



# BABAJI'S KRIYA YOGA

The Yoga of the Siddhas

24-26 Jan **2020** · **CHENNAI**

@ DMI St. Thomas International Centre  
with Acharya Gurudasan, Babaji's Kriya Yoga Order of Acharyas

## Kriya – the internal alchemy of Yoga

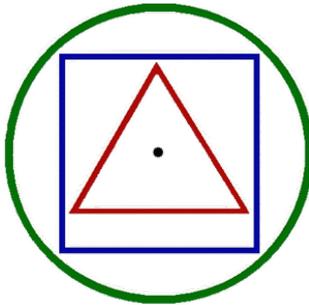
A path of self-empowerment, self-transformation & self-realization

### First Initiation into Kundalini Pranayama

*The Breath to Creation's Power & Consciousness*

+ 7 Meditation Techniques · Postures · Sacred Puja · Guidance

*"Goals of Life are Happiness, Peace, Love, Enlightenment – the Desire for Perfection comes forth from the Self, the Image of God, which seeks to Realize & Express Itself through All Humanity" - Yogi Ramaiah, inspired by Babaji*



- ॐ Act with Awareness, Consciously Create your Life
- ॐ Awaken your Power of Intention and Manifestation
- ॐ Improve Health, Mental Fitness & Inner Well-Being
- ॐ Transform limiting habitual unconscious Patterns
- ॐ Accelerate unfolding Divine Consciousness within You
- ॐ Tap the Source of Wisdom in your own inner Experience
- ॐ Enhance your current Spiritual or Religious Practice
- ॐ Find your Self, Absolute Reality & Inner Peace

**Practice** of Kriya Yoga is independent of age, physical health, socio-cultural or religious background, and integrates into any other spiritual practice. – **Initiation** means to receive one's initial or deepening experiences with one's practice in a safe and sacred setting from someone initiated in the lineage to guide others in them. – Those powerful **Tools** with profound effect are given in person specifically to you and *only* for your own personal private use. – Your **Ability** to use them requires your initial training and your regular personal practice. Then you can and will experience the sacred magic of inner alchemy which words cannot describe.

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[babajiskriyayoga.in](http://babajiskriyayoga.in)





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



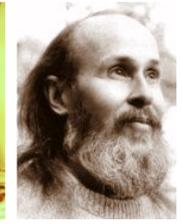
Siddha Boganathar



Kriya Babaji



Yogi Ramaiah



M.G. Satchidananda

### Venue

DMI St. Thomas International Centre  
Hill Top, St. Thomas Mount  
Chennai – 600 016

### Schedule

3-day weekend residential program  
Friday 6pm to Sunday 6pm  
reporting time Friday 5pm  
(4pm for residents)  
complete attendance mandatory

### Suggested Contribution

non-residential: Rs.5,000  
residential: Rs. 7,000  
(incl. full board and accomodation)  
prior to the start of the program

### Registration

required in advance, details may change  
we reserve the right of admission  
please contact us and  
fill out the ⇒ online enrollment form

⇒ <info@babajiskriyayoga.in>  
Mr. Vinod K. +91 98 4566 1221  
for local information, please contact  
Mr. Steenivasan +91 94 4444 6725

### Information

⇒ our website <babajiskriyayoga.net>  
⇒ read <Testimonials> and <Articles>  
of our students' experiences on our website!

⇒ recommended Books:

'Kriya Yoga: Insights Along the Path',  
'Babaji And The 18 Siddha Kriya Yoga Tradition',  
by M. Govindan (<Kriya Yoga Publications>)  
P. Yogananda's 'Autobiography of a Yogi'.

## TESTIMONIALS

*"Perfect. I couldn't think how it could be better."*

*"This two and a half day 'initiation' cut through the noise, and I arrived at a whole heap of stuff that I could take back and use immediately. I recommend it highly."*

*"I have I found that Kriya Yoga is the fullest flowering of yogic practices. A yoga practice offered as a living experience."*

*"It was wonderful... elevating, enlightening, comforting, inspiring and immediately actionable... all rolled into one... not many things like that on this planet."*

*"I am feeling relieved and very hopeful with the journey ahead of me. Peaceful in the knowledge that I will find myself - a self I always felt I never knew."*

*"Just what I wanted. I was in a different world altogether. Time & money well spent for myself."*

*"By regularly practising Kriya Yoga, I'm able to come home to myself after being out there in the world. I have within me all that it takes to deal with what is going on inside and outside me."*

*"Our Acharya is a highly informed and gifted teacher, adept at introducing powerful practices accessible and attainable to non-adepts without diluting their essence, effectively and precisely merging the essence of the various yoga paths into a unified whole."*

**Your Contribution:** Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide. Traditionally, initiation (diksha) as such has no charge, however, a contribution by each participant is required to cover the costs involved to make this program possible for you. In order not to make our offer dependent on external sponsors, we ask every participant for a suggested contribution before the start of the program.





