

# ANTHAR KRIYA YOGAM



## SECOND LEVEL INITIATION and weekend retreat October 2 to 4, 2026

Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Kriya Yoga at Goose Creek Haven situated in the Sawtooth National Forest two hours north of Boise, Idaho. This weekend is designed to teach you how to integrate Kriya Yoga into our daily life and to experience its fullness.

This training requires a natural environment and a prolonged period – apart from the preoccupations of daily life – to be effective. The training in mantras, in particular, demands an environment which has been filled with spiritual vibrations through devotional activities

This weekend will include a variety of activities: initiation into new techniques of pranayama and meditation, bandahs, and mudras, new techniques of meditation during daily life and sleep, a day of silence, group practice of the yoga postures, chanting around a sacred fire, lectures on Kriya Yoga. There will also be meditation and walks in the forest. It will reach its climax with the individual training in the "bija" (seed) mantras. There will also be periods of free time to appreciate the beauty and peace of this extraordinary place with its views of Sawtooth National Forest, Goose Creek watershed, forest meadows and wildlife..

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.

Organized by "Babaji's Kriya  
Yoga"® Order of Acharyas

@



An island of 26 private acres surrounded by National Forest



The perfect setting cultivates stillness, yogic awareness, and silence



# Program

## Friday October 2, 2026

- 4:00 p.m. Arrive at parking and shuttle area to Goose Creek Haven Hidden Resort.
- 5:00 p.m. Orientation to property by retreat host and move into sleeping quarters.
- 7:00 p.m. Supper
- 8:30 p.m. Introduction and Group Meditation
- 9:30 p.m. Rest

## Saturday October 3, 2026

- 5:00 a.m. Wake up
- 5:30 a.m. Assemble in hall. Instruction and practice of new pranayama techniques.
- 7:00 a.m. Begin 24-hour period of silence. Group practice of Kriya Kundalini Pranayama and Meditation.
- 7:30 a.m. Group practice of yoga postures.
- 8:30 a.m. Breakfast
- 9:00 a.m. to 11:00 a.m. Free time
- 11:00 a.m. Training in psycho-energy techniques, "bandahs" and "mudras" to awaken the chakras and energize the body.
- 11:30 a.m. Meditation on Babaji's lecture: Who Am I?
- 12:00 p.m. The Nine Obstacles to Continuous Awareness. Using autosuggestions.
- 1:00 p.m. Lunch, prepared according to the principles of Ayurveda and vegetarianism.
- 2:00 p.m. Workshop on "How to let go of disturbing emotions with Kriya Yoga in daily life."
- 3:00 p.m. to 4:00 p.m. Training in several techniques of meditation; during walking, during daily activities, and others which allow one to see "prana" and auras, and to make clouds disappear.
- 4:00 p.m. Initiation into "Yoga Nidra": meditation during sleep.
- 5:00 p.m. Lecture on the scientific art of "Kriya mantras yoga", the significance and science of mantras how to practice them, the organization of a mantra yagna (chanting around a sacred fire).
- 6:00 p.m. Group practice of Kriya Kundalini Pranayama and Dhyana of the day.
- 6:30 p.m. Dinner and free time.
- 9:30 p.m. Rest

## Sunday October 4, 2026

- 5:00 a.m. Wake up
- 5:30 to 6:30 a.m. Group practice of new pranayamas, Kriya Kundalini Pranayama and Dhyana of the day.
- 6:30 to 7:30 a.m. Group practice of the 18 asanas.
- 7:30 to 8:00 a.m. Final preparation of the Mantra Yagna peetam, application of vibhuti and kumkuma to all participants.
- 8:00 a.m. to 1:00 p.m. Group chanting around the Mantra Yagna Peetam, in 3 to 5 groups, with Individual training in the potential "bija" mantras and individual practice of meditation and mantras.
- 1:00 p.m. Closing of the sacred fire.
- 1:00 p.m. Dinner, followed by a Lecture: How to integrate Kriya Yoga into one's daily life and discussion and sharing of experiences.
- 3:30 p.m. Leave Goose Creek Retreat for Boise, Idaho.



## The Details

**SUGGESTED CONTRIBUTION:** \$250 which includes cost of meals and training. Lodging is paid separately and directly to Goose Creek Haven Retreat.

**FOR YOUR RESERVATION TWO STEPS ARE REQUIRED:** 1) **Enroll with Acharya Dharmadas.**  
2) **Make your lodging reservation directly with Goose Creek Haven (see below)**

**\*ENROLLMENT:** Contact Acharya Dharmadas: **Text @ 1-208-571-5105** and enrollment instructions will be provided. A \$100 non-refundable deposit will be necessary to reserve your place. The number of places available are limited, therefore please reserve your place as soon as possible.

**RETREAT CENTER AND LODGING INFO:** Please visit [goosecreekhaven.com](http://goosecreekhaven.com)

**\*LODGING RESERVATIONS:** Visit [goosecreekhaven.com](http://goosecreekhaven.com) and access "Essential Information" page and enter the following password: *Namaste144*. Fill out the *Bed Request form* and the *Release of Liability form*. Lodging has first come first serve policy. For questions contact retreat host Martin Tubach @ 208-863-5320 or [goosecreekhaven@gmail.com](mailto:goosecreekhaven@gmail.com)

**LIMITATIONS:** The only persons eligible to attend this weekend are those trained in Kriya Kundalini Pranayama and Dhyana received in Babaji's Kriya Yoga 1<sup>st</sup> Level Initiation.

**WHAT TO BRING:** Comfortable shoes and loose closing for yoga postures and walking in the woods. Warm clothing for cool mountain mornings and evenings. Separate notebooks for recording meditations and taking notes, toilet articles; swimsuit, sunscreen are optional. Six meals will be served: One on Friday, Three on Saturday, and 2 on Sunday. Sleeping bag is optional if you request tent camping in provided tents (see lodging information).

**TRANSPORTATION:** From Boise to Goose Creek: Carpools can be organized through the WhatsApp group you will join upon enrollment. Local Kriyabans may offer rides or rental car sharing is possible. Participants will gather at the parking and shuttle location where they will be shuttled via forest roads to the retreat center prior to the beginning of the program.



**ACHARYA DHARMADAS (pictured on the left with M.G. Satchidananda right):** Dharmadas was first initiated into Babaji's Kriya Yoga in 2013. Under the direct training of M.G. Satchidananda, he was authorized to give 1<sup>st</sup> Level Initiation in 2019 and 2<sup>nd</sup> Level Initiation in 2026 as a member of the Babaji's Kriya Yoga Order of Acharyas.

Dharmadas embodies the spirit of the yogi householder as a full-time pediatric dentist, husband, and father of 4. He has also dedicated his life to Babaji, Babaji's Kriya Yoga, and the teaching of these techniques to seekers everywhere. His current experience as a busy householder allows him to transmit the theme of this retreat: "How to integrate yoga into one's daily life," with sincerity and authenticity.

"Babaji's Kriya Yoga" ® is a registered mark with the United States Patent and Trademark Commission

