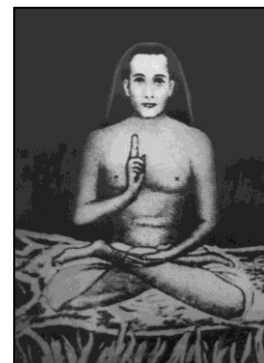


Second Level Initiation  
Weekend Retreat  
“ANTHAR KRIYA YOGAM”

*with Yogacharya Satyananda MD*

**APRIL 20-22, 2012**

**DAYLESFORD (VIC), AUSTRALIA**



Initiated Kriya Yoga Students are cordially invited to participate in a weekend retreat and second level initiation in Babaji's Kriya Yoga. This weekend is designed to teach you how to integrate Kriya Yoga into our daily life and to experience its fullness.

The 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, and lectures on Kriya Yoga. There will also be meditation and walks in natural surroundings. 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.

### **REGISTRATION:**

**Eligibility:** Eligible to attend this weekend are those initiated into the first level of Babaji's Kriya Yoga (Level 1).

**What to Bring:** Comfortable shoes and loose clothing for practicing the yoga postures, separate notebooks for recording meditations and writing mantras

**Venue:** Daylesford Inn, Daylesford-Ballan Road, Daylesford (VIC), Australia

**Accommodation:** Contribution includes seminar/shared accommodation

**Transport:** Daylesford is 1.5 hrs from Melbourne and 1 hour from Melbourne airport (catch Ballarat Airporter Shuttlebus)

To book Ballarat Airporter Shuttlebus (to Ballan) call: (03) 5333 4181. Shuttlebus stops in Ballan (not Daylesford)

Rohini will pick up from Ballan Post Office Friday 20<sup>th</sup> April @ 3:30pm. Please confirm if pickup required.

**Food:** Contribution covers one main meal per day and refreshments. Other meals at own expense.

**Costs:** Contribution Fee: AUS\$450 by March 20, 2012. Early bird AUS\$400 by Jan. 20, 2012

### **Reservations:**

Email/contact Rohini Ladner for registration. Phone: 0401 369 743. Email: [rohini@babajiskriyayoga.net](mailto:rohini@babajiskriyayoga.net)

Post cheques/money order to: R. Ladner, PO Box 303, Daylesford VIC, 3460. E-banking also available.

12 places available only. Please register your interest by December 1, 2011.

Babaji's Kriya Yoga website: [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net) (includes details re Level 2 initiations)



## PROGRAM

### **Friday**

7:00 p.m. Arrival/Light Meal

8:00 p.m. Introduction and Group Meditation

### **Saturday**

7:00 a.m. Assemble in hall. Instruction and practice of new pranayama techniques.

7:15 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 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?".

12:30 p.m. Lunch Break

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.

4:15 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. Lecture: "How to integrate Kriya Yoga into ones daily life".

7:00 p.m. Group practice of Kriya Kundalini Pranayama

7:30 p.m. End

### **Sunday**

7:00 a.m. Assemble in the meditation hall to practice the new techniques of pranayama and meditation.

7:30 a.m. Dedication of the end of the period of silence. Homage to Babaji.

8:00 a.m. until 1:00 p.m. in hourly teams chanting around sacred mantra yagna fire, then initiation into chakra mantras and one deity mantra of choice. Individual training in the potential "bija" mantras and individual practice of meditation and mantras.

1:00 p.m. Closing of the sacred fire.

1.30pm. Lunch, followed by a discussion and sharing of experiences.

3.00 pm : Close

