sunscreen are optional. Six meals will be served: three on Saturday, two on Sunday.

**Skanda's Home Address:**

**35 Last Chance Court  
Nederland, CO 80466**

**\* Park on the extreme right side of the driveway if bringing your own car.**