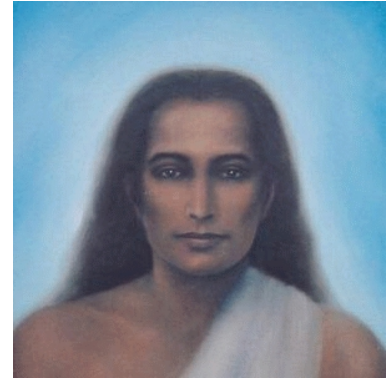




BABAJI'S KRIYA YOGA®

1st and 2nd initiations

Retreat



Hone Creek, Limon Province, Costa Rica
Jan 15-30, 2022.

You are cordially invited to a retreat and initiations into Babajis Kriya yoga in an inspiring natural setting as an introduction to Babaji's Kriya yoga or to deepen your practice. This is a unique and exciting opportunity for a retreat in nature, situated in the forest hills ecosystem of Costa Rica..

Learn and practice the five phases of Babajis Kriya yoga in two initiations over 15 days not normally offered in a condensed retreat

Babajis Kriya Yoga is an integrated suite of techniques forming the basis for a daily practice. It is comprised of 5 phases: asana/postures, pranayama/breathwork, dhyana/meditation, mantra/sacred syllables and bhakti/devotional activity. We will introduce the first 3 in the first initiation and the latter 2 in the second initiation.

You may come for a min of 2 days for the first initiation and then for those already initiated into Babajis Kriya yoga for an additional 10 days or the latter 2 days to participate in the second initiation for a total 15 days for those participating in both initiations, no prerequisite is set other than a sincere desire to participate, learn and practice yoga.

Suggested donation 250 per initiation. Previous students coming for a review of the first initiation donation is waived other than a contribution for meals. All programs are offered on a donation basis.

On Jan 14th people arrive and set up, followed by dinner an introductory talk and guided meditation. On the 15th&16th a 1st Babajis Kriya Yoga initiation will be conducted. Jan 16- 28th will be transition time to allow for practice of what was learned in the first initiation followed on Jan 29th-30th with the 2nd Babaji's Kriya Yoga initiation. Both initiations will be conducted by Amman.



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 been teaching as an Acharya with Babajis Kriya Yoga for the past 10 years conducting yoga classes and seminars at various locations across North America and continues to teach from his home north of Saskatoon. see www.kriya.ca

For further information or to register contact: Amman a.frank@sasktel.net

Local contact: Mira Milos iramiloser@yahoo.com or tel +506 8506 4173