



Practice the art of living in
the world without losing
your inner peace of mind.
**Live the
Eternal Way**

Center for Spiritual Enlightenment
SAN JOSE, CALIFORNIA

Program Guide

2020

Message from our Spiritual Director Yogacharya Ellen Grace O'Brian

Just be here. Be in this place.
—Roy Eugene Davis

Reverence to the divine within you!

A few years ago a group from our Center travelled to Center for Spiritual Awareness in Lakemont, Georgia for a meditation retreat with Roy Eugene Davis. The retreat center there is a beautiful abode, positively teeming with prana—a felt sense of the blessings of the sages pervading the entire place.

At one of the retreat sessions, a newcomer asked Mr. Davis, *What is the best thing I can do to experience the maximum benefit of being here?* He replied, *Just be here. Be in this place.*

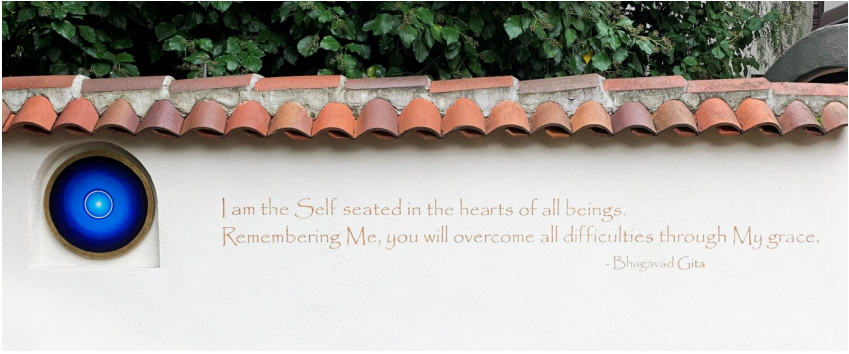
Just be here. The ultimate spiritual practice and awakened-life opportunity. Truly be here. For us at CSE, it is a clear reminder of the power of sacred place and time that we cultivate in our ministry service. No matter what we do—whether it is offering programs or our online podcast, offering worship services, teaching children to meditate, or weeding the meditation garden—it is with the awareness that individual and planetary enlightenment is facilitated by creating, nurturing, and maintaining a supportive atmosphere, a place where awakening naturally unfolds.



This year, 2020, we are celebrating 39 years of ministry service. As a founding teacher and spiritual director, people often ask me if I planned all this—a beautiful meditation center that occupies a block in the heart of the Rose Garden area of San Jose, satellite centers, publications and media outreach, retreats, classes, leadership training, and more. My answer is No. No, I did not plan it. But I can say truthfully that I have dreamed it. I have dreamed of such a place, a place of real peace where the divine potential of every person is invited to be realized. I have dreamed of it. Haven't you?

With infinite love,
Yogacharya O'Brian





Contents

Kriya Yoga	4
About CSE.....	5
Teachings	6
Guide for Study	7
Core Classes	8
Retreats.....	9
Meditation & Satsang	10
Hatha Yoga.....	11
Worship Services.....	12
Youth Spiritual Education	13
Spiritual Guidance	14
Sacred Ceremonies	15
Meru Institute	16
CSE Meditation Gardens	17
About Our Founder	18
Affiliate Centers.....	19
Contact Info	19
Program Calendar	20

KRIYA YOGA

Spiritual Enlightenment for Today



In today's fast-paced world, stress and anxiety come in many forms, often stemming from a deep longing for greater meaning, purpose, and wholeness. Science, despite its amazing benefits to society, offers little help when it comes to navigating our inner world. Rationalism alone doesn't help us deal with the changes and challenges inherent in life – grief and loss, aging, starting a family, addiction, making a difference, or finding a spiritual touchstone in the midst of it all.

Whether you are a newcomer to meditation or an experienced practitioner, Yogacharya O'Brian and CSE Teachers

make the ancient spiritual teachings of Kriya Yoga accessible and inspiring to the modern mind. Their supportive and time-tested approach can help you apply timeless yogic principles and practices for a richer, more awakened life.

