



BABAJI'S KRIYA YOGA

The first in a series of progressive initiations
With **Acharya Siddhananda Sita**
A member of Babaji's Kriya Yoga order of acharyas)
in
Tallinn, Estonia, January 10-12, 2025

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 the 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, in English with translation into Estonian

Saturday 8:15 am to 5:30 pm and
Sunday 8:30 am to 5:00 pm

Suggested contribution is 300 euros not including accommodation & meals.

This will be preceded by a free introductory lecture and guided meditation on Friday January 10, evening from 7:00pm to 9:00 pm

For further info contact: Jaak Kivimae at kivimae.jakk@gmail.com or
Sita at : Sita@babajiskriyayoga.net

In this weekend 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 in 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 near Grenoble, France and teaches in several European countries. (sitayoga.blogspot.com)

For more information on Babaji's Kriya Yoga see www.babajiskriyayoga.net

