

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



Boise, Idaho
October 23th – 25th



with
**Yogacharya
Kaushal Gokli**



Friday, October 23rd

6:30 pm – 7:45 pm Public Lecture Open to All
Meditation, Love, and Peace

Saturday, October 24th

8:30 AM to 8:45 AM – Registration
9:00 AM to 12:00 PM - Initiation Ceremony
12:15 PM to 2:30 PM - Lunch, Seva, Rest
2:30 PM to 4:30 PM - Techniques of Kriya Yoga
4:45 PM to 5:45 PM - Guided Meditation

Sunday, October 25th

08:30 AM to 10:45 PM - Review of Kriya Yoga Techniques
11:00 AM to 12:00 PM - Guided Meditation
12:15 PM to 01:30 PM - Lunch, Seva, Rest
01:30 PM to 05:00 PM - Q&A followed by Guided Meditation

Location

Public Talk – Boise Co-op in the Village –
2350 N. Eagle Rd, Meridian, ID 83646
Program – Boise Kriya Yoga Center

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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 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.

