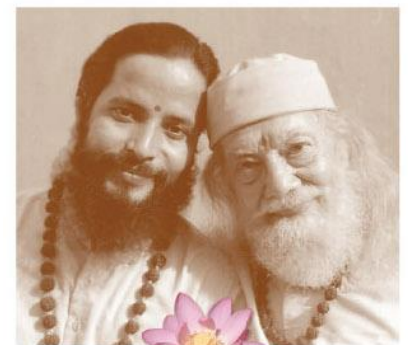


### WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



PARAMAHAMSA HARIHARANANDA  
(1907-2002) - (photo on the right)

filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA  
(photo on the left)

his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

### Yogacharya Srinidhi Baba (teacher of the program)

He met his Guru Paramahansa Hariharananda in New York in 1992. Moments with his Guru were very precious as he received his Guru's immense love, compassion, and direction. He and his wife Prathima started the Denver Kriya Yoga Center

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Boise, Idaho**  
**March 18 - 20**



with  
**Yogacharya**  
**Srinidhi Baba**

### Friday, 18

7 - 9 pm **Public lecture open to all**  
**An Overview of Kriya Yoga**


### Saturday, 19

9 am - noon **Initiation**  
3 - 5 pm **Class for new Initiates**  
7 - 9 pm **Discourse and Guided Meditation**

### Sunday, 20

9 am - 4 pm **All-Day Program: Discourses, Classes,**  
**Guided Meditations and Lunch**

### location

Kriya Yoga International In Idaho   
6600 N Roe St, Boise, ID 83714

### contact

Robyn Dawson: (208) 853-1004 – [info@boise.kriya.org](mailto:info@boise.kriya.org)

### LINEAGE OF MASTERS OF KRIYA YOGA

