



# BABAJI'S KRIYA YOGA

## & *The Yoga of the Siddhas*

10-12 Mar 2023 • BANGALORE

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

### **Kriya – the Internal Alchemy of Yoga**

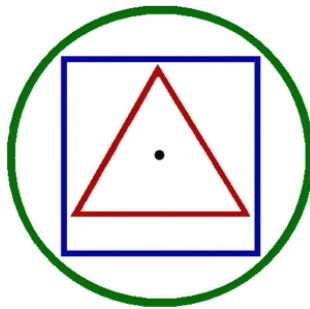
First Initiation into Kundalini Pranayama

*the Breath to Creation's Power & Consciousness*

+ 7 Meditation Techniques

+ Asanas + Sacred Puja + Practice Guidance

*"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*



- ॐ Awaken your Potential Power of Manifestation
- ॐ Act with Awareness, Consciously Create your Life
- 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, Absolute Reality & Inner Peace

Practice of Kriya Yoga is independent of age, physical health, cultural or religious background, and integrates into any other spiritual practice. – Initiation means to receive one's initial or deepening experiences with the techniques in a safe and sacred setting from someone initiated in the lineage to guide others in them. – Those Tools for profound self-transformation and personal mastery are given to you specifically and only for your own personal and private use. – The Ability to use them requires the initial training and your regular personal practice. Then you can and will experience the magic of sacred inner alchemy, which words cannot describe.

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(a registered non-profit organization) [babajiskriyayoga.in](http://babajiskriyayoga.in)

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18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



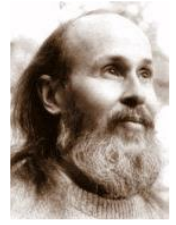
Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

### Venue

#### **The School of Ancient Wisdom**

IVC Rd, Devanahalli,  
Kannamangala Palya,  
Bangalore – 562 110.

### Schedule

3-day weekend residential program  
Friday 5pm to Sunday 6pm

*reporting time Friday 2-3 p.m.  
complete attendance is mandatory*

### Suggested Contribution

Rs.9,000/-  
*prior to the start of the program*

### Registration

*required in advance, details may change  
we reserve the right of admission  
please contact our Trust and  
fill out the ⇨ online enrolment form*

⇨ <info@babajiskriyayoga.in>  
Mr. Vinod Kumar +91 9845 66 1221

### Information

⇨ *our website* <babajiskriyayoga.net>

⇨ *read* <Testimonials> and <Articles>  
*of our students' experiences on our website!*

⇨ *recommended Books:*

'Kriya Yoga: Insights Along the Path',  
'Babaji And The 18 Siddha Kriya Yoga Tradition',  
by M. Govindan (<Kriya Yoga Publications>)  
P. Yogananda's 'Autobiography of a Yogi'.

## TESTIMONIALS

*"Perfect. I couldn't think how it could be better."*

*"This two and a half day 'initiation' cut through the noise,  
and I arrived at a whole heap of stuff that I could take  
back and use immediately. I recommend it highly."*

*"I have I found that Kriya Yoga is the fullest flowering of  
yogic practices. A yoga practice offered as a living  
experience."*

*"It was wonderful... elevating, enlightening, comforting,  
inspiring and immediately actionable... all rolled into one...  
not many things like that on this planet."*

*"I am feeling relieved and very hopeful with the journey  
ahead of me. Peaceful in the knowledge that I will find  
myself - a self I always felt I never knew."*

*"Just what I wanted. I was in a different world  
altogether. Time & money well spent for myself."*

*"By regularly practicing Kriya Yoga, I'm able to come home  
to myself after being out there in the world. I have  
within me all that it takes to deal with what is going on  
inside and outside me."*

*"Our Acharya is a highly informed and gifted teacher,  
adept at introducing powerful practices accessible and  
attainable to non-adepts without diluting their essence,  
effectively and precisely merging the essence of the  
various yoga paths into a unified whole."*

Your Contribution: 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, however, a contribution by each participant is required to cover the costs involved to make this program possible for you. In order not to make our offer dependent on external sponsors, we ask every participant for a suggested contribution before the start of the program.





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



Siddha Boganathar



Kriya Babaji

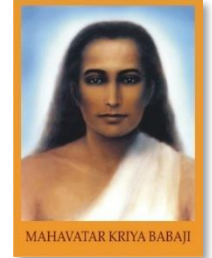


Yogi Ramaiah



M.G. Satchidananda

**KRIYA YOGA** is a holy scientific art of inner alchemy for Self-Realization and union with God-Truth, revived for today's humanity by a great spiritual master of India, Mahavatar Kriya Babaji Nagaraj, nowadays taught in various branches of his disciples. It is a synthesis of ancient teachings of India's mystic ageless sages and spiritual adepts, the Yoga Siddhas. Siddha Tirumular's *'Tirumandiram'* and Tantra Yoga, Siddha Boganathar's Yoga of secret internal alchemy, and Siddha Patanjali's famous *Yoga Sutras* represent the ancient South Indian **18 SIDDHA TRADITION**.



MAHAVATAR KRIYA BABAJI



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 comprehensive series of 144 '*Kriyas*', Yoga techniques of a five-fold Yoga path, based on the teachings of Babaji and the 18 Siddha tradition.

## THE PROGRAM

You receive clear instruction of ancient wisdom and practical training in using essential techniques for your five bodies or levels of existence, to awaken, circulate, store and increase subtle energies and your life force, to purify, heal and strengthen your body, mind and intellect, to burn your Karmas and find your Dharma, to enhance your awareness, to accelerate the natural progression of Divine Consciousness into your human nature, and to unfold your human potential.

You learn a powerful transforming and magnetizing breathing technique (*kundalini pranayama*) with six phases, seven meditation techniques to prepare the mind and for manifestation, Asanas to prepare the body and for greater health, and in a sacred Puja opening ceremony, a mantra to connect with Kriya Babaji's Grace and your inner Guru, and how to integrate your Kriya Yoga practice into the routine of your daily life.



## THE LINEAGE

is taught in a path of three initiation programs, starting with this first initiation.

A second initiation residential 3-day retreat introduces other qualities of this integral path of Yoga, with a *mantra* initiation (*diksha*) and fire ritual (*yagna*), sacred silence (*mauna*), additional substantial pranayamas, training of awareness, and how to constantly practice Yoga in daily life.

A third initiation residential 9-day advanced retreat introduces a series of 144 Kriyas with techniques to purify the bodies and develop subtle energy powers (*siddhis*) and the mystic states of consciousness in meditation (*samadhi*).

Repeating initiation programs is appreciated by many participants to deepen, refresh and expand their experiences and insights.



**THE TEACHER: Gurudasan**, Acharya in Babaji's Kriya Yoga Order of Acharyas, offers seminars with initiation into Babaji's Kriya Yoga, mainly in India and other Indian expat countries. With his cultural Tamil background, he is familiar with the Tamil Siddha Tradition and teaches Kriya Yoga within the context of Indian spirituality. His interest unfolded around Swami Vivekananda, Sri Ramana Maharshi and Sri Vidya Sadhana. With a bachelor's degree in engineering and information technology, he works as an investigative data analyst and in managing position. Married since 2014, he is living with his wife presently in Bangalore, India.

