

ANTHAR KRIYA YOGAM



SECOND INITIATION and weekend retreat Sept. 6th - 8th, 2019 Banff, Alberta.

Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Kriya Yoga near Banff, Alberta: the dramatic entrance to Canada's Rocky Mountains. Our site is adjacent to the Bow River and at the foot of Mount Rundell, and nearby Tunnel Mountain known to the original inhabitants, the Stoney Indians as Sleeping Buffalo, an hour and a half from Calgary. These mountains were traditionally used for vision quests and gathering medicines, the presence of hot springs further adds to a sense of healing and purification to be found in these environs. 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 natural setting.

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.

The program will be conducted in a tipi at the Tunnel Mountain campground. A number of sites have been reserved for the weekend, space is limited to camp at these sites (12 people), alternately people may choose to use hotels in Banff townsite and come to the campground for the program.

PROGRAM

Friday September 6th, 2019

Afternoon: Those needing transportation from Calgary or Edmonton depart in carpool

7:30 p.m. Arrive at Banff Alberta, set up camp

8:30 p.m. Introduction and Group Meditation

9:30 p.m. Rest

Saturday September 7th, 2019

5:00 a.m. Wake up

5:30 a.m. Assemble in tipi. 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 September 8th, 2019

5:00 a.m. Wake up

5:30 a.m. Assemble in the tipi 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. Program ends, return to Calgary or stay extra night(s).

Optional group practice on Monday.

Campsites are booked till 11:00 am Tuesday

SUGGESTED CONTRIBUTION: \$250, which includes campsite fees and training.

RESERVATIONS: Contact:

Alan (Amman) Frank
P.O. Box 505
Christopher Lake, Saskatchewan
S0J0N0 CANADA
306-982-4379

A \$50 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: Camping gear, tent and sleeping bag and air mattress, 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, meals are potluck. I will bring a couple of extra tents.

SITE LOCATION: Tunnel Mountain, Village I Campground, sites to be determined. An entry pass to Parks Canada is required ~\$7.50 per day. campsites are included.

Alan (Amman) Frank first learned about Babaji as a teenager in 1969 and was initiated into kriya yoga by Yogacharya J. Oliver Black a lay minister of SRF (Self Realization Fellowship) and direct disciple of Paramahansa Yogananda. In the mid 1980s he lived with Yogacharya Black at his yoga retreat in northern Michigan. In 2006 Amman rediscovered Babaji and has since gained greater insight into yoga through Babajis Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field. Amman conducts several initiations into Babajis Kriya Yoga at selected locations annually.