

ANTHAR KRIYA YOGA



SECOND LEVEL INITIATION and weekend retreat APRIL 8-9, 2017 Tornaco ITALY

Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Kriya Yoga. This weekend 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, bandhas and mudras, new techniques of meditation during daily life and sleep, a day of silence, group practice of the yoga postures, chanting around the sacred fire, lectures on Kriya Yoga. There will also be meditation and walks in the forest. It will reach its climax with the individual training in the « bija » (seed) mantras. There will also be periods of free time to appreciate the beauty and peace of nature.

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 plans of existence.

PROGRAM

FRIDAY

6:00 pm arrival
7:30 pm Introduction and Group Sadhana

SATURDAY

5:00 am Wake-up
5:30 Instruction and practice of new pranayam techniques
7:00 am Begin 24 hour period of silence. Group practice of Kriya Kundalini Pranayam and Meditation
7:30 Group practice of yoga postures
8:30 Breakfast
9:00 to 11:00am Free time
11:00am Training in psycho-energy techniques « bandhas » and « mudras » to awaken the chakras and energize the body.
11:30 am Meditation on Babaji's lecture « Who I am ? »
12:30pm Lunch (vegetarien)
2:00 pm Workshop on « How to let go of disturbing emotions with Kriya Yoga in daily life »
3:00 pm to 4:00 pm 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 pm Initiation into « Yoga Nidra » meditation during sleep
5:00 pm Lecture on the scientific art of « Kriya Yoga mantras » the significance and science of mantras how to practice them, the organization of a mantra yagna (chanting around the sacred fire).
6:00pm Dinner
7:30 Lecture « How to integrate Kriya Yoga into ones daily life »
8:30 pm Group practice Kriya Kundalini Pranayam
9:00 pm Rest

SUNDAY

5:00 am Wake-up
5:30 Practice the new techniques of pranayam and meditation
7:30 am Dedication of the end of the period of silence. Hommage to Babaji. Beginning of chanting around sacred mantra yagna fire. Teams will replace one another every hour until 2:00pm purifying and preparing themselves for initiation into the chakra mantras and the mantra of their choice corresponding to different aspects of the Divinity.

7:30 Group practice of yoga postures
8:30 am Breakfast
9:00 am- 2:00 pm Individual training in the potential « bija » mantras and individual practice of meditation and mantras.
2:00 pm Closing of the sacred fire
2:00 Lunch followed by a discussion and sharing of experiences
4:00 Leave

SUGGESTED CONTRIBUTION : 250 euros

**RESERVATIONS : chiara8link@gmail.com
kriyasita@gmail.com**

LIMITATIONS : The only persons eligible to attend this weekend are those who have been trained in Kriya Kundalini Pranayam and Dhyana.

WHAT TO BRING : Comfortable shoes and loose clothing for practicing the yoga postures and for the walking in the woods. Separate notebooks for recording meditations and writing mantras, personal toilet articles, suwimsuit and sunscreen are optional.

DIRECTIONS : Agriturismo Vignarello
Via Barbavara, 2
28070 TORNACO
Fraz. VIGNARELLO (NO)

