

# Babaji's Kriya Yoga



Om kriya babaji  
nama aum

## Kriya Hatha Yoga Teacher Training

Created by  
Durga Ahlund and M. G. Satchidananda

A Hatha Yoga Intensive and Teacher Training  
Quebec Ashram - August 3 - 18, 2023

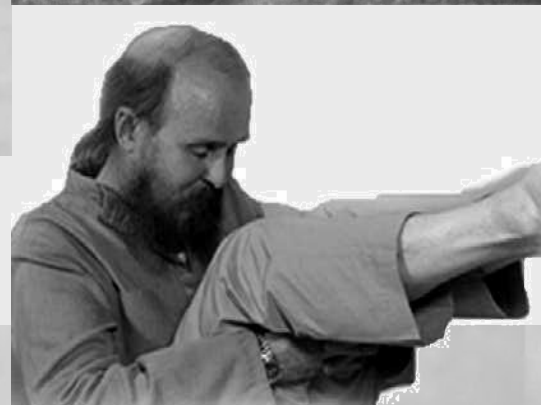
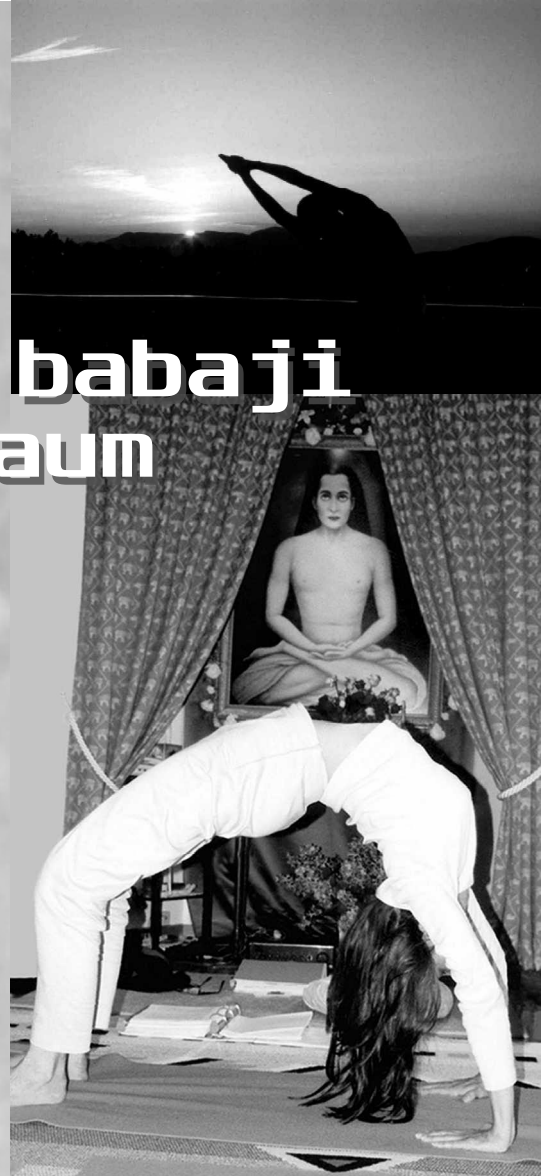


This 14 day Residential Training begins at **7pm on Thursday, August 3** and concludes at 9pm on **Thursday, August 17**, with departure after breakfast on **Friday, August 18, 2023**.

The focus of this course is to deepen your own personal experience of asana in order to attain mastery over the body and achieve higher states of awareness. Emphasis will be on how to find your own personal, best practice through either intensifying or modifying the way you do asana, and on teaching others to do the same. You will learn how Yoga works and delve into prana and the subtle body as well as functional anatomy, and you will learn how to integrate pranayama and meditation into hatha yoga classes.

**Instructors: Acharya Nagalakshmi Sanches, Durga Ahlund, Pierre Desjardins, and MG Satchidananda**

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 300-hour International certification standards, as set up by the International Yoga Federation. A 250-page manual/workbook accompanies the course. On completion of an intensive 14-day residential training, students will begin a year-long process of teaching and study, completing various assignments, which will not only fulfill training requirements, but which will serve your own wellness and spiritual growth.



