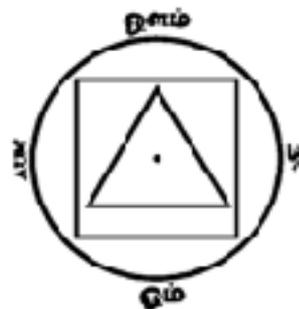


**Second Level Initiation
Bali Retreat****“ANTHAR KRIYA YOGAM”***with Yogacharya Siddhananda Sita***OCTOBER 29th - November 1st 2019****Ubud - Bali Indonesia**

Initiated Kriya Yoga Students are cordially invited to participate in this retreat and second level initiation in Babaji's Kriya Yoga. This retreat is designed to teach you how to integrate Kriya Yoga into our daily life and to experience its fullness.

The 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, bandhas, 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, and lectures on Kriya Yoga. 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.

REGISTRATION:

Eligibility: eligible to attend this retreat are those initiated into the first level of Babaji's Kriya Yoga (Level 1).

What to Bring: Comfortable shoes and loose clothing for a warm climate and also to be suitable for the practicing of yoga postures, separate notebooks for recording meditations and writing mantras, personal toilet articles and mala beads.

Venue: Narasoma Retreat Ubud (www.narasoma.com) Tel: +62 361 973 404

Accommodation included : Narasoma Retreat Ubud

Transport: Airport drop off and pick ups included.

Food: Vegetarian Breakfast is included daily and some meals.

Costs: \$1000 (Australian Dollars)

Reservations and inquiries contact: Mitra twistingfish@hotmail.com

Mobile (Western Australia): + (618) 0403 043 807

To confirm your reservation a deposit of \$400 is required to be transferred to bank details below to confirm attendance:

Matthew Exley

Commonwealth Bank Of Australia

Bsb: 066 118

Acc: 1011 1266

Swift Code: CTBAU2S



PROGRAM

Thursday 29th October

11.00 am. Check in

5.00 pm. Opening Pooja Ceremony

7:30 pm. Buffet dinner

Friday 30th October

5:30 am. Morning sadhana and beginning of mauna (24 hour silence)

8:30 am. Breakfast

10.00 am. 2nd Initiation Techniques

1.00 pm. Buffet Lunch

3.00 pm. 2nd Initiation Techniques

5.00 pm. Break

6.30pm. Evening sadhana

7.00pm. Buffet Dinner

Saturday 31st October

5:30 am. Morning Sadhana

8.30 am. Breakfast

9.00 am. Preparing the Yagna (fire ceremony).

9.30 am. Yagna.

2:00 pm. Lunch

4:00 pm. Lecture and questions

5:30 pm. Evening Sadhana

6:30 p.m. Dinner

8:00 p.m. Satsang, bhajans

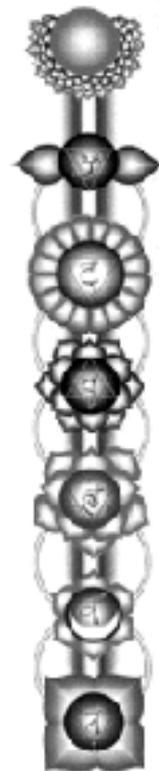
Sunday 1st November

6:00 am. Morning Sadhana

7.30am. Closing 2nd Initiation, questions and sharing.

9.00am. Breakfast

11.00am. Check out





Siddhananda Sita was first initiated into Babaji's Kriya Yoga in Scotland on 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 in 2007. 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 countries. (sitayoga.blogspot.com)

