

## **BABAJI'S KRIYA YOGA ACTIVITIES IN LILLEORU ASHRAM, ESTONIA**

### **Acharya Ishwarananda**

#### **Babaji's Kriya Yoga initiations in 2009**

##### *Preparatory seminar in Spring:*

Cleansing of vital body (techniques to transform emotions) and discovering awareness

I part 21-22 March

II part 11 April

##### *Kriya Yoga 1<sup>st</sup> level Initiation:*

15-17 May

##### *Preparatory seminar in Autumn:*

Cleansing of vital body (techniques to transform emotions) and discovering awareness

I part 3-4 October

II part 24 October

##### *Kriya Yoga 1<sup>st</sup> level Initiation:*

20-22 November

#### **Other courses & events for students of Babaji's Kriya Yoga**

##### *Satsang-gathering 2009:*

Satsangs for 1<sup>st</sup>-3<sup>rd</sup> level students of Babaji's Kriya Yoga, lectures on different topics and Kriya Hatha Yoga seminar

12-14 June

##### *Monthly Satsangs:*

1<sup>st</sup> level 1<sup>st</sup> Saturday of a month

2<sup>nd</sup> level 2<sup>nd</sup> Saturday of a month

3<sup>rd</sup> level 3<sup>rd</sup> Saturday of a month

##### *Weekly lectures & group practices:*

On Saturday and Sunday evenings, Ishwarananda is explaining following topics and teaching corresponding practical exercises:

Abhyasa – constant practice (including Tapas (intensive practice) and Vairagya (detachment));

Ishwara Pranidhana – surrender to God;

Swadhaya – self-study;

Nityananda Kriya – being a Witness;

Pratyahara (mastering one's means of cognition)

##### *Encampments 4 times per year:*

These camps are longer retreats to focus deeper on weekly topics (see above) and to practice Karma Yoga. During Spring and Autumn retreats we also perform daily ceremonies to celebrate Navaratri – 9 days dedicated to Divine Mother or Shakti.

Spring encampment 2009 26 March – 05 April

Summer encampment 2009 4 – 19 July

Autumn encampment 2009 18 – 27 September

Winter encampment 2009 26 December – 3 January 2010

Each retreat has a topic which is announced before the event.

Karma Yoga is an important method to realize 3 pillars of Kriya Yoga described in Patanjali's Yoga Sutras. Karma Yoga is practiced year-round in Lilleoru and it includes all the activities necessary to maintain and develop the Ashram.