

Kriya Yoga Course

With Basu @ Ellas Retreat Paleros
in a small greek village at the Ionioan Sea
From 2nd to 10th of October 2017

Program 7 days guided Kriya Yoga, Mindfulness meditation, Kriya Hatha Yoga, Nidra Yoga, Bhajans and Health food with Basu

Why learn Kriya Yoga? By practising Kriya Yoga the mind returns to harmony, in the same way as Hatha Yoga (asanas) brings the body in harmony.

In this course the initial level of Kriya Yoga practice will be given. If this practice is successful and the wish is there it will be possible on a later stage to take an initiation in the full practise.

The course contains of a structured practice of Kriya Yoga and Mindfulness meditation combined with Kriya Hatha Yoga, Nidra Yoga, Bhajan and Healthy food.

Kriya Yoga On the path of yoga. Kriya Yoga belongs to the inner level of yoga 'meditation' and was first described by Patanjali in his "Yoga Sutras" 400 BC. The practice is based on the breath, the attention and the 7 chakras.

Through the practice of Kriya Yoga the human evolution is enhanced and Samadhi can be attained. The secret in Kriya Yoga is the subtle connection between the breath and consciousness.

Kriya Yoga was made famous in the west by Paramahansa Yogananda. He wrote the book "Autobiography of a Yogi" which became a 'most read' for all who are interested in yoga



Mindfulness meditation To bring the meditation into every action a daily life it is important to develop mindfulness (self observation). Mindfulness meditation belongs to Jnana Yoga

Kriya Hatha Yoga is a form of Hatha Yoga that is using the fundamentals from Kriya Yoga. The main emphasis is on the breath, the 7 chakras and self observation (mindfulness).

Nidra Yoga we enter deep relaxation by rotating our awareness through the body.

Bhajans If you wish to develop devotion. Singing mantras and devotional songs elevates the energies and opens the heart. Bhajans belongs to Bhakti Yoga.

Serva If you wish you can help with small task so the course can run smoothly. Cleaning the rooms, cutting vegetables etc. Serva belongs to Karma Yoga.



Living Now

Kriya Dharma



Healthy Food

Thanks to our organizer Antonis who is running a catering service for retreats called the [FoodPath](#) we can offer a healthy menu. A vegetarian breakfast and dinner will be served.

Basu He is an experienced teacher and has been giving courses and retreats in yoga, tantra and meditation in India, Thailand, Greece, Denmark and Austria since 2000.

He offers a clear teaching and practice from different spiritual traditions without them losing their originality.

He began his yoga sadhana (spiritual practice) in 1997 and was in the following period introduced into Hatha Yoga, Kundalini Yoga, Tantra, Vipassana and Qi Gong. In 2002 he was initiated in Kriya Yoga by Swami Shankarananda Giri.

In 2008 Swami Shankarananda Giri gave him the allowance to introduce and guide others into Kriya Yoga and in 2016 he became a Kriya Acharya and can give initiation into Kriya Yoga.

He has permission from Guruji Rajkumar Baswar to share tantric sadhanas since 2014.

He is the founder of [Kriya Dharma](#) and Co founder of [Ellas Retreat](#)

His main teachers:

Kriya Yoga - [Swami Shankarananda Giri](#), Tantra - Guruji Rajkumar Baswar, Vipassana - [Thanat Chindaporn](#), Self inquiry - [Prem Baba](#) Qi Gong - [Jorgos Pappas](#) and was inspired especially by Kundalini Yoga - [Swami Satyananada Saraswati](#) and [Eckhart Tolle](#).

Practical information

Paleros, where the event will take place, is a village located at the Ionian Sea close to the island of Lefkada. It lies at the base of a spectacular mountain and is surrounded by sandy beaches.

Arrival	02/10 – 2017
Program starts after breakfast	03/10 – 2017
Program ends early morning	10/10 – 2017
Departure	10/10 – 2017





Living Now

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Daily Program

Morning - Before breakfast:

1h Kriya Yoga (For initiated 1.5h)

20 min Sun salutation

After Breakfast :

30 min Bhajan

30 min Kriya Talk

2h Kriya Hatha Yoga and Nidra Yoga.

Day: Free time to enjoy the beach and the surroundings

Befor Dinner:

30 min Mindfulness meditation

Early Dinner:

After Dinner :

1h Kriya Yoga (For initiated 1.5h)

Accommodation:

Paleros village in Ellas Retreat Paleros

How to get there

Via Athens airport or the local airport in Prevesa.

There are Busses and shared taxis from Athens.

Bus approximate 35 Euro. Shared Taxi 50-70 Euro

For more information on how to get there check out Ellas

Retreat's website www.ellasretreat.com/find-us

Costs:

We give 10% Discount for all who have booked with us before.

8 days Kriya Yoga Course with accommodation:

Privat room 462€

2 person shared room 369€/person

Budget: more than 2 person in shared room 251€/person

Healthy Food by the FoodPath 133 €

Rich vegetarian and vegan breakfast and Vegetarian Dinner:

Including welcome dinner on Arrival day and breakfast on departure day.

Discount when more courses with Basu are booked

15% discount if both the Tantra and Kriya Yoga course are booked

20% discount if all 3 the Tantra, Kriya Yoga and Kundalini Yoga course are booked

Payment and Registration Please call or send us an email if you wish to register. A deposit of 20% should be paid in advance.

Cancelation The deposit will be returned up till 30 days before the start of the course.



rooms



Contact for registration and further information:

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