



# Mahaavatar Babaji Kriya Yoga Shibir

(4 Days / 3 Nights)

"Babaji is well aware of the trend of modern times," Yogananda wrote, "especially of the influence and complexities of Western civilization, and realizes the necessity of spreading the self-liberations of yoga equally in the West and in the East." Eziitours brings to you - a great chance to visit the very cave in the Himalayas which is home abode to Mahaavtaar Babaji (<http://www.eziitours.in/travelogue/mahavatar-babaji/>) - where he gave diksha to Shri Lahiri Mahasaya.

## About Kriya Yoga

Kriya Yoga is an ancient Yoga system revived in modern times by Mahaavatar Babaji. It is said that Mahaavatar Babaji recieved Kriya Yoga from Bhagwan Shri Krishna himself.

According to the ancient Yogic text the Yoga Sutras of Patanjali, contains a description of Kriya Yoga in the second chapter II.49 "Liberation can be attained by that pranayama which is accomplished by disjoining the course of inspiration and expiration."

The Kriya yoga system consists of a number of levels of pranayama, mantra, and mudra based on techniques intended to rapidly accelerate spiritual development and engender a profound state of tranquility and God-communion.

The Guru Shishya lineage: Mahaavatar Babaji, Shri Lahiri Mahasaya, Sri Yukteshwara Giri, Paramhansa Yogananda - all of them have preached Kriya Yoga. Kriya Yoga is traditionally exclusively learned via the Guru-disciple relationship and the initiation consists of a Diksha (Initiation ceremony).

"By the definite science of meditation known for millenniums to the yogis and sages of India, and to Jesus, any seeker of God can enlarge the caliber of his consciousness to omniscience to receive within himself the Universal Intelligence of God."

Kriya Yoga was lost for centuries in the dark ages, and reintroduced in modern times by Mahavatar Babaji, whose disciple Lahiri Mahasaya (1828-1895) was the first to teach it openly in our era. Later, Babaji asked Lahiri Mahasaya's disciple, Swami Sri Yukteswar Giri (1855-1936), to train Paramahansa Yogananda and send him to the West to give this soul-revealing technique to the world.

## About Yogendra Rajput

Yogendra Rajput is an IT professional with more than 16 years of experience, he has worked with many Multinational companies till date. His spiritual journey started from 1999, when he got in touch with some monks and spiritually enlightened people. Very often he used to have the dream that he is walking on the lake with one young man besides a lake that is full of snakes and crocodiles. Yogendra could not understand this dream for many months.

Eventually one fine day - he got his hands on a book called "Autobiography of a Yogi" written by Shri Parahamsa Yogananda which can be accessed here: <https://www.ananda.org/free-inspiration/books/autobiography-of-a-yogi/> (<https://www.ananda.org/free-inspiration/books/autobiography-of-a-yogi/> )

Whilst Yogendra was reading the book and saw the pictures within, he immediately recognized the picture of that Young Monk who used to come in his dreams and walk along the lake - it was none other than Mahaavatar Babaji.

From that day onwards Yogendra's inner journey started and Yogendra started meditating - however he could not find any person who could guide him and give him Diksha. However during the course of time he automatically learnt a lot of breathing techniques which came to him naturally and started enjoying those.

In 2012 Yogendra met with a person named Gyan Swami in Pune who himself revealed that he has taken Diksha from Babaji himself and that he lived it Babaji for 3 years. Yogendra learnt several techniques from Gyan Swami.

In January 2017 Yogendra had a chance to visit Mahaavatar Babaji's cave up in the Himalayas along with a group from Maharashtra. While onwards to the cave Yogendra felt a deep sense of deja vu - as if he had been there before - not just once or twice but more like having lived there along with Babaji. It was in the cave that Yogendra was re-assured and in Dhyaan Yogendra was given the task of preaching Kriya Yoga and to take it to as much as people as possible.

## BREATHING EXERCISES FOR KRIYA YOGA:

### **Meditative Posture**

- Sit down on a mat (insulated from the ground) preferably in Padmasana or Siddhasana OR in any comfortable posture on the floor or on chair, facing North or East
- Focus on your third eye (place between two eyebrows)
- Keep your spine erect

(Siddhasana posture: Left leg on the bottom, with right leg on top of it, Left palm on the bottom with Right palm on top of it, facing upwards)

### **Step 1 : Equal breathing - 12 cycles :**

Breathe in through the nose, deep into the lungs (not into stomach) for about 5 to 10 seconds. Hold the breath in lungs for same amount of time. Then breathe out through nose in same amount of time you took for breathing in. Repeat this process 12 times.

