## Kriya Yoga Intensive (for Kriya Initiates Only)



## Southern California Location:

Rockpointe Clubhouse 22300 Devonshire Blvd, Chatsworth, CA, 91311

Sunday March 30, 2025 9:00 AM - 5:00 PM

Los Angeles, Claremont, Irvine, San Diego, Santa Barbara and Bakersfield Kriya Yoga Centers Sunday March 30, 2025 – 9:30 AM to 5 PM

This is a divine opportunity for Kriya Initiates to go deeper into meditation practice. Intensive includes meditation, technique review, Q&A, and discourse. Kriya intensive program will be led by Yogacharya Kaushal Gokli.

Recommended minimum donation is \$40 – Lunch Included Location: Rockpointe Clubhouse, 22300 Devonshire Blvd, Chatsworth, CA, 91311

## Schedule:

8:30 to 8:50 am Registration 9:30 to 11:00 am: Meditation 11.00 to 11.15 am: Break

11.15 to 12.15 pm Discourse/talk

12:30 to 2:00 pm: Lunch break (lunch provided) 2:00 to 315 pm: Q&A, Technique review

3.15 to 3.30 pm: Break 3.30 to 4.45 pm: Meditation 5.00 pm Adjourn

Please sign up <a href="here.">here.</a> Contact: Marydale Pecora at 818 203-3377

info@losangeles.kriya.org.