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Babaji's Kriya Yoga & Publications  
196 Mountain Road · P.O.Box 90  
Eastman QC Canada · J0E 1P0  
tel +1 450 297-0258 fax -3957  
info@babaji.ca · www.babaji.ca



babaji.ca

This program is largely experiential, with a focus on personal transformation as well as on developing professional skill. Students must be currently practicing Kriya Yoga, have taken 1<sup>st</sup> and 2<sup>nd</sup> Babaji's Kriya Yoga Initiation trainings and have a well-established daily practice. Students must have practiced Hatha Yoga for a minimum of two years. This is an intensive training program and all participants should have good physical and emotional health.

The curriculum covers not only a thorough understanding of the anatomical mechanics of 18 asana of Kriya Hatha Yoga and structural alignment, but also the physical and spiritual benefits and the theory behind the asana selection and what occurs energetically as we practice them. Additional asana are explored and integrated into our training. You will experience the energy of prana and the subtle body and deeply explore the practices of bandhas, pranayama and meditation and learn how to safely integrate them within your hatha yoga class. There will be 18 hours given to functional anatomy and physiology of the human body in relation to the practice and teaching of Hatha Yoga. You will also begin an in-depth study of the Sutras of Patanjali and Bhagavad Gita. The course will cover the qualities of teaching effectively: modifying the postures for particular needs and physical limitations, the importance of coaching the breath, working with the lines of energy, working with intensity and relaxation. The training will begin to develop your voice as a teacher by deepening and expanding your own Inner experience of Hatha Yoga.



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 14-day trainings at the ashram = 140 hrs

Criteria 2 Teaching hours (1.5) weekly over 10 mos. = 60 hrs.

Criteria 3 Daily practice of the 18 postures over 12 months = 20 hrs.

Criteria 4 Work on the Grace Course 1 year of lessons = 25hrs , (2 Years = 50 hrs)

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

Criteria 6 Study of M. Govindan's translation of the Sutras of Patanjali and the Bhagavad Gita with written reflections on prepared questions (submitted) = 15 hrs.

Criteria 7 Study of the manual and final exam (submitted) = 40 hrs.

Completion of Teaching Practicum.

Total credit hours = 330 hrs.

**The Advanced Babaji's Kriya Yoga Training adds additional 90 credited hours, applied toward 500-hour certification, plus 2<sup>nd</sup> year of Grace Course additional hours 25 credited hours.**

Suggested Contribution: In USD \$1330/. The additional fee for lodging and meals is US\$1008/. Total US\$2,338 plus tax. In CAD \$1665/plus CA\$1344 lodging plus tax. Total CA\$3,009 plus tax. A deposit of \$300 is required to reserve your place.

Ask about a payment plan.

For more information contact Durga or Satchidananda at 1.888.252.9642 or [durga@babajiskriyayoga.net](mailto:durga@babajiskriyayoga.net) or [satchidananda@babajiskriyayoga.net](mailto:satchidananda@babajiskriyayoga.net)

## Program Development

# Durga Ahlund, Nagalakshmi, Marshall Govindan and Pierre Desjardins

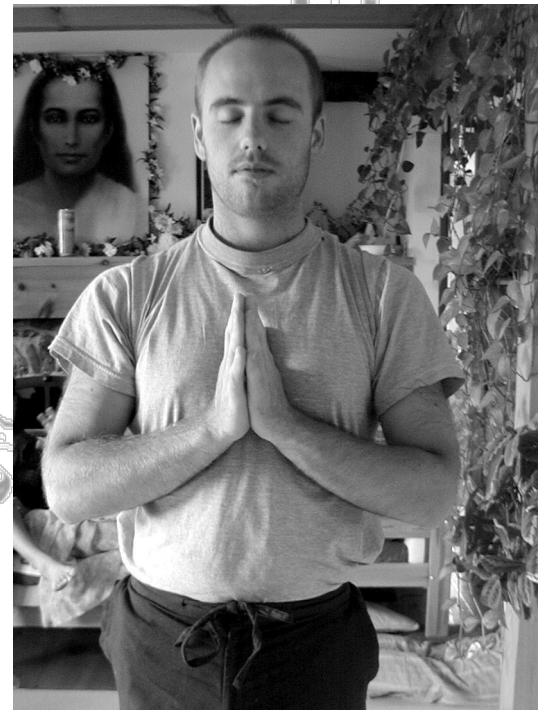
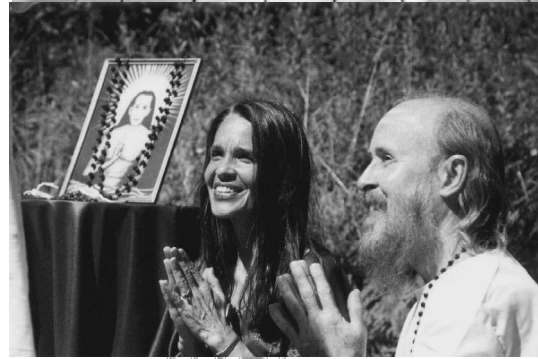
### THE INSTRUCTORS

