



BABAJI'S KRIYA YOGA  
Anthar Kriya Yogam  
Yogacharya Siddhananda Sita  
April 24-26, 2026  
ESTONIA

Students of Kriya Yoga are invited to participate in a second-level initiation. During this weekend, we will learn how to integrate Kriya Yoga into daily life.

This training, and the initiation into mantras, must be given in a natural environment, away from daily concerns for an extended period.

The weekend will include a variety of activities: training in new pranayama and meditation techniques, a day of silence, group practice of yoga postures, a sacred fire “Yagna,” and lectures on Kriya Yoga.

There will also be walking and meditation in the forest. The training will culminate in an individual initiation into the powerful “bija” (seed) mantras. Anthar Kriya Yogam will reveal how to integrate Kriya Yoga practice into all your activities: during meals, work, and even sleep.

The art of living Kriya Yoga will allow us to free ourselves from obstacles and bad habits.

PROGRAM Friday, 5:00 PM: Arrival, settling in, puja and sadhana, dinner, and rest  
Saturday:

Practices take place between 6:00 AM and 6:00 PM Sunday:

Sadhana from 6:00 AM to 10:00 AM, yagna, diksha, meals, and closing around 5:30 PM

Prerequisite: Babaji Kriya Yoga Level 1 initiation.

The suggested contribution for the seminar is 300 Euros, plus full board accommodation.

Meals are vegetarian.

Sita [kriyasita@gmail.com](mailto:kriyasita@gmail.com)

<https://babaji-kriyayoga.com>



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