### **Step 2 : Double breathing**

Breathe in two intervals through nose (its like sniffing air twice when u try to detect some smell). Hold the breath for 2 seconds and keep the body tense in these 2 seconds. Breathe out through mouth in two intervals (saying Ho - Ho while exhaling).

### **Step 3 : Hang Sau :**

- A. First Breath in through nose, deep into the lungs. Hold the breath for equal time or until you are comfortable, then breathe out through the nose in equal time.
- B. Breath in through nose while u say "Hang" mentally. Hold the breath for equal time or until you are comfortable and release the breath through nose in equal time, while saying "Sau" mentally.
- C. Breath in through nose, deep into the lungs. Hold the breath for equal time or until you are comfortable. Then breathe out through Nose in equal time. Do this process - three times.

(Note that step A and step C are similar. But A is one time n C is three times.)

Repeat the whole process A,B,C for 10 minutes approximately

### **Step 4 : Om Technique :**

Place your hands on the face with little finger on the corner of the eyes applying light pressure and the thumb closing the ears Breathe in through nose, deep into lungs, while saying "Om" mentally. Hold the breath for 2 seconds and exhale the breath while saying "Om" mentally.

Repeat this process for 10 minutes approximately.

### **Step 5 : Meditation with normal breath:**

Sit in the same posture and meditate for few minutes, after the meditation is over rub your hands and touch them on your eyes and face. Open your eyes and stand up gently

Book 3 months earlier to get fabulous discounts on Air Travel. Train reservations are now 4 months in advance.

**FOR BOOKINGS AND INQUIRIES - CALL US:**

9619034948 | 9619036544 | 9619038565 | 9619035399 | 9619037147

**FOR DETAILED INFORMATION VISIT:**

<http://www.eziitours.in/mahaavatar-babaji-kriya-yoga-shibir> (<http://www.eziitours.in/mahaavatar-babaji-kriya-yoga-shibir>)

# Departure Dates

<b>August 2018</b>	02nd August 2018 TO 05th August 2018
<b>August 2018</b>	09th August 2018 TO 12th August 2018
<b>August 2018</b>	15th August 2018 TO 18th August 2018
<b>August 2018</b>	22nd August 2018 TO 25th August 2018
<b>August 2018</b>	30th August 2018 TO 01st August 2018
<b>September 2018</b>	03rd September 2018 TO 06th August 2018
<b>September 2018</b>	08th September 2018 TO 11th September 2018
<b>September 2018</b>	13th September 2018 TO 16th September 2018
<b>September 2018</b>	20th September 2018 TO 23rd September 2018
<b>September 2018</b>	25th September 2018 TO 28th September 2018
<b>September 2018</b>	30th September 2018 TO 03rd October 2018
<b>October 2018</b>	06th October 2018 TO 09th October 2018
<b>October 2018</b>	12th October 2018 TO 15th October 2018
<b>October 2018</b>	18th October 2018 TO 21st October 2018
<b>October 2018</b>	25th October 2018 TO 28th October 2018
<b>August 2018</b>	02nd August 2018 TO 05th August 2018
<b>August 2018</b>	09th August 2018 TO 12th August 2018
<b>August 2018</b>	15th August 2018 TO 18th August 2018
<b>August 2018</b>	22nd August 2018 TO 25th August 2018
<b>August 2018</b>	30th August 2018 TO 01st August 2018
<b>September 2018</b>	03rd September 2018 TO 06th August 2018
<b>September 2018</b>	08th September 2018 TO 11th September 2018
<b>September 2018</b>	13th September 2018 TO 16th September 2018
<b>September 2018</b>	20th September 2018 TO 23rd September 2018
<b>September 2018</b>	25th September 2018 TO 28th September 2018

<b>September 2018</b>	30th September 2018 TO 03rd October 2018
<b>October 2018</b>	06th October 2018 TO 09th October 2018
<b>October 2018</b>	12th October 2018 TO 15th October 2018
<b>October 2018</b>	18th October 2018 TO 21st October 2018
<b>October 2018</b>	25th October 2018 TO 28th October 2018

