

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 Shriyuktishwarji 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.

LINEAGE OF MASTERS



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Kauai, HI August 21-23, 2026



Yogacharya Kaushal Gokli

Kriya Yoga is the universal spiritual discipline that crosses all boundaries to cultivate body, mind, and awareness of the soul. In this weekend session, we are offering the unique opportunity to learn more about it, as well as experience this sacred practice.

Friday, Aug 21

7:00pm – 08:00pm Public Lecture (Open to all)

Topic: Kriya Yoga: The Path of Inner Peace

Saturday, Aug 22

8:30am – 12:30pm Initiation for new aspirant

12:30pm – 02:30pm Lunch Break

2:30pm – 05:30pm Technique Teachings and Guide Meditation

Sunday, Aug 23

9:00am – 12:30pm Technique Review and Guided Meditation

12:30pm – 02:00pm Lunch Break

2:00pm – 04:00pm Q&A and Guided Meditation

Location

Golden Lotus Studio, 4-941 Kuhio Hwy, Ste A, Kapaa, HI 96746-2714

Contacts & Registration

\$200 per person/\$100 per student

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