



# BABAJI'S KRIYA YOGA

– *The Yoga of the Maha Siddhas* –

## FIRST INITIATION WEEKEND SEMINAR

in a series of three progressive initiations

with Yogaacharya Kriyanandamayi K.K.

(Babaji's Kriya Yoga Order of Acharyas)

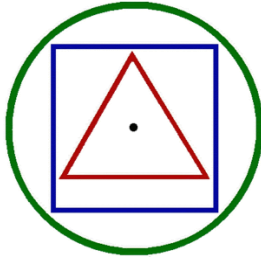
In **COLOMBO**

**ON 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup> MAY 2020**

## 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*

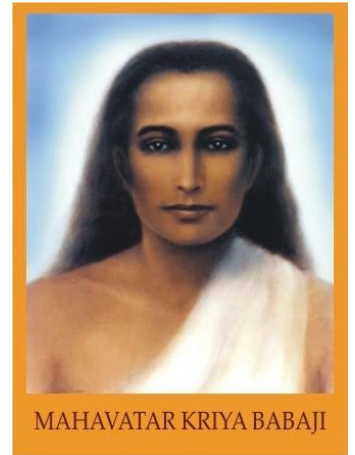


### BENEFITS:

- 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

**Sri Lanka :** Babaji's Kriya Yoga Order of Acharyas Trust

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**India :** Babaji's Kriya Yoga Trust

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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*

### **Program Schedule:**

**Friday 5.30pm. to 7pm**

**Saturday 7.30am to 7.00pm**

**Sunday 7.30am to 7.00pm.**

***Complete Attendance Mandatory***

***Prior Registration Required***

***Reporting Time Friday 4.30 p.m.***

### **Venue:**

#### **ONENESS CENTER**

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

### **Charges:**

#### **Suggested Contribution**

LKR Rs. 3,900/-

### **Registration + Information:**

*Please contact our Organizers*

**+94/ 77 605 5359**

**+94/ 77 439 7339**

**+94/ 77 261 3591**

*Please visit our Website*

**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 Mayakoshas), to expand your consciousness and awareness, and to unfold your complete human potential.

- **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

**KRIYANANDAMAYI K.K.**, is an Acharya in Babaji's Kriya Yoga Order of Acharyas. She offers Kriya Yoga initiation seminars in Sri Lanka, India and Malaysia in English or Tamil. In Sri Lanka, she manages our ashrams Of Babaji's Kriya Yoga Order of Acharyas Trust. Organizes initiation seminars and pilgrimage to holy places in Srilanka and India, conducts



Hatha Yoga classes, corporate and students & Teachers stress management programs, acupuncture treatment, and performs sacred ceremonies at our ashrams. She is also a trained Art Therapist. After being introduced into spirituality by her parents at a very young age, she soon explored various spiritual lineages, has practiced Kriya Hatha Yoga since 2001. Since her initiation into Babaji's Kriya Yoga, she dedicated her life fully to intense Sadhana of Babaji's Kriya Yoga and to serving the local Sangha and her parental family.

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