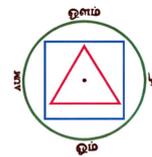




# BABAJI'S KRIYA YOGA®

2nd level - Anthar Kriya Yogam



## Spiritual retreat - April 2/3/4, 2021

*Centro Ayurveda Maharishi in Mirabello, Ameno (NO)*

Students initiated in Babaji's Kriya Yoga are invited to attend the second level seminar. Scheduled on a weekend retreat from Friday afternoon to Sunday afternoon and designed to integrate Kriya Yoga into everyday life.

Participation requires at least one completed first initiation seminar and it complements the first initiation program. Essential Kriya Yoga techniques are added, as well as experiences of more qualities of Yoga like meditative silence, initiation into mantras, and a fire ritual. It deepens the awakening of consciousness and the integration of Kriya Yoga practices into daily life, both fundamental for practising effectively.

### What you need

Yoga mat and pillow, comfortable shoes and clothing for yoga and walking in the woods, a notebook and a pen to take notes and record the meditations and mantras, bathroom necessaire.

### Suggested contribution

Seminar: € 360,00 (includes Sangha membership 2021)

### Accommodation

€90,00 to €180,00 (according to type of accommodation: camping, rooms, studios)

Includes lodging with meals (vegetarian and vegan cuisine) drinks, fruit.

### Complimentary

Babaji's Kriya Yoga T-Shirt

Tote bag with Babaji's yantra

### Registration

Send you request via email to [kriyasita@gmail.com](mailto:kriyasita@gmail.com) or [chiara@kriyayogasangha.org](mailto:chiara@kriyayogasangha.org)

Confirm your reservation by sending ad advance of €108,00 to the Organizer

Kriya Yoga Sangha

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**Acharya Sita Siddhananda Mayi Ma** was born in Brazil and lives in France rice decades. Yoga enters her life from an early age and is definitely part of her encounter with Kriya Yoga. In 2004 she received her first initiation with Govindan Satchidananda and since her practice intensifies to become the essence of her life. During the months and years that followed she received the second and third initiations and participated in pilgrimages and stays in India. In 2006 she completed her teacher training with Durga Ahlund and Govinda Satchidananda in Quebec. In 2009 she became acharya of Babaji's Kriya Yoga and began transmitting the first initiation in France and other countries in Europe. In 2011 she completed a period of intense preparation for teaching the second initiation into Kriya Yoga, and in 2015 she was allowed to teach third initiation. Since then she has traveled to various countries to teach this discipline and art that has become her life.