This system of Kriya Yoga reflects the teaching emphasis and specific procedures of the Kriya Yoga tradition brought to the West by **Paramahansa Yogananda**. Swami Yogananda came to America in 1920 with the blessings of his guru (spiritual teacher), **Swami Sri Yukteswar**, to spread the liberating teachings of Kriya Yoga in the West. He initiated thousands into the spiritual practices of Kriya Yoga and inspired seekers worldwide to discover the liberating truth of their spiritual nature and their relationship with the Infinite. His seminal book, *The Autobiography of a Yogi*, remains a bestseller today and continues to attract seekers to the path. Among those Yogananda trained, ordained to teach, and initiate others into Kriya Yoga, was his disciple **Roy Eugene Davis**.

Yoga in this tradition has been passed on through the centuries from guru to disciple in this way—through instruction, initiation, and transmission. **Yogacharya O'Brian** met her guru, **Roy Eugene Davis**, in 1979 & was ordained to teach in this tradition in 1982.





Center for Spiritual Enlightenment

It is the fundamental right and great destiny of every person to realize their divine nature, and with that realization, know true freedom and happiness. CSE is dedicated to this above all—that we may know the truth, be free, live fulfilled lives with purpose and meaning, and serve life in the highest way.

The ministry of Center for Spiritual Enlightenment is focused on global ethical and spiritual awakening to bring about world peace and the importance of individual participation toward this goal. Our vision is individual and planetary awakening to the One Truth known by many names.

We are dedicated to spiritual awakening by fostering the presence of peace in the community, the world, and in the hearts and minds of individuals. This is our mission. Spiritual awakening is the revelation of our inherent divine nature; it is not something attained or created. Peace simply facilitates it. A peaceful, conscious heart and mind allow one's true Self to be realized. Self-realization is the key to conscious living and a world where everyone can thrive.

You can experience the spiritual teachings of the Center through many different ave-

nues. You'll see in this booklet, that the we offer adult enrichment classes in spiritual philosophy and practice, healthy living, and Hatha Yoga; retreats; leadership training; spiritual direction and counseling; worship services, children's education; and a thriving spiritual community.



Kriya Yoga Teachings

Kriya Yoga is a path for spiritual awakening—a way to discover our essential nature and live a more conscious and fulfilling life. “Kriya” means “action” and “yoga” means conscious union of body, mind, soul, & Spirit. Yoga, in the highest sense, is realizing we are one with the Infinite—integrally connected with all that is. “Kriya Yoga” simply indicates those actions we take that contribute to the realization of this innate wholeness. *What are those actions?*

Essential Practices of Kriya Yoga

- Superconscious meditation
- Insightful study of scripture and of the nature of reality
- Self-discipline for conscious living
- Surrender of the illusionary sense of being separate from the Source of Life

What are we really looking for? How can we find it? We become willing to let go of the false assumption of an ego-based identity



that sees itself as separate from the rest of life. We step into the greater Life, knowing ourselves as divine expressions of the one Reality. Think of Kriya Yoga as a mystical path of homecoming. Like mystical paths in all traditions, Kriya Yoga leads back to Self- and God-realization. Like the universal archetype of the prodigal son or daughter, we find the greatest happiness awaits our conscious return to the divine true Self within.

CSE offers several classes to study Kriya Yoga philosophy, learn the practices, and prepare for initiation. The basic practices of Kriya Yoga are study, contemplation, and meditation; self-disciplined cultivation of the virtues; and surrender of the sense of being separate from the source of life. Each of these components of the path is supported by specific study and practice techniques. A progressive program of spiritual study and practice in the tradition of Kriya Yoga is available at the Center. Kriya Yoga initiation is available for students who are prepared.

