

Babaji's Kriya Yoga



Om kriya babaji
nama aum

Kriya Hatha Yoga Teacher Training
with Durga Ahlund, M. Govindan Satchidananda

1 – 10 JULY 2011
(arrival June 30)

In English - at the Quebec Ashram

A Hatha Yoga Intensive

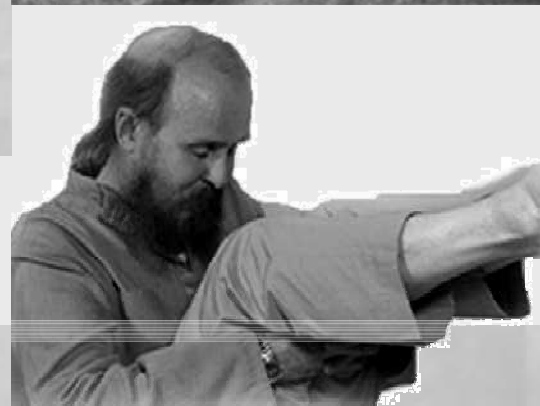
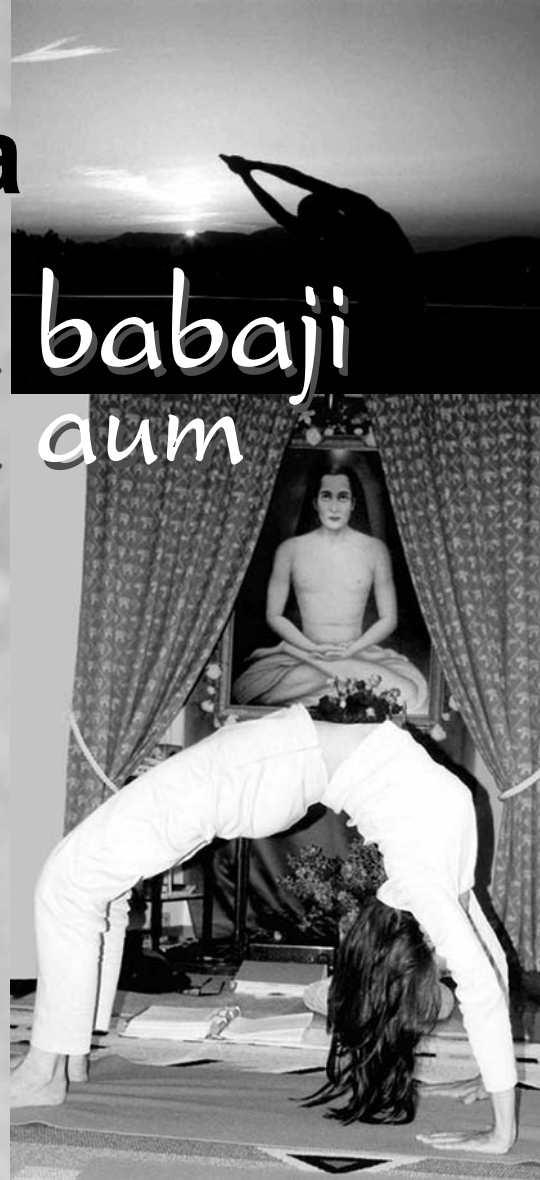
10-Day Intensive Residential Training as preparation for
a 1-year / 200-hour Teaching Certification
& International Yoga Alliance Registration.



As a student of Babaji's Kriya Yoga, you are cordially invited to become a Teacher of Babaji's Kriya Hatha Yoga! One of the best ways to deepen your own practice of Kriya Yoga and to serve others is by teaching this wonderful scientific art. This Yoga teacher training has been designed to meet the 200-hour International certification standards, as set up by the Yoga Alliance. A 250-page manual/workbook accompanies the course. **The manual is available in English/French/German.** On completion of an intensive 10-day residential training, you will begin a year long process of teaching and study of spiritual texts and complete a final exam, which will not only fulfill training requirements, but also support your wellness and spiritual growth.

This program is largely experiential, focusing on personal transformation as well as developing professional skill. Students must be currently practicing Kriya Yoga, have taken the BKY 1st and 2nd level trainings and have a well-established daily practice. Participants must have practiced Hatha Yoga for a minimum of 2 years. This is an intensive training program and all participants should have good physical and emotional health.

The 10-day residential course curriculum covers not only a thorough understanding of the mechanics of the 18 asana of Kriya Hatha Yoga, but also the physical benefits and the theory behind the asana selection and what occurs energetically as we practice them. A total of 50 asanas will be explored and integrated into our training. Yoga Philosophy is emphasized in this course and there will be an in-depth study of the Sutras of Patanjali. We will delve into prana, the mind and the subtle body and explore the benefits of the practices of bandhas, pranayama and meditation and learn how to teach them effectively. The training will develop your voice as a teacher by first deepening and expanding your own Inner experience and joy of Hatha Yoga and meditation.