**Nagalakshmi, Isabella Sanches**, lives in Sao Paulo Brazil. She is a certified Kriya Hatha Yoga Teacher, teaching since 2001. She was certified in the first Kriya Hatha Yoga Teacher Training with Durga Ahlund and MG Satchidananda. In 2003, she was inducted into the Order of Acharyas of Babaji's Kriya Yoga. She has been teaching Kriya Hatha Yoga widely throughout Brazil since that time, and initiates hundreds of people each year into Babaji's Kriya Yoga. In 2010, she co-founded with other kriyabans, the Jyothi Yoga, a yoga center in São Paulo, a center offering Kriya Hatha Yoga to general public. She has been directly and indirectly involved in all the Portuguese translations of the correspondence course and books of KY Publications in Brazil since the beginning. She writes articles for a Yoga & Consciousness portal in Brazil called Nowmaste. In addition, Nagalakshmi has created a successful meditation training for corporations and other organizations in Brazil where she integrates Kriya philosophy and Mindfulness. Nagalakshmi has worked closely with and under Durga's guidance since 2006 in in ten Teacher Trainings and is now conducting the trainings solo in Brazil. Nagalakshmi is responsible for the Babaji's Kriya Yoga movement in Brazil. She conducts first and second Initiation Seminars throughout the country and will complete training to teach 3<sup>rd</sup> initiation in 2017. She has assisted in the training of three Brazilian Acharyas in the last three years. Nagalakshmi is a wonderful, compassionate and dedicated teacher with a wonderful command of English with just a bit of a Brazilian accent.

**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 8, 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 has been a practitioner of Yoga for more than 35 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 during the past decade has taught Yoga in Canada, India, Japan, Brazil, Germany, Spain, Italy, Switzerland, Austria, and Estonia. Her intensity of study of spiritual Yoga lead her to several Spiritual Masters in the U.S. and in India. But Kriya Babaji remained her guiding Light for almost three decades. She has over the past 20 years practiced the techniques of Kriya Yoga and is an acharya in Babaji's Kriya Yoga Order of Acharyas. She co-authored, performed, and produced with her husband Marshall Govindan, the Yoga video, Babaji's Kriya Hatha Yoga, Self-realization through Action with Awareness. She wrote *Deepening your Practice* and co-wrote *Insights Along the Path* with Marshall Govindan. She developed the monthly correspondence course for Babaji's Kriya Yoga, The Grace Course with two years of monthly lessons. She developed and teaches a 300-hour and 500-hour Hatha Yoga Teacher Training course. Durga has been the editor of many of Babaji's Kriya Yoga Publications. Her latest book is *The Yoga Toolbox*.

**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 Courses for major Yoga Schools throughout Canada and Germany. He has been a practitioner of Babaji's Kriya Yoga for 25 years and has developed and Anatomy course specifically for Babaji's Kriya Yoga. Through his deep knowledge of the body and his intuitive awareness students will learn how to work with 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.



## Seminar Details

Segments included in the 14-day Intensive:

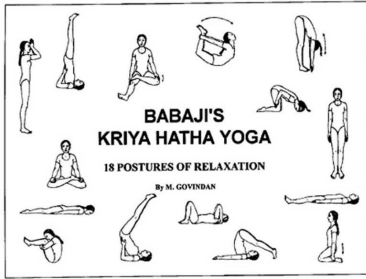
### – Deepening Your Practice

- What is Kriya Hatha Yoga? And Who does it Work?
- The Importance of Asana
- In Preparation: Standing, Aligning and Relaxing the Body, Breath and Spine.
- Targeting the Subtle Channels: warming the body with the breath and a variety of dynamic postures series
- Opening and Strengthening the Joints: neck, shoulders, knees and hips and ankles
- Training in additional posture series- Incorporating both dynamic and static poses in your class
- Understanding the benefits of using bandhas and ujjayi pranayama with the 18 postures.
- When and how to use the edge of a pose
- The Foundation of the 18 Postures. In-depth training and practice: Precise teaching instruction/demonstration: how to deepen your experience of the asana with the breath, awareness, bandhas and mudras and how teach this to others.
- Advancing in your Practice- Understanding the psycho-energetic and spiritual benefits of the 18 asana and how to attain them.
- Techniques of teaching asana: structural alignment, directing the lines of energy, and assisting through voice, and touch and adapting the postures.
- How and when to Modify Postures for misalignment and physical limitations
- Daily Practice teaching with partners and in group
- Evening Lectures-----
- Kriya Yoga Philosophy – Explaining Tantra
- Classical Yoga Sutras of Patanjali & Ashtanga Yoga
- The Critical Thread: the Yamas and Niyamas
- The Importance of Swadhyana and a Personal Sadhana
- Ishvara Pranidhana- What is the Guru? The Importance of Devotion
- Samadhi- What is Cognitive Absorption?
- Approaching Advanced Postures

### – How Yoga Works?

- Understanding and working with prana
- What is Pranayama and how it differs from deep breathing?
- Practicing in-depth and training to teach a variety of pranayama
- Training in Pranayama for healing and to develop awareness
- Group discussion - Experiencing Awareness
- Evening Talk: The Need of Sadhana and the role our thoughts and emotions play in our success or lack of progress in Yoga.
- What is meditation? And what are we seeking through it?
- Teaching the Basics of Meditation
- Instruction in Breath Awareness and Meditation
- How to lead a class into emptiness through asana and shavasana
- Yoga Nidra, practice and basics of teaching.
- Understanding Hamsa meditation
- Understanding Who am I? Meditation
- Partner and group practice.
- Evening Talk: Auto-Suggestion: The Antidote to Negative Thinking and the Use of Mantra to go Beyond
- Evening Talk: Attaining Cognitive Absorption
- Teaching Tools
- The Importance and secrets of Connective Tissue
- Functional Anatomy of an Asana
- Understanding flexibility, suppleness, laxity and strength
- Asana consciousness
- The Co-Contraction Concept
- The Structure of Breathing
- A 6 Cycle Stretch- how to free the breath
- Pranik Flow- How to achieve the best health at all levels
- Understanding the need of proper hydration
- Understanding Injury and rehabilitation
- What to do when something goes wrong!
- Physical Effects of the 18 postures
- Twice Daily Sadhana
- Evening Kirtan





“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 for 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 one is truly present, not only to others, but also to oneself, he or is 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 oneself and others. In that state one is consistently able to be a good teacher. Enthusiasm about Yoga is also invaluable. If you do not have enthusiasm for what you teach, who will not care to hear what you have to say?

Most of all, a teacher must practice intensely so that he or she teaches from experience. He or she must practice sincerely and be willing, with consistency to observe oneself, and continue to seek, and to grow, i.e., to be a student forever. These qualities, plus a good sense of humor will develop humility, check one's ego and enlarge one's gratitude for all of one's teachers, some which will be his or her own students. In that way, Yoga will create a vehicle that will continue to purify and nourish and stimulate inner love to flow for both the teacher and his or her students. This flow of Love is the highest goal Yoga.

When you practice Hatha Yoga regularly and deeply with awareness, something wonderful happens inside. Subtle channels opens up, energy penetrates your being, allowing you to breath deeper. You experience true balance and feel more in harmony with nature. Yoga stimulates a force called Love. For Love to flow freely, all your energy must be peaceful and balanced, physical, vital, mental. When your inner state reflects that balance you are able to share it with others. That calm, empty state, full of awareness will be the most important thing you will ever have to offer.

M. G. Satchidananda and Durga Ahlund  
 Babaji's Kriya Yoga Ashram  
 196 Mountain Road, P. O. Box 90  
 Eastman, Quebec, J0E 1P0  
 Canada  
 U.S. & Canada: 1.888.252.9642  
 International: 1.450.297.0258  
 Fax: 1.450.297.3957  
 durga@babajiskriyayoga.net  
 satchidananda@babajiskriyayoga.net



**Nagalakshmi**



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