18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



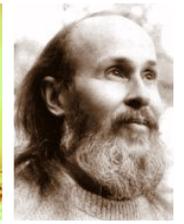
Siddha Boganathar



Kriya Babaji

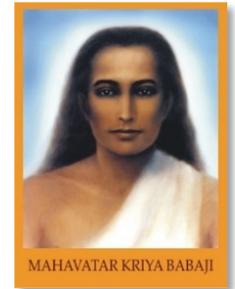


Yogi Ramaiah



M.G. Satchidananda

**KRIYA YOGA** is a holy scientific art of inner alchemy for Self-Realization and reunion with God-Truth, revived for today's humanity by a perfected grand master and spiritual world teacher, **Mahavatar Kriya Babaji Nagaraj**, nowadays taught in various branches of his disciples. It is a practical distillation of Siddhanta, a synthesis of the teachings of India's mystic ageless sages and tantric Yoga adepts, known as the **Siddhas** ("having attained perfection"), represented by Siddha Tirumular's 'Tirumandiram' Tantra Yoga, Siddha Boganathar's Yoga of secret internal alchemy, and Siddha Patanjali's famous 'Yoga Sutras' in the ancient South Indian **18 SIDDHA TRADITION**.



MAHAVATAR KRIYA BABAJI

## THE PROGRAM

**You receive** clear instruction and practical training in using essential yogic techniques to awaken, circulate, store and increase subtle energies and your life force, to purify, heal and strengthen your body, mind and intellect, to enhance awareness, to burn your *Karmas* and find your *Dharma*, to use the law of attraction, to accelerate the natural progression of Divine Consciousness into your human nature, to unfold your divine and human potential in all your bodies or levels of existence.

**You realize** your own inner experience as the most reliable authoritative source of knowledge and wisdom and self-empowerment.

**You learn** a powerful transforming magnetizing breathing technique (*kundalini pranayama*) with six phases, seven meditation techniques (*dhyana*) to prepare the mind, postures (*asana*) to prepare the body, and in a sacred opening Puja ceremony an invocation *mantra* to connect to the Grace of Kriya Babaji and your own Inner Guru.



## THE LINEAGE

**Babaji's Kriya Yoga Order of Acharyas**, founded by M. Govindan Satchidananda inspired by his teacher Yogi S.A.A. Ramaiah and Babaji, initiates in three progressive stages into a series of 144 comprehensive Yoga techniques (*Kriyas*), which represent a five-fold path of Yoga, based on the teachings of Babaji and the 18 Siddha tradition.

The initiations are taught in intensive seminars as a day or retreat program, starting with this **first initiation**.

A **second initiation** residential 3-day retreat introduces other qualities of integral Yoga, with a *mantra* initiation (*diksha*) and fire ritual (*yagna*), sacred silence (*mauna*), additional substantial pranayamas, training of awareness, and how to constantly practice Yoga in daily life.

A **third initiation** residential 9-day advanced retreat introduces a series of 144 Kriyas, techniques to purify the bodies and develop subtle energy powers (*siddhis*) and the mystic states of consciousness in meditation (*samadhi*).

**Repeating** is appreciated by many participants to deepen, refresh and expand their experience and insights.



**THE TEACHER:** Gurudasan, Acharya in Babaji's Kriya Yoga Order of Acharyas, offers seminars with initiation into Babaji's Kriya Yoga, mainly in India and other Indian expat countries. With his cultural Tamil background, he is familiar with the Tamil Siddha Tradition and teaches Kriya Yoga within the context of Indian spirituality. His interest unfolded around Sw. Vivekananda, Sri Ramana Maharshi and Sri Vidya Sadhana. With a bachelor's degree in engineering and information technology, he works as an investigative data analyst in a managing position. Married since 2014, he is living with his wife presently in Bangalore, India.

