

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Boise, Idaho**  
**September 28 - 30**



with

## Swami Atmavidyananda

**Friday, September 28, 2018**

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

**Jack's Urban Meeting Place, 1000 W. Myrtle St., Boise, ID**




**Saturday, 29**

9 am - noon Initiation- for all who are ready to practice  
1-3 pm Class for new Initiates  
4-6 pm Discourse and Guided Meditation

**Sunday, 30**

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

**Location Sat. and Sunday**

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

**contact**

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### 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.

**Swami Atmavidyananda Giri**  
(teacher of the program)

Currently Vice President of Kriya Yoga Institute has been tirelessly teaching Kriya Yoga to sincere seekers for many years. In 2002, he dedicated his life fulltime to the cause of spiritual practice.

#### LINEAGE OF MASTERS OF KRIYA YOGA