## Detailed Itinerary

Day One	<ul style="list-style-type: none"> <li>• Reporting at New Delhi Railway station at 05:30 hours (am)</li> <li>• Onward to Kathgodam by Shatabdi - Breakfast onboard</li> <li>• Reach Kathgodam - move enroute to Kukuchina</li> <li>• Enroute to Dwarahat / Kukuchina. Visit Kainchi Dham - Neeb Karori Baba Ashram enroute</li> <li>• Reach Kukuchina - Check in - Freshen up</li> <li>• First Dhyaan session / Leisure time</li> <li>• Dinner and Rest</li> </ul>
Day Two	<ul style="list-style-type: none"> <li>• Wake up - Breakfast / Tea / Coffee</li> <li>• Local Expedition to Pandu Kholi (2.5 hours trek - in delightfully natural surroundings)</li> <li>• Reach Pandukholi and visit Tapovan</li> <li>• Return to Base / Hotel by evening</li> <li>• Dinner and Rest</li> </ul>
Day Three	<ul style="list-style-type: none"> <li>• Early wake up and Breakfast</li> <li>• Dhyaan session conducted by Shri Yogendra Rajput</li> <li>• Local excursion to Mahaavtar Babaji Cave (1 hour trek)</li> <li>• Return to base / Hotel by</li> <li>• Kriya Yoga Session</li> <li>• Dinner and Rest</li> </ul>
Day Four	<ul style="list-style-type: none"> <li>• Early Wake up - Freshen up / Tea / Coffee</li> <li>• Kriya Yoga Session</li> <li>• Breakfast</li> <li>• Depart Kukuchina with Sweet Memories onwards to Kathgodam</li> <li>• Reach Kathgodam</li> <li>• Depart for New Delhi via Shatabdi</li> <li>• Reach New Delhi - Tour Concludes - Onward to home destinations</li> </ul>

# Service Fees

New Delhi	Premium	14500	Reporting at New Delhi Railway Station
-----------	---------	-------	--

Now book online and support Cashless India - you can use BHIM / UPI / Credit Cards or Debit Cards! Special EMI offer on Credit Cards - Trip Today - Pay Later! Just click the link below to get started:

<https://www.instamojo.com/eziitours/mahaavatar-babaji-kriya-yoga-shibir-4-days-3/>

(<https://www.instamojo.com/eziitours/mahaavatar-babaji-kriya-yoga-shibir-4-days-3/>)

**FOR BOOKINGS AND INQUIRIES - CALL US:**

9619034948 | 9619036544 | 9619038565 | 9619035399 | 9619037147

## Inclusions

- ✓ Hotel accomodation on Twin sharing basis
- ✓ All Train tickets as depicted above
- ✓ All Bus tickets as depicted above
- ✓ All transportation for local sight seeing (non ac car)
- ✓ Breakfast and Dinner (Pure vegeterian)
- ✓ Local assistance and guide for all locations
- ✓ Travel Insurance

## Exclusions

- ✗ Camera fee (If Any)\*
- ✗ Personal shopping expenses
- ✗ 5% GST
- ✗ Expenses caused by factors beyond our control like rail and flight delays, roadblocks, vehicle mal-functions, political disturbances etc.

- ✘ Alcoholic / Non- Alcoholic beverages
- ✘ Tips, laundry & phone call
- ✘ Any room orders in Hotels
- ✘ Any additional expenditure
- ✘ Pooja Prasad Material

## Terms and Conditions

- This is a religious tour / yatra
- Consumption of Alcoholic drinks is strictly prohibited
- Above rates are valid on a minimum of 2 adults travelling together.
- This trip / yatra does not have air travel
- Rates are subject to change in case of any additional taxes, government fees change etc.
- Any meals and services unless mentioned in the itinerary, are not included.
- In case of unavailability in the mentioned hotels, alternate accommodation will be arranged in a similar category hotel.
- Eziitours reserves the right to decline any passenger.

## Payment policy

## Payment policy

### Booking Fee

- 3 months in advance: 60%
- 2 months in advance: 70%
- 1 month in advance: 100%

**Payments can be done by Cheque or Online using Debit Card or Credit Card Eziitours does NOT accept Cash payments under any circumstances**

## Banking Details

<b>Bank</b>	Jana Seva Sahakari Bank Ltd.
<b>Account Number</b>	03021002912

<b>Account Name</b>	EZII VENTURES
<b>IFSC Code</b>	JANA0000003
<b>Branch Details</b>	Shanipar Branch, First floor, Mahalaxmi Market, Pune
<b>Kindly SMS to 9028022336 after transfer with URN number</b>	