ANTHAR KRIYA YOGAM



Babaji's Kriya Yoga Second Initiation

January 30-31, 2027.

Puerto Viejo de la Talamanca, Costa Rica.

Initiated Kriya Yoga Students are cordially invited to participate in the second level initiation into Babaji's Kriya Yoga in Costa Rica. This retreat 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, bandhas, 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 outdoor walks. It will reach its climax with the individual training in the "bija" (seed) mantras.

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.

A particularly inspiring setting to practice kriya yoga and receive initiation has been chosen to conduct this retreat.

PROGRAM

Friday January 29th, 2027

afternoon. Arrive at retreat and settle in.

2:00 p.m. Introduction and Group Meditation

4:00 p.m. dinner and rest

Saturday January 30th, 2027

6:00 a.m. Wake up

6:30 a.m. Assemble at yoga space. Instruction and practice of new pranayam techniques.

7:00 a.m. Begin 24 hour period of silence. Group practice of Kriya Kundalini Pranayama and Meditation.

8:30 a.m. Group practice of yoga postures.

9:30 a.m. Breakfast

10:00 a.m. to 11:00 p.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?..
Yoga Nidra

12:30 p.m. Lunch, prepared according to the principles of Macrobiotics 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.

3:30 Group practice of Kriya Kundalini Pranayama
. Initiation into "Yoga Nidra": meditation during sleep.

4:00 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).

5:00 pm Dinner

9:00 p.m. Rest

Sunday January 31st, 2027

6:00 a.m. Wake up

6:30 a.m. Assemble at yoga platform to practice the new techniques of pranayama and meditation

8:30 a.m. Dedication of the end of the period of silence. Homage to Babaji. Beginning of chanting around sacred mantra yagna fire. Teams of 2 to 3 persons will replace one another every hour until 2:00 p.m. purifying and preparing themselves for initiation into the chakra mantras and a mantra of their choice corresponding to different aspects of the Divinity.

8:30 a.m. Group practice of the yoga postures.

9:30 a.m. Breakfast

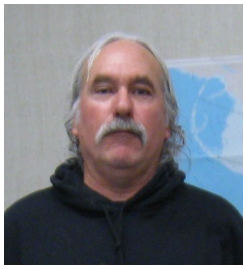
9:00 a.m. to 3:00 p.m. Individual training in the potential bija mantras and individual practice of meditation and mantras.

3:00 p.m. Closing of the sacred fire.

4:00 p.m. Dinner, followed by a discussion and sharing of experiences.
4:30 p.m. Lecture: .How to integrate Kriya Yoga into ones daily life..
5:00 p.m. Departure

LIMITATIONS: The only persons eligible to attend this weekend are those who have been trained in Babaji's Kriya Kundalini Pranayama and Dhyana.

RESERVATIONS: Amman (Alan Frank) 306-981-4378 a.frank@sasktel.net





Amman first learned about Babaji as a teenager in 1969 and was initiated into kriya yoga in 1970 by Yogacharya J. Oliver Black, a lay minister of Self Realization Fellowship and direct disciple of Paramahansa Yogananda. In the mid 1980's he lived with Yogacharya Black at his his yoga retreat in northern Michigan. In 2006 Amman rediscovered Babaji and has since then gained greater insight into yoga through Babaji's Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field. Amman has conducted yoga classes and seminars at various locations across North America and Central America continues to teach from his home north of Saskatoon. see www.kriya.ca