



# BABAJI'S KRIYA YOGA

– *The Yoga of the Maha Siddhas* –

## INITIATION WEEKEND SEMINAR

The First in a series of three progressive Initiations  
with **Yogaacharya GURUDASAN**,  
Babaji's Kriya Yoga Order of Acharyas

**5 - 7 April - 2024** in **KOCHI**

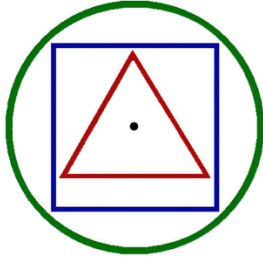


## Initiation into Kriya Kundalini Pranayama Training in Meditation, Hatha Asana, Mantra · Puja Ceremony

*The Breath to Creation's Power & Consciousness,  
Awakened Kundalini Shakti & Action with Awareness*

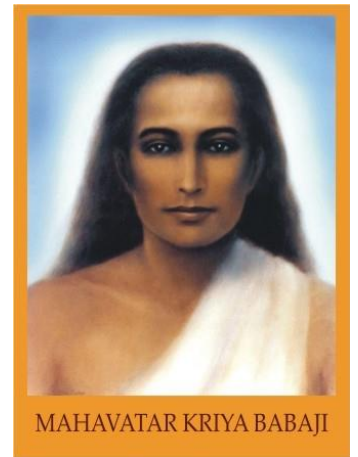
### BENEFITS:

- Physical Health & Mental Fitness in Your Daily Life
- Constant Inner Peace in a Householder's Life
- Realization of Your Self & Absolute Reality
- Conscious Creation of Your Present and Future Life



### KRIYA YOGA – THE HOLY SCIENTIFIC ART OF PERFECT GOD TRUTH UNION,

is a synthesis of the ancient teachings of the *Maha Siddhas*, India's age free Mystic Sages and Yoga Adepts, revived for today's humanity by *Mahavatar Kriya Babaji Nagaraj*, nowadays taught in various branches of His disciples. 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 Kriya techniques, based on the teachings of Babaji's Kriya Yoga and of the ancient *18 Siddha Yoga Tradition* with the substantial "*Tirumandiram*" Tantra Yoga Mandalas of Siddha Tirumular, the Yoga of Siddha Boganathar, and the famous "*Yoga Sutras*" of Siddha Patanjali.



MAHAVATAR KRIYA BABAJI

India : **Babaji's Kriya Yoga Ashram & Publications.**

PB 5608, #52, 5<sup>th</sup>Main, Malleshwaram 18<sup>th</sup>Cross, Bangalore 560 055. | +91/0 9845 66 1221 | 080 412 80 812

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



Muruga+18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



Siddha Boganathar



Kriya Babaji Nagaraj



Yogi Ramaiah



M.G.Satchidananda

*“The 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*

### Schedule:

3-Days weekend Program.

Friday 4 p.m. to 7 pm.

Saturday 8am to 7 pm.

Sunday 8 am to 6 pm.

*Complete Attendance is Mandatory.*

*Prior Registration is required.*

*Reporting Time Friday 4 p.m.*

### Venue:

**Adwaithashramam.**

Bridge Road, Periyar Nagar,

Aluva, Kerala, Pin - 683101

### Suggested Contribution:

Rs. 5,000/- including  
the charges to cover event expenses,  
and a donation to the charitable Trust.

### Registration / information:

*Please contact our Organizer in*

**Kochi**

Smt. Lakshmi Vishwanath:

Ph: 94465 46227

**Bangalore:** Vinod Kumar R.C.:

9845 66 1221 / 94 999 2 0007

*Visit our website: [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)*

**IN THIS WEEKEND SEMINAR,** the first one of three progressive initiation seminars, you will learn essential Kriya techniques to awaken and circulate subtle energies, to increase your life force, to purify, heal and strengthen your body and mind (the five Koshas), to expand your consciousness and awareness, and to unfold your complete human potential power.

**KRIYA KUNDALINI PRANAYAMA:** The powerful transforming and magnetizing breathing technique in six phases

**ASANA:** Hatha Yoga for greater health, relaxation and energy

**MEDITATION:** Seven Dhyana techniques to master the mind, find inner peace and realize Self & Absolute Reality

**MANTRA:** to contact Kriya Babaji and your Guru within you

**INITIATION PUJA:** Sacred ceremony of Bhakti Yoga

**LIFE STYLE:** How to integrate Yoga into daily life demands

GURUDASAN, Yogaacharya in Babaji's Kriya Yoga Order of Acharyas, offers seminars with initiation into Babaji's Kriya Yoga, mainly in India and in other Indian Expat-countries. Being from Tamil Culture, he is familiar with the Tamil Siddha Tradition and teaches Kriya Yoga within the Traditional Indian context. His interest in spirituality was triggered by the works of Swami Vivekananda and Sri Ramana Maharshi. He is familiar with Sri Vidya Sadhana. He holds Bachelor's degree in Engineering, Information technology and works as a Senior Manager in a Big 4 Consulting firm. He got married in 2014, and is living with his wife, and based out of Bangalore, India.



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