



BABAJI'S KRIYA YOGA®

2°level - Anthar Kriya Yogam

Spiritual retreat on April 13-14-15, 2018

Centro Ayurveda Maharishi
Italy - Ameno (NO)

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 planes of existence.

During a weekend in the country, close to nature, learn powerful techniques for awakening the chakras, yogic rest, silence, mantras, meditation during activities, and how to integrate yoga into daily activities.

Suggested Contribution: 400,00€

Includes lodging and meals (ayurvedic), friday to sunday.

Acharya Siddhananda Sita

Siddhananda (Sita) Born in Brazil in a family of spiritual seekers. Through my explorations of the world and human nature as well as through my studying of sacred literature during long sea voyages, pilgrimages and retreats, I learned to recognize the universal presence of an essence which animates and unites all of us. I have been a teacher, a translator and a builder and organizer of several different enterprises. I have raised my five children in love and by example. Since my decisive encounter with Babaji's Kriya Yoga, I have participated in several pilgrimages to India and completed its teacher training program. Since then I have taught Kriya Hatha Yoga. I also offer a complimentary therapy based upon sound and DNA programming.



and with **Acharya Marco Arjuna**

Reservation:

Kriya Yoga Sangha

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Babaji's Kriya Yoga

www.babajiskriyayoga.net