The dedicated practitioner of Kriya Yoga follows the guidelines found in *Patanjali's Yoga Sutra* and the *Bhagavad Gita*. Followers of various religions will find that the study of scripture in their established tradition can be enhanced by the disciplines of Kriya Yoga as well.



Guide for Study

A Progressive Path to Awakening

Beginning Your Journey

- Sunday Community Programs
- Learn to Meditate Class
- Community Retreat Days
- Hatha Yoga Classes
- Group Meditation Sessions
- Volunteer Services

Foundational Courses

- Live the Eternal Way
- Patanjali's Yoga Sutra
- The Path of Kriya Yoga
- Kriya Meditation Retreats

Deeper Study

- The Way of Discipleship
- Silent Meditation Retreats
- Pilgrimage to CSA / Lakemont, GA
- Teacher Training Programs
- Meru Institute Training
- Seva Residential Training

Ongoing Study with Yogacharya O'Brian

- Daily Inspirations
- Monthly Sunday Satsang
- Semi-Annual Retreats
- Annual Guru Purnima Celebration
- Annual Shivaratri Celebration
- Kirtans
- Special Programs at CSE
- Outreach Retreats & Events

Online with Yogacharya

- Live the Eternal Way Course
- Artha 365! Course
- Dharma 365! Course
- Weekly Yoga Hour Podcast
- Most CSE classes

Publications

- Books, blogs, articles, CDs, and MP3s are available at EllenGraceOBrian.com



Core Classes

Learn to Meditate

A free introductory class offering instruction in the philosophy and practice of superconscious meditation for enhanced health, well-being and spiritual growth. All are welcome.

Patanjali's Yoga Sutra

Learn spiritual practices to cultivate even-mindedness, contentment, wisdom and compassion through the study of *Patanjali's Yoga Sutra*, the quintessential guidebook for superconscious meditation, soul culture and spiritual realization.

The Path of Kriya Yoga

Kriya Yoga is a spiritual philosophy and practice suitable for seekers of spiritual truth from all religious backgrounds or none. It is a discipline that prepares the spiritual practitioner for higher states of consciousness, skillful living, fulfillment of the soul's destiny and ultimate liberation. Instruction in Kriya Yoga philosophy, practices, meditation methods, spiritually-based lifestyle guidelines and initiation are offered.

The Way of Discipleship

There comes a time on our spiritual journey when we are ready to dedicate ourselves to our chosen path and fully embrace the awakened life of Self- and God-realization. We are ready for discipleship. This class is an exploration of the universal nature of discipleship and an introduction to its role for truth students.

Online Courses

Live the Eternal Way

The Art and Practice of Self-Realization

An immersive six-week online course with Yogacharya. Learn to meditate and to live by the spiritual principles that will enrich your life, support your ability to awaken to your innate divine potential and thrive in every area of your life.

(EllenGraceOBrian.com)

Artha 365!

Decide to Thrive

This yearlong online course with Yogacharya offers comprehensive study and practice resources for experiencing a prosperity breakthrough.

(EllenGraceOBrian.com)

Dharma 365!

A Year of Living Purposefully

This yearlong online course with Yogacharya is a comprehensive immersion in dharma studies and practices for discovering your higher purpose.

(EllenGraceOBrian.com)

Most Core Classes, Meru Classes, and Sunday Services are also streamed live at CSEcenter.org

Meditation Retreats

Meditation retreats offer a sense of spaciousness in a pristine natural environment to restore vitality and bring greater clarity to mind and body. The structure of our retreat programs provide the opportunity to immerse yourself in spiritual practices and directly experience the transformation that is possible as you explore the unfolding of the true Self.

Kriya Yoga Meditation Retreats

This retreat is an opportunity to be immersed in spiritual practices that illumine the mind, balance the body, support well-being and offer the life-enhancing keys to Self- and God-realization. The retreat includes: Kriya Yoga philosophy, practice, & initiation; daily meditation sessions; and gentle hatha yoga classes.

