

# **BABAJI'S KRIYA YOGA**

The Yoga of the Siddhas

# November 3-5, 2023 in $OJAI \cdot CA$

with Acharya Dharmadas, Babaji's Kriya Yoga Order of Acharyas

# Kriya Yoga – the Internal alchemy of Yoga

# First Initiation into Kriya Kundalini Pranayama

the breath to creation's power & consciousness

7 dhyana meditation techniques

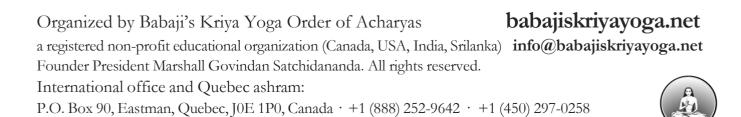
18 body postures · sacred initiation ceremony with Babaji mantra · guidance

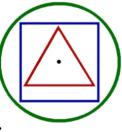
A path to action with awareness, self-transformation, self-empowerment and self-realization

- Improve your Health, Mental Fitness and Inner Well-Being
- Consciously Create your Life. Act with Awareness
- 3 Awaken your Power of Intention and Manifestation
- Transform limiting unconscious habitual patterns
- Find your Self, Absolute Reality and Inner Peace
- Sentance your current Spiritual or Religious Practice
- Accelerate Divine Consciousness progressing in your Being
- Realize the Source of Wisdom inside your own inner Experience

**Practice of Kriya Yoga** is independent of age, physical health, socio-cultural or religious background, and integrates into any other spiritual practice. – **Initiation** means to receive one's initial or deepening experiences with a practice in a safe and sacred setting from a teacher initiated in the lineage authorized to guide others in them. – **Those powerful Tools** with profound effect are given in person, specifically to you, and *only* for your own private use on yourself. – **Your Ability** to use them requires your initial training and your regular personal practice. Then you can and will experience the sacred magic of inner alchemy which words cannot describe.

"The Goal of life is happiness, peace, love, enlightenment – The desire for perfection comes forth from the Self, the image of God, which seeks to express itself through all humanity" -Yogi Ramaiah















Kriya Babaji





18 Siddhas

Siddha Tirumular Siddha Patanjali

Siddha Agasthya

Siddha Boganathar

Yogi Ramaiah

M.G. Satchidananda

### THE PROGRAM

#### <u>Venue</u>

Ojai, California Sane Living Center, https://saneliving.com/

#### <u>Schedule</u>

Friday – 11/3 – 7pm - 9pm (Intro Lecture) Magic Hour, 928 E. Ojai Ave Saturday – 11/4 – 8:30am - 5pm Sunday – 11/5 - 8am - 4:30 pm *complete attendance mandatory* 

#### Suggested Contribution

\$ 300 reduced for repeaters prior to the start of the program

#### **Registration**

required in advance, details may change we reserve the right of admission

please contact by email or text and fill out our 🛱 online enrollment form

#### Information

Listen to an introductory lecture Click here

⇒ visit our website <babajiskriyayoga.net>
⇒ read <Testimonials> of our students' experiences
Recommended preparatory books:
⇒ visit our <Bookstore>

## TESTIMONIALS

"Perfect. I couldn't think how it could be better."

"This two and a half day 'initiation' cut through the noise, and I arrived at a whole heap of stuff that I could take back and use immediately. I recommend it highly."

"I have I found that Kriya Yoga is the fullest flowering of yogic practices. A yoga practice offered as a living experience."

"It was wonderful... elevating, enlightening, comforting, inspiring and immediately actionable... all rolled into one... not many things like that on this planet."

"I am feeling relieved and very hopeful with the journey ahead of me. Peaceful in the knowledge that I will find myself - a self I always felt I never knew."

"Just what I wanted. I was in a different world altogether. Time & money well spent for myself."

"By regularly practising Kriya Yoga, I'm able to come home to myself after being out there in the world. I have within me all that it takes to deal with what is going on inside and outside me."

