



# BABAJI'S KRIYA YOGA

*& the Yoga of the Siddhas*

14-17 May **2020** • **LONDON**

@ Academy St Albans

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

*Anthar Kriya Yogam – The Internal Alchemy of Yoga*

**Second Initiation** into Mantra Yoga + Kundalini Pranayama

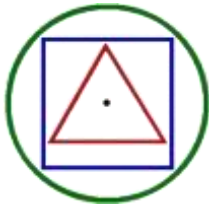
*Silence & Chanting Sacred Fire Ritual*



The second initiation into Babaji's Kriya Yoga is the complement to the first initiation. You experience other qualities of integral five-fold Yoga through dedicated practice of meditative silence (*mauna*) and personal mantra initiation (*diksha*) after chanting at a sacred fire (*yagna*), learn essential Kriya pranayamas for internal (*anthar*) alchemy to transform life energy (*prana*), for healing, Yoga Nidra, and how to transform afflicting emotions. It enhances liberation from suffering, awakening of consciousness and unconditional bliss, and it enables you to practice Yoga constantly in your daily life.



This residential retreat in a peaceful environment is designed to take you away from distractions, demands and preoccupations of your life at home and allow for a period of intense training and spiritual immersion.



*“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*

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18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

### Venue

Academy St Albans Residences  
Shenley Lane, London Colney,  
Hertfordshire AL2 1AF

### Schedule

3-day weekend residential program  
Friday 15<sup>th</sup> 6am – Sunday 17<sup>th</sup> 6pm  
*reporting time and check-in:*  
Thursday 14<sup>th</sup> 5pm  
*complete attendance mandatory*

### Suggested Contribution

£300 (repeating £150)  
*before the start of the program*

### Accommodation

*incl. full board single/twin room*  
depart. Sun. £180 / Mon. £230

### Registration

*required in advance, details may change*  
*please contact us and*  
*fill out the ⇒ online enrolment form*  
⇒ <london@babajiskriyayoga.net>

### Information

⇒ *our website* <babajiskriyayoga.net>  
⇒ *read <Testimonials> and <Articles>*  
*of our students' experiences!*  
⇒ *recommended Book:*  
'Enlightenment: It's not what you think'  
by M. Govindan (<Kriya Yoga Publications>)

## PARTICIPATION

**Eligibility:** fully completed first initiation in Babaji's Kriya Yoga, irrespective of how long ago. You are welcome to repeat any time.

**The Venue:** 4 miles from St. Albans, 20 miles from central London. Travel: 10 min by car from Junct. 22 on M25; 5 min by car from St Albans City or Rickmansworth stations. 30 min by train from Central London. Group taxi will be arranged from St. Albans Station.

**Accommodation:** single and twin room occupancy with basin and shared bathrooms. Full board with three vegetarian meals. Please contact the coordinator in case of exceptional needs.

**Arrival:** Thursday from 5pm for Check-in. Dinner at 6.30pm. Group Satsang and Sadhana at 8pm after dinner.

**Departure:** retreat ends around 6pm on Sunday, dinner is at 6.30pm, departure either before or after dinner. We recommend you stay for Monday morning group Satsang and breakfast.

**Your Expenses:** your travel, your full board accommodation and a suggested contribution for your participation. Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide. Traditionally, initiation (diksha) as such has no charge, yet a contribution by each participant is required to cover the costs involved to make this program possible for you. We ask for this suggested contribution before the program starts. Payment for stay at venue due by 9<sup>th</sup> April, 2020.

**What to bring:** your yoga mat, meditation cushion, a shawl, pen and notebook, towels and toiletries, slippers and adequate clothing. The program will be in a chapel and in the garden.

**Requirements:** complete attendance with full stay at venue, eligibility and advance registration. We reserve the right of admission. Details may change.





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## THE VENUE

**Academy St Albans.** Stay at an enchanting Victorian residential retreat centre, with a charming setting and modern renovation of majestic buildings, surrounded by 90 acres of grounds and gardens, in the village of London Colney within the beautiful English countryside.

Directions will be given with your registration.

- ॐ *Access Creation's Power & Consciousness*
- ॐ *Make your Life your Yoga*
- ॐ *Access Power of Intention & subtle Kundalini Shakti*
- ॐ *Transform Limiting Beliefs & Habitual Patterns*
- ॐ *Enhance your current Spiritual or Religious Practice*
- ॐ *Improve Health, Mental Fitness & Inner Well-Being*
- ॐ *Accelerate unfolding Divine Consciousness within You*
- ॐ *Find your Self, the Absolute Reality & Inner Peace*

## THE LINEAGE

**The first and second initiation** together form the basis for a solid, effective and authentic Kriya Yoga practice.

**A third initiation** residential 9-day retreat program, following this second initiation program, teaches as an advanced training a series of 144 Kriyas, including techniques to purify the bodies (*tapas*) and to develop subtle energy powers (*siddhis*) and the mystic states of consciousness in deep meditation (*samadhi*).

**Repeating** the initiation programs is being appreciated by many initiates to deepen, refresh and expand their inner experiences and personal 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.

