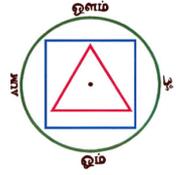




# BABAJI'S KRIYA YOGA®

## 2nd level - Anthar Kriya Yogam



### **Spiritual retreat - April 3/4/5, 2020**

*Centro Ayurveda Maharishi in Mirabello, Ameno (NO)*

All students initiated in Babaji's Kriya Yoga are invited to attend the second-level seminar. Scheduled on a weekend, designed to integrate Kriya Yoga into everyday life.

The second initiation program is a weekend retreat from Friday afternoon to Sunday afternoon. Participation requires at least one completed first initiation seminar. The second initiation program of Babaji's Kriya Yoga complements the first initiation program. Essential Kriya Yoga techniques are added, as well as experiences of more qualities of Yoga like meditative silence, initiation into mantras, and a fire ritual. It deepens the awakening of consciousness and the integration of Kriya Yoga practices into daily life - both fundamental for practising effectively.

#### **What you need**

Yoga mat and pillow, comfortable shoes and clothing for yoga and walking in the woods, a notebook and a pen to take notes and record the meditations and mantras, bathroom necessaire.

#### **Suggested contribution**

Seminar: € 300,00 (includes Sangha registration)

#### **Accommodation**

€120,00 to € 180,00 (according to type of accommodation: rooms, studios, yoga room)  
Includes accommodation, meals with Ayurvedic cuisine, drinks, fruit.

#### **Registration**

Send you request via email to [kriyasita@gmail.com](mailto:kriyasita@gmail.com) or to [chiara@kriyayogasangha.org](mailto:chiara@kriyayogasangha.org)  
Confirm your reservation by sending ad advance of €100,00 to the Organizer  
Kriya Yoga Sangha  
IT22 C 05034 52650 000000002381



#### **Acharya Siddhananda Sita**

Sita Carla Leite was born in Brazil. Yoga enters her life from an early age and is definitely part of her encounter with Kriya Yoga. In 2004 she received her first initiation with Govindan Satchidananda and since her practice intensifies to become the essence of her life. During the months and years that followed she received the second and third initiations and participated in pilgrimages and stays in India. In 2006 she completed her teacher training with Durga Ahlund and Govinda Satchidananda in Quebec. In 2009 she became acharya of Babaji's Kriya Yoga and began transmitting the first initiation in France and other countries in Europe. In 2011 she completed a period of intense preparation for teaching the second initiation into Kriya Yoga, and in 2015 she was allowed to teach third initiation. Since then she has traveled to various countries to teach this discipline and art that has become her life.

For more information,  
contact Kriya Yoga Sangha  
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or [kriyasita@gmail.com](mailto:kriyasita@gmail.com)

Babaji's Kriya Yoga  
[www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)