**Your Contribution**: Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide. Traditionally, initiation *(diksha)* as such has no charge. However, in order to keep our offer to you independent from external sponsoring and to cover the costs involved to make this group program possible for you, we request from each of our participants a suggested contribution for receiving initiation and their own participation.

 ➡ Kriya Yoga: Insights along the Path,
➡ Babaji and the 18 Siddha Kriya Yoga Tradition by M. Govindan
➡ Yogananda's Autobiography of a Yogi

Organized by Babaji's Kriya Yoga Order of Acharyas

babajiskriyayoga.net

















18 Siddhas

Siddha Tirumular

Siddha Patanjali Siddha Agasthya

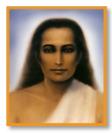
Siddha Boganathar

Kriya Babaji

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KRIYA YOGA is a holy scientific art of inner alchemy for God, Truth union and Self-Realization. It was revived for today's humanity by a perfected grand master of India and spiritual world teacher, Kriya Babaji Nagaraj, nowadays taught in various branches of his disciples. It is a practical distillation of Siddhanta, a synthesis of ancient teachings of the Siddhas, India's mystic ageless sages and tantric Yoga adepts who have attained perfection, represented by Siddha Tirumular's Tirumandiram' Tantra Yoga, Siddha Boganathar's Yoga of secret internal alchemy, and Siddha Patanjali's famous 'Yoga Sutras', reflected in the South Indian 18 SIDDHA TRADITION.





THE TEACHER Dharmadas is Acharya in Babaji's Kriya Yoga Order of Acharyas since 2019. He has worked as a pediatric dentist in Boise, Idaho USA since 1999, and has four children with his wife Allison, a teacher of Kriva Hatha Yoga. As a determined and sincere seeker, he has been practicing Babaji's Kriya Yoga since 2013, deeply appreciating the authenticity of these integral, synergistic and transformative teachings. As his life has become "lighter, more joyous and with a feeling of connection, an ease to life," he now passionately shares these teachings with others and with a unique ability to convey how to mold and manifest a better life with aspiration, and presently offers initiation into Babaji's Kriya Yoga in various places of the U.S.

### THE TEACHING

You receive clear instruction and practical training in using a series of essential yogic techniques (Kriyas) to awaken, circulate, store and increase subtle energies and your life force, to purify, heal and strengthen your body, mind and intellect, to enhance awareness, to burn your Karmas and find your Dharma, to use the universal law of attraction, to accelerate the natural progression of Divine Consciousness into your human nature, to unfold your divine and human potential in all your bodies or levels of existence.

You realize your own inner experience as the most reliable authoritative source of wisdom, knowledge and empowerment.

You learn a powerful transforming magnetizing breathing technique (kriya kundalini pranayama) with six phases, seven meditation techniques (dhyana) to master the mind, postures (asana) to master the body, and in a sacred ceremony (puja) an invocation mantra to connect to the Grace of Kriya Babaji and your own Inner Guru.

Babaji's Kriya Yoga Order of Acharyas, founded by M. Govindan Satchidananda, inspired by his teacher Yogi S.A.A. Ramaiah and Babaji, initiates in three progressive stages into a series of 144 comprehensive Yoga techniques (Kriyas), which represent a five-fold path of Yoga, based on the teachings of Babaji and the 18 Siddha tradition.

The initiations are taught in intensive seminars as a day or a retreat program, starting with this **first initiation**.

A second initiation residential 3-day retreat introduces other qualities of integral Yoga, with a mantra initiation (diksha) and fire ritual (yagna), sacred silence (mauna), additional substantial pranayamas, training of awareness, and how to constantly practice Yoga in daily life.

A third initiation residential 9-day advanced retreat introduces a series of 144 Kriyas, techniques to purify the bodies and develop subtle energy powers (siddhis) and the mystic states of consciousness in meditation (samadhi).

**Repeating** is appreciated by many participants to refresh or deepen and expand their experience, insights and knowledge and prepare for attending the next stage.



### THE LINEAGE