(3 days)

Silent Meditation Retreats

A meditation retreat offers the ideal environment for developing a peaceful mind and compassionate heart. The inner peace, wisdom, and joy that are uncovered during dedicated practice on a retreat will inspire and inform useful lifestyle changes. The retreat includes: daily spiritual teachings on meditation and the spiritually awakened life, study, and devotional chanting. Silent sitting group meditation is combined with periods of solitary walking meditation in nature.

(4 days)



Day Retreats at CSE

- Karma Yoga Retreats
- Young Adult Retreats
- Men's Retreats
- Women's Retreats
- Community Retreats & more!

Private Meditation Retreats Lahiri Retreat House

Nestled in the heart of CSE World Headquarters, you will find Lahiri Retreat House—named for the Kriya Yoga householder, Lahiri Mahashaya. Located adjacent to the Grace Meditation Hall and the Temple of the Eternal Way, Lahiri House is sheltered by the magnificent oak tree that graces the meditation gardens. In this quiet spot, convenient to worship and meditation programs, Lahiri House provides a supportive environment for spiritual renewal, rest, contemplation, and silence.



Satsang & Meditation

Meditation is core to the teachings of Kriya Yoga, a path of action supportive of Self-realization. Study on the spiritual path includes study of scripture, contemplation of the nature of Reality, and self-inquiry. It is both the process of acquiring knowledge and the unfoldment of inner wisdom. Paramahansa Yogananda said, “*Read a little. Meditate more. Think of God all the time.*” Study of scripture or spiritual teachings is combined with contemplation of what is read, practice of the principles, and examination of the effects of that practice in our lives. “Satsang” is a Sanskrit word meaning “truth gathering,” which is a community gathering with a spiritual teacher.

Satsang with Yogacharya

Monthly Sunday Satsang

10:00 AM	Meditation & Inspiration
12:00 PM	Lunch
1:00 PM	Deeper Study & Practice

Shivaratri Celebration

Annually on the New Moon in February

Guru Purnima Celebration

Annually on the Full Moon in July

Lineage Meditations & Kirtans

with Yogacharya & CSE Ministers throughout the year

Group Meditation

Ongoing Group Meditation

- Daily, 6:00 AM – 7:00 AM
Morning Meditation and Puja
- Mon-Thurs, 4 PM – 4:30 PM
Afternoon Meditation
- Monday, 7:30 PM – 8:15 PM
Meditation for Stress Reduction

Free Learn to Meditate Classes

- First Monday Each Month, 7 PM – 9 PM
- Every Sunday, 1 PM – 3 PM
(Except Satsang Sundays. See calendar.)

Meditation Outreach

Affiliate Centers and Meditation Groups
(see pg 19)

Personal Meditation Support

Available thru Vedic Counseling
(see pg 14)



Hatha Yoga for All Levels

Hatha Yoga is an ancient system of physical practices which prepare the body to support deeper meditation. We offer classes that specifically emphasize deepening your meditation practice. The intention is to elicit mental clarity through bringing the flow of energy in the body into balance—here the One Truth can be experienced. Classes are suitable for all levels of practitioners.

Gentle Yoga for All

Suitable for both beginners and regular practitioners. Classes present a classical style of Yoga practice which includes gentle breath/body integration, Sun salutations, pranayama, and meditation. These practices help us connect the breath, body and mind, achieve deeper levels of relaxation, and allow our authentic selves to emerge.

Awaken the Light Within

Learn and practice a gentle hatha yoga routine that is specifically sequenced to support superconscious meditation practice. Each gathering includes basic instruction, inspiration, and practice of yoga & meditation. Discover the life-enhancing benefits of regular practice.

Yoga for Pain Free Posture

Learn a way to be at ease in your body, one that is pain free, liberating and eye-opening! Practice gentle yoga stretches to regain flexibility. Attend small classes with personal evaluation and hands-on instruction from a Master Teacher.

Relax! Recharge! Renew!