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To receive certification students must complete the following criteria, also demonstrating postures to be best of their ability with precision and presence, and exhibiting the required teaching skills with a yogic attitude:

Criteria 1 11-day training at the ashram =115 hrs

Criteria 2 Teach one class weekly (1.5) over 10 mos. = 60 hrs.

Criteria 3 Practice daily *sadhana* including 18 postures

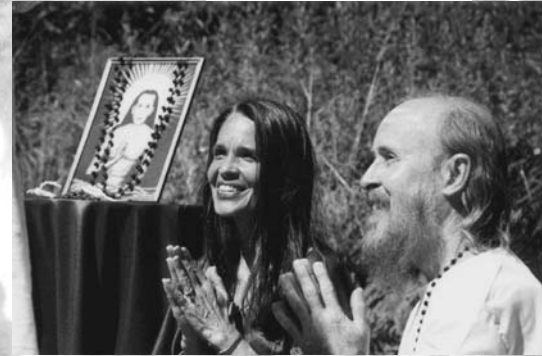
Criteria 4 Recording in a journal of one's daily *sadhana*, including #3, observing silence one day each month and recording meditations and reflections or observances of one's own behavior (submitted) = 40hrs

Criteria 5 1Level 1 & 2 Babaji's Kriya Yoga trainings = 30hrs

Criteria 6 Study of M. Govindan's translation of the Sutras of Patanjali and the Bhagavad Gita with written reflections on prepared questions (submitted) = 25hrs.

Total credit hours = 270 hours

Also Required: Completion of Final Exam
Teaching Practicum



The Instructors

M. Govindan Satchidananda is the Spiritual Teacher of Babaji's Kriya Yoga. He is the Founder and President of Babaji's Kriya Yoga Order of Acharyas, a non-profit organization and has been conducting initiations into the 144 Kriyas of Babaji's Kriya Yoga for the past 15 years. He has taught Babaji's Kriya Yoga to more than 9, 000 people around the world. He is the Founder and Publisher of the Kriya Yoga Publications, Inc. and writes extensively on Yoga Philosophy and Sadhana. He teaches with the depth and insight of one who teaches precisely what he has practiced for more than 35 years.

Durga Ahlund is a professional certified Yoga teacher and practitioner of Yoga for more than 35 years. She has taught various forms of Yoga for over 22 years. She has been certified in and taught Hatha Yoga, Kundalini Yoga, Raja Yoga, and Phoenix Rising Yoga Therapy. She has been teaching in the U.S. since 1982, but has given this training for 12 years in Canada, India, Brazil, Germany, Spain, and Estonia. Her intensity of study of spiritual Yoga lead her to several Spiritual Masters in the U.S. and in India. Kriya Babaji has been the guiding Light on her path for over two decades. She is an acharya in Babaji's Kriya Yoga Order of Acharyas. She co-authored, performed, and produced with Marshall Govindan, the Yoga video, Babaji's Kriya Hatha Yoga, Self-realization through Action with Awareness. They have also co-authored several books on spiritual Yoga. She developed the two-year, monthly course of lessons, The Grace of Babaji Course. Her latest books are entitled, Babaji's Kriya Yoga: Deepening Your Practice and A Yoga Toolbox – Shape Your Future. She writes a blog at www.seekingtheself.com

Laurier-Pierre Desjardins D.O., is a yogi and highly respected as an Osteopath and professor of Osteopathy. Each year he gives Advanced Functional Anatomy Course for major Yoga Schools throughout Canada and in Germany. He has been a practitioner of Babaji's Kriya Yoga for 25 years and has developed an Anatomy course specifically for Babajis Kriya Yoga. Through his deep knowledge of the body and his intuitive awareness students will learn how to work within their limitations to deepen their postures. He will develop your understanding and experience of flexibility, suppleness, laxity and strength. He explains the structure of respiration and how to free the breath and addresses in detail what to do when something goes wrong in the body – understanding injury and rehabilitation.



Segments of Training



Philosophy of Yoga and Kriya Yoga Philosophy
 Sutras of Patanjali and the 8-Limbs of Ashtanga Yoga
 The 3 stages of practice and the 6 stages of Ashtanga Yoga
 Kriya Hatha Yoga Philosophy
 Principles of practicing asana
 Understanding and working with *prana*
 Practicing and teaching *pranayama* (complete breath, *ujjayi*, *kapalabhati*, alternative nostril)



Principles of practicing and teaching the 18 Kriya *asanas*
 In-depth study and practice and teaching of the 18 Postures.
 Total of 50 postures studied and practiced.

