



# BABAJI'S KRIYA YOGA

The Yoga of the Siddhas

27-29 Dec **2019** · **BANGALORE**

@ The School of Ancient Wisdom

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

## Kriya – the internal alchemy of Yoga

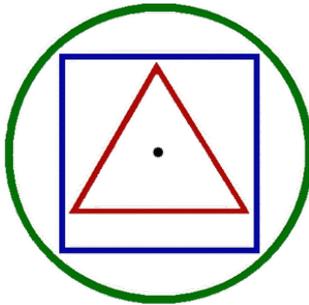
A path of self-empowerment, self-transformation & self-realization

### First Initiation into Kundalini Pranayama

*The Breath to Creation's Power & Consciousness*

+ 7 Meditation Techniques · Postures · Sacred Puja · Guidance

*"Goals of Life are Happiness, Peace, Love, Enlightenment – the Desire for Perfection comes forth from the Self, the Image of God, which seeks to Realize & Express Itself through All Humanity" - Yogi Ramaiah, inspired by Babaji*



- ॐ Act with Awareness, Consciously Create your Life
- ॐ Awaken your Power of Intention and Manifestation
- ॐ Improve Health, Mental Fitness & Inner Well-Being
- ॐ Transform limiting habitual unconscious Patterns
- ॐ Accelerate unfolding Divine Consciousness within You
- ॐ Tap the Source of Wisdom in your own inner Experience
- ॐ Enhance your current Spiritual or Religious Practice
- ॐ Find your Self, Absolute Reality & Inner Peace

**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 one's practice in a safe and sacred setting from someone initiated in the lineage to guide others in them. – Those powerful **Tools** with profound effect are given in person specifically to you and *only* for your own personal private use. – 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.

Organized by Babaji's Kriya Yoga Order of Acharyas Trust, India  
(a registered non-profit organization). All rights reserved.

India: info@babajiskriyayoga.in | International: info@babajiskriyayoga.net

Trust: 52, 5<sup>th</sup> Main Malleshwaram 18<sup>th</sup> Cross Bangalore 560 055 India · +91/0 80 23560252

[babajiskriyayoga.in](http://babajiskriyayoga.in)





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



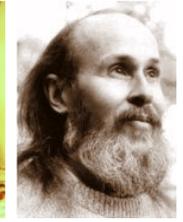
Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

### Venue

The School of Ancient Wisdom

IV C Rd, Devanahalli,  
Kannamangala Palya,  
Bangalore – 562 110

### Schedule

3-day weekend residential program

Friday 5pm to Sunday 6pm

*reporting time Friday 2-3 p.m.  
complete attendance mandatory*

### Suggested Contribution

Rs.8000

*prior to the start of the program*

### Registration

*required in advance, details may change  
please contact us and  
fill out the ⇒ online enrollment form*

⇒ <info@babajiskriyayoga.in>

Mr. Vinod K. 098 4566 1221

### Information

⇒ our website <babajiskriyayoga.net>

⇒ 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 (<Kriya Yoga Publications>)  
P. Yogananda's 'Autobiography of a Yogi'.

## PARTICIPATION

**Eligibility and requirements:** complete attendance with full stay at venue and advance registration. We reserve the right of admission to the initiation. You are welcome to repeat the program any time.

**Venue:** the campus is a uniquely beautiful and tranquil retreat center with good facilities and abundant greenery, many flowers and birds, surrounded by nature, located 30 km north of Bangalore and 15 min. from the Bengaluru International Airport.

⇒ **Directions** <by car> or <by public transport>.

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

**Arrival:** reporting time at the venue for room assignment Friday 2-3pm. **Departure:** retreat ends around 6pm on Sunday. If you travel from far away, we recommend you arrive early to settle in and stay until Monday after breakfast, please contact us for details.

**Your Expenses:** your own travel to the venue, and a suggested contribution to the Trust for your full board accommodation and your participation. Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide, and also not to make this offer dependent on external sponsors. Traditionally, initiation (diksha) as such has no charge, however, a contribution by each participant is required to cover the costs involved to make this program possible for you.

**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.

**Registration:** enrolment and reservation at the office of our Trust in Bangalore. Places at the venue are limited. Your contribution for participation and accomodation is required before the start of the program, payable to the Trust. For payment details and more information, please contact our Trust manager Mr. Vinod Kumar.





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



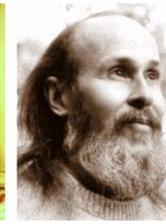
Siddha Boganathar



Kriya Babaji

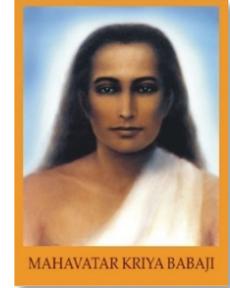


Yogi Ramaiah



M.G. Satchidananda

**KRIYA YOGA** is a holy scientific art of inner alchemy for Self-Realization and reunion with God-Truth, revived for today's humanity by a perfected grand master and spiritual world teacher, **Mahavatar Kriya Babaji Nagaraj**, nowadays taught in various branches of his disciples. It is a practical distillation of Siddhanta, a synthesis of the teachings of India's mystic ageless sages and tantric Yoga adepts, known as the **Siddhas** ("having 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* in the ancient South Indian **18 SIDDHA TRADITION**.



MAHAVATAR KRIYA BABAJI

## THE PROGRAM

**You receive** clear instruction and practical training in using essential yogic techniques 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 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 knowledge and wisdom and self-empowerment.

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



## 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 intensive seminars as a day or 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 deepen, refresh and expand their experience and insights.



**THE TEACHER: Satyananda**, 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.

