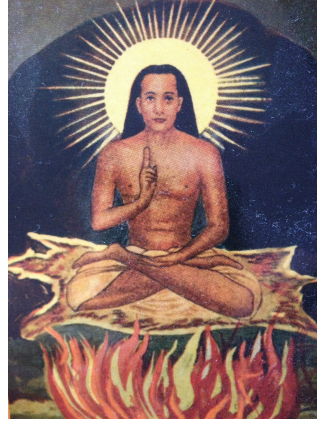


ANTHAR KRIYA YOGAM



**SECOND
INITIATION**
May 20-22, 2022.
**Okemos,
Michigan.**

Initiated Kriya Yoga Students are cordially invited to participate in the second level initiation into Babaji's Kriya Yoga in Okemos, Michigan at the Okemos Zendo, 2253 Kenmore. This retreat 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



PROGRAM

Friday May 20, 2022

6:00 pm Arrive at retreat location, introduction of participants, light snacks

7:00 p.m. Introduction to weekend, Puja - opening ceremony and group meditation

8:30 p.m. Rest

Saturday May 21, 2022

8:00 a.m. reconvene at retreat space

8:30 a.m. Assemble in yoga hall. Instruction and practice of new pranayam techniques.

9:00 a.m. Begin 24 hour period of silence. Group practice of Kriya Kundalini Pranayama and Meditation.

10:00 a.m. Group practice of yoga postures.

10:30 a.m. Brunch

11:30 a.m. Training in psycho-energy techniques, "bandahs" and "mudras" to awaken the chakras and energize the body.

12:30 a.m. Meditation on Babaji's lecture .Who Am I?..

1:30 p.m. Free Time

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. Supper

7:00 p.m. Lecture: How to integrate Kriya Yoga into ones daily life..

8:00 p.m. Group practice of Kriya Kundalini Pranayama

8:30 p.m. Rest

Sunday May 21, 2022

8:00 a.m. reconvene at retreat location

8:30 a.m. Assemble in yoga hall to practice the new techniques of pranayama and meditation

9:30 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.

10:00 a.m. Group practice of the yoga postures.

11:00 a.m. Brunch

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. light snacks

3:00 pm Discussion and sharing of experiences.

4:00 p.m. Departure

RESERVATIONS / REGISTRATION :

Amman a.frank@sasktel.net

A \$50 deposit will be necessary to reserve your place.

Send a cheque payable to A.Frank, Box 505, Christopher Lk. SK S0J0N0 CANADA or arrange electronic money transfer with Amman to reserve your place

SUGGESTED CONTRIBUTION: \$250 for the training, meals included. Accommodations: a list of suitable motels nearby is available and is separate

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, Babajis Kriya Yoga Level 1 initiation

WHAT TO BRING: yoga mat, cushions, water container, comfortable shoes and loose clothing for practicing the yoga postures and for walking in outside, sun protection, separate notebooks for recording meditations and writing mantras, Meals will be provided: one on Friday, two on Saturday, two on Sunday.



Amman first learned about Babaji as a teenager in 1969 and was initiated into kriya yoga in 1970 by Yogacharya J. Oliver Black, a lay minister of Self Realization Fellowship and direct disciple of Paramahansa Yogananda. In the mid 1980's he lived with Yogacharya Black at his his yoga retreat in northern Michigan. In 2006 Amman rediscovered Babaji and has since then gained greater insight into yoga through Babaji's Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field. Amman has conducted yoga classes and seminars at various locations across North America and continues to teach from his home north of Saskatoon.

see www.kriya.ca