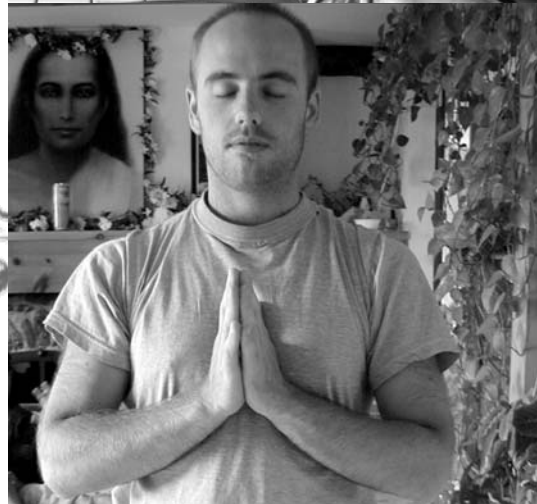
Teaching Techniques: Principles of Alignment, use of bandhas and mudras and the breath.
 Assists, Coaching the breath, Lines of energy, and the Edge
 Guiding the 18 postures through 5 stages
 Adapting and modifying postures for individual needs
 The Psycho-spiritual elements of the postures

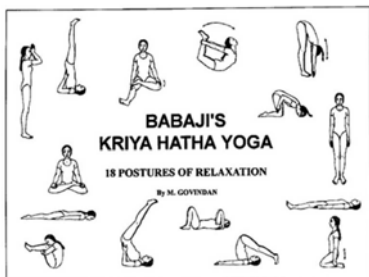
Physical Effects of the 18 postures
 Advanced Functional Anatomy
 Therapeutic use of postures
 The Subtle Body: *kundalini* and the *chakras* and *nadis*
 Ayurveda and Yoga
 Philosophy II: You think the body makes the Consciousness?
 Discrimination, the key to transforming Karma into Dharma
 Discourses on The Sutras of Patanjali
 Teaching Meditation: Hamsa meditation and Yoga Nidra
 Developing your voice as a Yoga teacher
 Practice teaching



Suggested Contribution: U.S/CAD\$1100. for the training.

A deposit \$300 is required to reserve your place. The fee for meals and lodging is an additional charge - 50-75/day). For more information contact Durga at durga@bababjiskriyayoga.net



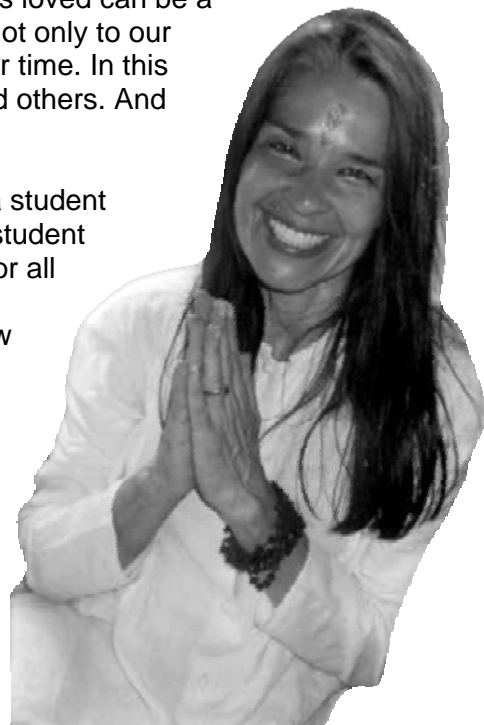


“Ask yourself if your interest is to share Kriya Hatha Yoga with others.”

Moving from being a practitioner of Yoga to being a teacher of Yoga has its requirements. These can be developed, except the main requirement, which is a desire to share. Sharing is love and from that state, all things will spring and flow. It has been said that anyone who loves and is loved can be a good teacher, for in love there is presence. When we are truly present not only to our self, but also to others we are in the here and now, as if there is no other time. In this state, there is self-love and a non-judgmental acceptance of our self and others. And truly, only in that state are we consistently able to be a good teacher.

In addition, a teacher must be willing to constantly learn, grow, and be a student forever. And a good sense of humor is helpful in reminding us who the student really is. These qualities develop our humility and a sense of gratitude for all our teachers, some of which will be our students. This creates a vehicle that purifies and nourishes us and stimulates inner love to flow. This flow of Love is the highest goal Yoga.

Enthusiasm is so important. If we do not have enthusiasm for what we teach, students will not care to hear what we say. Most of all, a teacher must practice intensely so that we teach from our experience. When we practice Hatha Yoga regularly, something happens inside of us. At one level, it is a feeling beyond words, a sense of balance and a harmony with the whole universe. It is the penetration of the force called Love. In order for that Love to flow, all our energy must be peaceful and balanced, physical, vital, mental. Only when our inner state reflects that balance are we able to share that state with others. That state is really the most important thing all we have to offer.



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