

# ANTHAR KRIYA YOGAM



## SECOND LEVEL INITIATION and weekend retreat

April 12<sup>th</sup> to 14<sup>th</sup> - 2019

Near Novara, north Italy

With Acharya Siddhananda  
Sita

Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Kriya Yoga 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 walks in the forest. 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

7:00 p.m. Arrive at the retreat center (location to be announced)

8:30 p.m. Introduction and Group Meditation

9:30 p.m. Rest

### Saturday

5:00 a.m. Wake up

5:30 a.m. Assemble in hall. Instruction and practice of new pranayam 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. Breakfast

9:00 a.m. to 11:00 p.m. Free time

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 Macrobiotics and 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, and others which allow one to see "prana" and auras, and to make clouds disappear.

4:00 p.m. Initiation into "Yoga Nidra": meditation during sleep.

5:00 p.m. Lecture on the scientific art of "Kriya mantras 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. 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. Rest

## **Sunday**

5:00 a.m. Wake up

5:30 a.m. Assemble in the meditation hall to practice the new techniques of pranayama and meditation

7:30 a.m. Dedication of the end of the period of silence. Homage to Babaji. 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 the 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. Departure.

**SUGGESTED CONTRIBUTION:** 250,00€ not including accommodation & meals

### **RESERVATIONS:**

For further info contact: Chinmayi

Email: [chiara@kriyayogasangha.org](mailto:chiara@kriyayogasangha.org)

A 80,00€ non-refundable deposit will be necessary to reserve your place. The number of places available will be limited, therefore 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:** Comfortable shoes and loose clothing 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: one on Friday, Three on Saturday, two on Sunday.

**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](http://sitayoga.blogspot.com))

**DIRECTIONS :** Please enquire