



BABAJI'S KRIYA YOGA

The first in a series of progressive
Initiations with
Siddhananda Sita -A member of Babaji's Kriya Yoga
order of acharya

Bali Indonesia October 25th-28th 2019

(Venue: Narasoma Retreat Centre, Ubud, Bali)

The goal of life is happiness, peace, love and enlightenment. The desire for perfection comes from the Self, the image of God which seeks to express itself through all humanity.

KRIYA YOGA is a scientific art of perfect God truth union. It was revived in modern times by a great master of India, Babaji Nagaraj, as a synthesis of the teachings of the 18 siddhas. It includes a series of techniques.

Siddhananda Sita will be presenting an initiation / seminar over the retreat period at Narasoma Retreat Centre Ubud

(www.narasoma.com) Tel: +62 361 973 404

Cost contribution : **\$1000 (Australian Dollar)**

(includes 1st Initiation, 3 nights accommodation, breakfast daily and some meals, airport pick up and drop off)

A **\$400 (Australian Dollar)** deposit is required to confirm attendance.

For reservations or further information

contact : Mitra at twistingfish@hotmail.com
or Western Australian Mobile (618) 0403 043 807

In this retreat you will learn 18 postures for greater health, relaxation and energy; the 6 phases of the powerful breathing technique, known as

**"Kriya Kundalini
Pranayama"**

to awaken and circulate subtle energies; 7 techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the Self and Absolute Reality.

Siddhananda Sita was first initiated into Babaji's Kriya Yoga in Scotland on 2004, since then she has practiced Babaji's Kriya Yoga with increasing intensity and devotion ever since. She has participated in several pilgrimages to India and completed the teacher training program in 2007. After fulfilling certain rigorous conditions over several years she was authorized to conduct first, second and third levels of initiation into Babaji's Kriya Yoga. She lives in South France and teaches in several European countries. (sitayoga.blogspot.com)



**ENROLMENT FORM FOR INITIATION INTO
KRIYA KUNDALINI PRANAYAMA AND MEDITATION**

Initiation into Kriya Yoga means to receive one's first experience with the techniques involved from someone who has been authorized to reveal them. While no prior experience with yoga is required, your response to these questions will facilitate evaluation of your readiness for initiation into Kriya Yoga. Confidentiality of the techniques is required to ensure that they will not be passed on to others in a modified or incomplete form.

Name _____ Email _____

Address _____ City _____ State or Prov. _____

Zip or postal code _____ Tel. Number _____ Date of birth _____

Proposed place and date of initiation _____

Why do you want to be initiated in the techniques of Babaji's Kriya Yoga? _____

What do you love most in this world? _____

What are your favourite books in spirituality, philosophy and metaphysics? _____

Have you been initiated into Yoga before? If so, where and by whom? Do you continue to practise the techniques learned? _____

Are you prepared to practise regularly and faithfully the techniques taught in the initiation classes? _____

Do you have any significant health problems like high blood pressure which might restrict your practice of the yoga postures? _____

Are you taking any medication? If so what? _____

I, _____ do solemnly promise to Babaji not to reveal to anyone the techniques of Kriya Kundalini Pranayama and meditation into which I will be initiated under any circumstances.

Signature

Date

Please return by email to twistingfish@hotmail.com with receipt of deposit of \$400 (Australian) paid to bank details below. This document will be forwarded to the Kriya Yoga Ashram, Eastman, Quebec, Canada J0E 1P0 and will be kept strictly confidential.

The deposit will be returned to you only if you are not accepted for initiation into Kriya Yoga or are prevented by unavoidable circumstances from attending.

**Matthew Exley
Commonwealth Bank Of Australia
Bsb: 066 118
Acc: 1011 1266
Swift Code: CTBAAU2S**