ANTHAR KRIYA YOGAM



SECOND LEVEL INITIATION

and weekend retreat

June 25 to 27, 2027

at the Quebec Ashram

Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Kriya Yoga at the Kriya Yoga Ashram situated near beautiful Mount Orford, in St. Etienne de Bolton, Quebec, an hour from Montreal. 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. There will also be periods of free time to appreciate the beauty and peace of this extraordinary place with its panoramic view of Mount Orford, a private lake, 80 acres of forest and meadows and numerous wild animals.

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.

196 Mountain Road, P.O. Box 90, Eastman, Quebec, Canada J0E 1P0 - Telephone: (450) 297-0258 or 1-888-252-9642
Fax: (450) 297-3957, E-mail: info@babajiskriyayoga.net, E-commerce: www.babajiskriyayoga.net

PROGRAM

Friday June 25, 2027

6:00 pm Arrive at "Babaji's Kriya Yoga Ashram, St. Etienne de Bolton

7:00 p.m. Supper

8:30 p.m. Introduction and Group Meditation

9:30 p.m. Rest

Saturday June 26, 2027
5:00 a.m. Wake up

5:30 a.m. Assemble in hall. 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. Breakfast

9:00 a.m. to 11:00 a.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?

12:00 p.m. The Nine Obstacles to Continuous Awareness. Using autosuggestions.

1:00 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 June 27, 2027

5:00 a.m. Wake up

5:30 to 6:30 a.m. Group practice of new pranayamas, Kriya Kundalini Pranayama and Dhyana of the day.

6:30 to 7:30 a.m. Group practice of the 18 asanas.

7:30 to 8:00 a.m. Final preparation of the Mantra Yagna peetam, application of vibhuti and kumkuma to all participants

8:00 a.m. to 2:00 p.m. Group chanting around the Mantra Yagna Peetam, in 3 to 5 groups, with 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. Leave St. Etienne de Bolton for Montreal.

SUGGESTED CONTRIBUTION: $420, plus taxes, which includes the cost of lodging, meals and training.

RESERVATIONS: Contact MG Satchidananda

196 Mountain Road, P.O. Box 90
Eastman, Quebec, J0E 1P0
Tel. 1-888-252-9642
Fax: 450-297-3957
E-mail**:** **info@babajiskriyayoga.net**

A $75 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; swimsuit,
sunscreen are optional. Five meals will be served: Three on Saturday, two on Sunday.

DIRECTIONS from Montreal: Cross the Champlain Bridge. Take the #10 Autoroute (Eastern Townships Autoroute) for 55 minutes, to Exit #100. Turn right and go 3 miles to the village of St. Etienne de Bolton. At the church keep your right and take "Mountain Road" (rang de la Montagne) up the hill for 3/4 of a mile. At the crest of the hill, just after the pavement becomes a gravel road, turn right into the first driveway, number 196
Mountain Road, St Etienne de Bolton, Quebec, J0E 2E0. The entrance is marked by an arch with the letter "Kriya Yoga Ashram de Babaji". The
telephone number is (450) 297-0258 or 1-888-252-9642. You will see a large blue and white house there.

From New York: Take Highway #87 North to the border, then follow the signs towards Montreal. Just before signs for the Champlain Bridge over the St. Lawrence into Montreal, exit to Highway #10, direction East towards Sherbrooke. Follow the above directions to the Ashram.

From New England: Take Highway #91 through Vermont to the border of Quebec, where it becomes #55. Continue for another 20 minutes to Highway #10. Go West towards Montreal another 15 minutes to Exit #100. Turn left at the sign St. Etienne de Bolton and follow the above directions to the Ashram.

TRANSPORTATION from New England and New York: Carpools are also forming from the New York City, Boston, Albany, Toronto and Montreal areas. Please let us know if you would like to be in a carpool.

TRANSPORTATION FROM MONTREAL AIRPORT: When you have your plane reservations you can reserve a seat on the shuttle bus from the Montreal (YUL) airport to the town of Magog, which is 15 minutes from the ashram, where we will pick you up. Reservations at www.aeronavette.ca at least 3 days before the flight, ideally. You can purchase a round trip ticket for C$120, about US$90.

Do send us your flight itinerary when it is ready. Call us at 1-888 252 9642 before boarding the shuttle bus