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In this episode, NCR contributor Julie Bourbon explains kriya yoga and the Assisi Institute's inaugural kriya yoga conference. Devotees and teachers say that practicing this form of meditation can bring one into deeper relationship with God. Then, a conversation with theologian Deanna Thompson on her book *The Virtual*

Body of Christ in a Suffering World. Deanna talks about how a journey through illness led her to embrace her digital connections as a vital example of the body of Christ.

Show notes

- The Assisi Institute's [Kriya Yoga Conference](#) will blend Catholic and Eastern spirituality.
- [We say](#): A deeper focus on encounter can erase fear of the unfamiliar.
- [Perspective](#): Yoga makes me a better Catholic.
- Virtual connectivity helps us attend to life's pain, writes [Deanna Thompson](#).

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