



## BABAJI'S KRIYA YOGA® GROUP SADHANA – INDIA FOR INITIATES

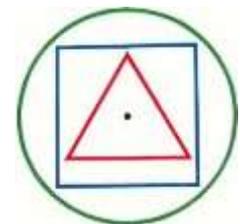
### India Online Group Sadhana

Daily on Zoom

IST (UTC+5.5)

5:15am – duration 1-2 hours: Level I/II/III

5:30pm – duration approx. 1 hour: Level I



Om Kriya Babaji Nama Aum

*Welcome* to our daily online Group Sadhana sessions for Initiates of Babaji's Kriya Yoga – hosted twice daily by our Babaji's Kriya Yoga community in India for our community.

Our daily group sadhana sessions will support you in your personal daily sadhana – in addition to your participation in our seminars with initiation into Babaji's Kriya Yoga given by our Acharyas.

(For *Non-initiates* or interested visitors, we offer manifold publications, free articles and public lectures – please visit our website » [babajiskriyayoga.net](http://babajiskriyayoga.net)).

The morning sessions cover sadhana practice of all three levels in sequence for respective initiates.

Our meetings are held on Zoom and require authentication.

To access the meetings, please register with the host of this meeting by »[email](#) or »[Whatsapp](#). Please provide the following information:

*When and where did you receive your initiation? Who was your Acharya?*

This will help us to recognize you as one of our initiates in our community – Thank you!

👉 Read » **F.A.Q.** for instructions how to register, login to Zoom, and join a meeting (page 2) 👈

The community offers this program since March 2020 for free.

If you would like to support our online initiatives, you can contribute towards the costs we incur to maintain this space available for you, by making a donation » [here](#) to Babaji's Kriya Yoga Order of Acharyas – Thank You!

For further information, feedback or your volunteer support, please contact us by » [email](#).

*You are welcome to join us and to share with us connecting to the Sacred Space within us.*

*Your Satsang Team and Babaji's Kriya Yoga Order of Acharyas*

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# BABAJI'S KRIYA YOGA® INTERNATIONAL ONLINE SATSANG FOR INITIATES

## F.A.Q.

### HOW TO JOIN A MEETING

#### 1<sup>st</sup> Step: Registration

- Please send an » ***email*** or a » ***Whatsapp*** message to the host of this meeting, providing the following information:
- *At which date and at which place did you receive your first or latest initiation?  
Who was your Acharya?*
- Identified initiates will receive a confirmation to access the meetings. If you cannot be identified, you will receive a reply from us to cross-check - kindly allow for some time to reply.
- Please keep the meeting ID and password for your login.
- Your contact information is treated confidentially.

#### 2<sup>nd</sup> Step: Using Zoom

- If you are not yet using Zoom, sign up to a free Zoom account with your email ID on the » ***Zoom webpage***.
- Alternatively, you can sign in to Zoom using your *Gmail* or *Fbook* ID.
- To join a meeting, you can use a browser or download the Zoom APP on your desktop computer or your mobile device.
- You can enter the Zoom meeting room with a link in your confirmation email or by using the meeting ID and password with your Zoom desktop or mobile APP or browser.

#### 3<sup>rd</sup> Step: Before a Meeting

- When you enter the meeting, please sign in to your Zoom account, so we can identify you.
- You will enter into the Zoom waiting room until the host starts the meeting.
- Please provide for a *quiet and undisturbed space* for your practice. *Dedicate yourself* to the complete session and refrain from attending to your surroundings – like as if we were physically present as a group in a room. Consider individual precautions for physical hatha yoga practice if applicable.

Om Kriya Babaji Nama Aum

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