



Initiation event by Rudranaad Foundation

KRIYA YOGA

An ancient technique for Self Awakening

2nd to 3rd of April, 2022

Time :

9 am to 4 pm

Call to register :

+91 8080911109 / +91 8591656424

Venue : Vows Banquet Hall, Hotel Kohinoor Park,
Veer Savarkar Marg, Prabhadevi, Mumbai - 400025.

- No monetary transaction, only your presence is required.-

KRIYA YOGA

INITIATION CEREMONY

Rudranaad Foundation regularly organizes KRIYA YOGA initiation ceremonies. During these ceremonies, participants would be initiated in the ancient & powerful technique of KRIYAYOG. Interested participants, who desire to progress in their own spiritual growth, may contact us. Kindly note, this course is of 2 days duration and attendance is mandatory on both the days. Attendance is free of cost for participants as per guidelines set by our beloved Guru Mahavatar Babaji and Rudranaad Baba. Participants would be served with Breakfast and Lunch on both days as Prasad.

INSTRUCTIONS

1. Only registered candidates would be allowed to participate in the ceremony.
2. Attendance on both days is compulsory.
3. Dress Code – Only White. Kurta & Pyjama / Salwar (preferably loose fitting and comfortable)
4. Kindly carry with you,
 - a. Notebook
 - b. Pen
 - c. Water Bottle
 - d. Asan
5. Venue – Vows Banquet Hall, Hotel Kohinoor Park,
Veer Savarkar Marg, Prabhadevi,
Mumbai - 400025.
6. Date & Time – 2nd to 3rd April 2022, 9 am to 4 pm IST
7. To register your name, please contact:
8080911109 / 8591656424

FREQUENTLY ASKED QUESTIONS

- What is Kriya Yoga?

'KRIYA' means to set something into motion, to give it speed or to set a momentum. Yoga is the process of Divine Union or to be one with The Ultimate Truth. So, Kriya Yoga is the process which sets your body, mind and soul in motion to achieve your maximum strength for spiritual realization and material success. Kriya Yoga generates tremendous capacity to heal our body. With regular practice, Sadhaks can bring about immense changes in themselves.

- Who can learn Kriya Yoga?

Anyone who wants to evolve themselves and wants to enjoy a blissful healthy life can learn Kriyayog. Your gender, faith, caste or religion doesn't matter. Rudranaad foundation is strictly against any sort of racism or discrimination. Women can learn and regularly practice Kriya Yoga even during their monthly cycles. Sadhaks are allowed to practice Kriya in every social situation including death in the family, and other such incidents where usually they may not be allowed to practice other rituals.

- Historical references of Kriya Yoga

Oldest references of Kriya Yoga are found in Pantanjali Yog Sutra and Vigyan Bhairav Tantra. Mahavatar Babaji passed on the knowledge of Kriya Yoga to Shri Lahiri Mahasaya in recent history. Later on, Shri Yoganandji spread the nectar of Kriya Yoga globally. Kriya Yoga is practiced in many Indo-Mystic lineages like Nath Sampradaya, Aghor, Dashnamis, Shakta, Sikhism and Vajrayana Buddhism. Each of these lineages has its own understanding and version of this ancient Sadhana.

- Which Kriya is appropriate?

As mentioned earlier, Kriya Yoga has been practiced in various ancient lineages in India since ages. Each lineage has references to Kriya Yoga.

Daily practice of Kriya Yoga brings about minute changes not only at physical or physiological level but also within minute cells and chakras in the body everyday. The Kriya which balances the chakras via 'Bandha', 'Mudra' and 'Breath' to take you on the path of self awakening is an appropriate Kriya.

With the grace of Mahavatar Babaji, The Kriya which reaches you through Guru-Shishya tradition with a clear and noble intention, without any greed; is an appropriate Kriya.

- How much do I need to pay?

Rudranaad Foundation does not charge any fees to teach Kriya Yoga. You need not pay any fees to Rudranaad Foundation. In case you wish to pay Gurudakshina , any social service done with noble cause will be considered as Gurudakshina. For example, donating school items to needy students, medicines to the underprivileged , Food donation or any kind of donation to NGOs who work for Cancer patients support is also considered as Gurudakshina. As a service to our Guru, Rudranaad Foundation spreads the knowledge of Kriya Yoga with a noble cause of extending its sweet nectar to common people so that the masses can benefit from it.

- Do I need to be fit physically to learn Kriya Yoga?

Unlike Hatyoga , one does not have to perform physically challenging asanas in Kriya Yoga. Kriya Yoga is a technique of Pranic breathing along with the bandhas and mudras. Any person can do it easily.

- Do I have to practice Kriya Yoga regularly post learning?

Yes. To achieve best results, regular practice of Kriya Yoga is necessary. Just like music, where regular riyaz is necessary to experience the magic of the seven notes of music; regular Kriya sadhana is essential to enjoy the bliss and gain knowledge of the Seven Chakras within your body.

- What if I forget my Kriya after learning?

We conduct follow up sessions to check your kriya practice. After learning Kriya, in case you have any doubt, you can contact us to get your queries resolved.

- Can I learn Kriya Yoga if I am a non-vegetarian?

Diet and food is a matter of one's personal choice. We do not impose any rules on one's diet and food for learning Kriya Yoga.

- About our Guru lineage :

Rudra Sanatan Parampara also known as Pashupat Shaivism Parampara is ages old and can trace back all the way to Aadinath. Many great sages have nourished this tradition by contributing immense amounts of nectar over many hundreds of years. Great sages like Sadashiv Nath, Kalagni Nath, Avadhuta Nath, Mahabahu Rudranaad baba, Rudrivachana, Mahadevi Kaulika and Aughad Das have guided sadhaks over the ages to teach them the art of living. This lineage is a living Rudra-Yaag, inspiring & guiding sadhaks even in today's era to quench their thirst for knowledge.

- About the teacher :

Rudraraj, also known as Chandrashekhar, is a graduate from the prestigious National Institute of Design(NID), Ahmedabad. His contribution in the field of Design and Cinema Production is widely admired. In the year 2018, he met his guru, Rudranaad Baba in person in the Himalayas. He then acquired detailed knowledge of Kriya Yoga Sadhana and Guru Shishya lineage. In the year 2019, Rudraraj was blessed with the darshan of Mahavatar Babaji on the banks of river Ganga at Banaras. He was then instructed to live a life of Rajayogi and spread the knowledge of Kriya Yoga. Rudraraj has been instructed to spread the knowledge of Kriya Yoga and Rudra Sanatan Parampara to mankind free of cost. Since then, inspired by his Guru's wishes, Rudraraj has been working towards this noble purpose.

Dhuni Mandir | MLA Mr. Vaibhav Naik



Sindhudurg Police | Panchakshari Yagya



Yagya | Mahaprasad



Naagraj - Vasuki



Shivling & Nandi - Morning



Sphatik (Quartz Crystal) Shivling



Sphatik Crystal Shivling - Morning Glow



Dhuni Mandir - Shivratri



Shivling & Nandi – Maha Shivratri | Mahamrutyunjay Yagya



Performing Arts: Bhajan Troupe & Indian Classical Music



Naagraj - Reflection



