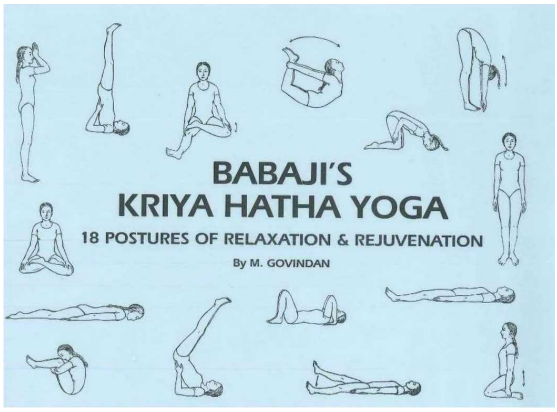
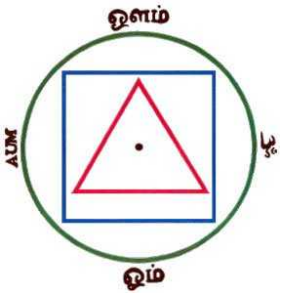
# KRIYA HATHA YOGA

## Seminar - Deepening your Practice

### @KriyaMandiram Yoga Ashram




The **series of 18 postures** called Babaji's Kriya Hatha Yoga is a comprehensive set of exercises handed down by Kriya Babaji, designed to bring the body, breath, and mind into harmony and to create a foundation for a sustained *expansion of awareness*. The series limits itself to 18 selected postures, which are considered complete and sufficient to promote health, energy and inner balance. Each posture is performed slowly and consciously, with concentrated breathing and inner mindfulness. The focus is not only on stretching or strengthening the muscles, but above all on cleansing and opening the energy channels and activating the chakras and stimulating *kundalini shakti*. The series includes different directions of movement such as forward and backward bends, twists, balance and inverted postures, so that the entire body is systematically addressed. Regular practice is intended to release tension and blockages in the physical and subtle body, calm the nervous system, collect the mind, and prepare the practitioner for the deeper dimensions of Kriya Yoga, such as Kriya Pranayama and Meditation. In this way, the series combines physical well-being and rejuvenation with spiritual development and serves as a foundation of Babaji's integral yoga path.



**What to expect?** In an interactive workshop environment you will learn to understand each of the 18 postures in terms of alignment, energy dynamics and its spiritual dimension and significance. Each posture is explained in detail, demonstrated, practiced, experienced and reflected upon. This core study and practice is complemented by a daily guided practice which allows you to understand the synergy of the series through practicing the postures in the original uninterrupted sequence. Evening talks provide knowledge of the different goals and aspects of Kriya Hatha Yoga and the means to deepen the practice in order to include and transform the entire being.

**This seminar is for you** if you are drawn to establishing a sincere, systematic, comprehensive, self-guided asana practice. Also, it is highly recommendable as a preparation for or in addition to *Kriya Yoga Initiation*. **Participation requires** no prior knowledge, and is suitable for yoga beginners as well as advanced yoga practitioners who want to deepen their practice through new insights and experiences and make their asana practice more transformative, conscious and spiritual.

**Acharya Chaitanya** has been dedicated to Yoga and Meditation practice as well as the transmission of the teaching for many years. His spiritual quest led him to initiation into Babaj's Kriya Yoga. Following years of devoted Kriya Sadhana he was inducted into the Order of Acharyas. Currently he lives in Austria with his family, where he has founded a Yoga Ashram called KriyaMandiram. Besides regular courses in Yoga and Meditation, the Ashram offers regular Silent Meditation Retreats as well as initiations into Babaji'sKriya Yoga, and is now offering Hatha Yoga Teacher Trainings.

**Date:** Thursday 01.10 (6pm) – Sunday 04.10 (1pm)

**Place:** KriyaMandiram, Holzhäuseln 5, 3250 Wieselburg-Land, AT

**Contribution:** 300,- + donation to the ashram to cover catering and operating costs

**Registration:** connect@rajayoga.at oder 0664 4180940 (Chaitanya)