



# BABAJI'S KRIYA YOGA

*The Yoga of the Siddhas*

5-7<sup>or</sup>19-21 Jan 2024 in COLOMBO

@ Babaji's Kriya Yoga Ashram | Oneness Centre

*pending weekend date + venue · please check our website for updates · upon your registration we inform you*

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

## Second Initiation

### Anthar Kriya Yoga Mantra Yagna

mauna · mantra diksha · kundalini pranayama · make your life your yoga

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



for all initiates of Babaji's Kriya Yoga



**The Second Initiation** into Babaji's Kriya Yoga is the complement to the First Initiation.

**The Anthar Kriya Yoga retreat** trains you how to practice Yoga constantly in daily life in any of your routine activities. It enhances liberation from suffering, awakening of consciousness, constant self-awareness and unconditional bliss. It enables you to integrate Kriya Yoga into your daily life to experience its effects and its true wealth.

**You experience** more qualities of the integral five-fold Yoga during one day of dedicated practice (*tapas*) in meditative sacred silence (*mauna*), followed by one day of chanting around a sacred *mantra yagna* fire preparing you for personal *mantra diksha* initiation. You receive *bija chakra* mantras and a personal *shakti* mantra of a divine quality and power. You learn complementary *pranayama* breathing techniques to awaken, rise and increase your subtle creative life force and for purifying and healing your physical and subtle bodies, a Yoga Nidra practice and how to transform habitual obstacles and afflicting emotions.

This training requires a peaceful environment and time apart from the distractions, demands and preoccupations of your life at home to allow for a period of intense training and spiritual immersion.

Organized by Babaji's Kriya Yoga Order of Acharyas Trust, Sri Lanka

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Founder President Marshall Govindan Satchidananda

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**[babaji.lk](http://babaji.lk)**

**[info@babaji.lk](mailto:info@babaji.lk)**





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

## THE PROGRAM

### Venue

#### Oneness Centre

#3A.Col TG Jayawardena Mawatha  
Colombo -03, Sri Lanka

### Schedule

3-day weekend program  
Friday 5pm–8pm  
Sat 8am–7pm, Sun 8am–5pm

*reporting time Friday 4pm  
complete attendance mandatory*

### Suggested Contribution

Rs. 7,500/-  
*(reduced for repeaters)  
plus board and accomodation  
prior to the start of the program*

### Registration

*required in advance, details may change  
we reserve the right of admission  
please fill out our ⇒ **online enrolment form**  
and contact us (our local coordinators or Trust)*

⇒ <info@babaji.lk>

Ahil +94/0 77 605 5359  
Devika +94/0 77 439 7339

### Information

⇒ *our website* <babaji.lk>  
⇒ *read <Testimonials> and <Articles>  
of our students' experiences!*

⇒ *Recommended Books:*

Kriya Yoga: Insights Along the Path,  
Babaji and the 18 Siddha Kriya Yoga Tradition  
by M. Govindan  
Autobiography of a Yogi, by P. Yogananda

## PARTICIPATION

**Eligibility:** fully completed first initiation in Babaji's Kriya Yoga, irrespective of how long ago. Both initiations can be attended one after the other with a varying time span in between. You are welcome to repeat the program any time.

**Requirements:** complete attendance with full stay at the venue, eligibility and registration in advance. We reserve the right of admission to the initiation. Details may change.

**Your Expenses:** your own travel to the venue, your board and accommodation and a suggested contribution to the Order of Acharyas for your participation.

**Accommodation:** provided are shared rooms and full board with three vegetarian meals and tea breaks. Please contact us in case of exceptional needs.

**Arrival and departure:** If you travel from far away, we recommend you arrive early to settle in or add a night prior and after the program. Transport to the venue may be organized. Please contact us for details.

**What to bring:** your yoga mat, meditation cushion, a shawl, pen and notebook, towels and toiletries, slippers and fresh adequate clothing. We will spend time inside and outside.

**Your Contribution:** Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide. Traditionally, initiation 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.





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Siddha Agasthya



Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

**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** **Satyananda** is Acharya in Babaji's Kriya Yoga Order of Acharyas, certified in Psychology and Psychotherapy with experience in clinical and corporation settings, studied spiritual wisdom of the world since childhood, Vedanta and Yoga for many years, and has dedicated two decades exclusively to intense study and teaching of Babaji's Kriya Yoga and to serving its mission in Karma Yoga. He offers initiation into the lineage of Babaji's Kriya Yoga, mainly in Europe, India and the East, pilgrimages to sacred places and saints of holy India, and teachings on Yoga philosophy, metaphysics and consciousness.

## THE TEACHING

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**This Anthar Kriya Yoga retreat** trains you how to practice Yoga constantly in daily life in any of your routine activities. It enhances liberation from suffering, awakening of consciousness, constant self-awareness and unconditional bliss and enables you to integrate Kriya Yoga into your daily life in order to experience its real effects and true wealth.

## THE LINEAGE

**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 three intensive seminars as a day program or retreat program.

**The first and second initiation** together form the basis for a solid, effective and authentic Kriya Yoga practice.

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 being appreciated by many initiates to refresh or deepen and expand their inner experiences and personal insights and prepare for attending the next stage.