Yoga for Balancing & Energizing

Bring balance to the body-mind and awaken you to the soul light within. Classes include energizing exercises to release tension in the body, a flow of postures that unites movement and breath, and time for renewal through stillness, pranayama (breathing practices), and a period of deep relaxation.

Chair Yoga

Get ready to move through a complete series of seated and standing chair-yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

See yoga class schedule at:

www.csecenter.org/Practice/Hatha-Yoga



Sunday Worship Services

There is a divine plan and purpose for your life. Worship God in the sanctuary of your soul and be encouraged to live that purpose.

- Inspirational Message
- Silent Meditation
- Uplifting Music

The Sunday worship service offers a universal, uplifting message in the spiritual tradition of Kriya Yoga that will stir your soul, inspire your mind and support you to live in the highest way. CSE Worship service also includes chanting and silent meditation, prayer, scripture readings from many traditions, and inspiring music by One Voice Choir or guest musicians to support a deep experience of worship.

The purpose of worship service is to gather together in community and celebrate the presence of the One Source of all. We discover a renewed sense of commitment to live the sacred way in our life and to awaken to the One Truth. We realize our essential unity; our connection to others worshipping with us in all churches, temples, and mosques, and the temple of the soul of each individual.

Because the soul is a direct extension of Spirit, we each have the inherent ability to experience the ultimate Truth of exist-

ence. Worship services lift us out of the busyness of life and, through the elements of worship, facilitates remembering our connection to the Divine.

All are welcome.

Sunday Worship Service Weekly at 10:00 AM

Also available streaming live

Special Worship Services

- Soul Liberation (Spring)
- Honoring Our Ancestors (Fall)
- Winter Solstice (Winter)
- Christmas Eve Family Service (Winter)

CSE One Voice Choir

If you are interested in learning more about our volunteer community choir, contact info@csecenter.org

Newcomer Tour & Orientation

Third Sunday each Month at 11:30 AM

Individual Prayer Support

Sundays, 11:30 AM – 12 PM
(Except Satsang Sundays. See calendar.)



Youth & Families

Youth Spiritual Education

Weekly Sunday programs for youth—infants through teens. A typical class includes: opening circle, hatha yoga or movement, prayer & meditation, age-appropriate lesson based upon ethical living principles, illustrative stories, and artistic activities. (9:45 AM)

Youth Summer Yoga Camp

Ages 6 – 12

On-site, 10-day camp focused on learning about and practicing basic principles for healthy living. Campers engage in hatha yoga, meditation, music, arts and crafts, stories and dramatics. The camp culminates in the performance of a spiritually based play.

Teen Rite of Passage Program

This 8 month program promotes spiritually awake, empowered teens and their parents with a spiritual practice informed by the ancient time-tested practices of Kriya Yoga. It provides life skills that will serve through teen years into adulthood supporting enhanced family relationships, academic achievement, social life and overall well-being.

Annual Youth Blessing

Each December, the youth join us in the temple for a special blessing with Yogacharya O'Brian as we recognize the Divine in each child.

Family Gatherings

Enjoy music, art and dialog, and fellowship over a potluck as we weave a fabric of connection with other spiritually minded families.



Living in Joy Afterschool Program

Your child will learn how to: Be Calm, Be Strong, and Be Successful. A developmental approach to share the time-tested teachings of Kriya Yoga with youth—including instruction in meditation, hatha yoga, and conscious living principles—to support experiencing a joyful, creative, awakened life.

Spiritual Guidance

CSE's Community Care Ministry serves individuals and families within a context of spiritual care that honors and serves the divine wholeness that is present in every soul. Sessions generally last for one hour and are offered on a fee basis. Following is a general overview of what is offered in each area:

Vedic Counseling

Offers ancient tools and technologies to support one to experience union with their Higher Self.

- Meditation
- Asana
- Pranayama
- Ayurveda
- Healthy Lifestyle Routines
- Mantras & Prayers

Compassionate Care

Provides support during times of major illness, end-of-life, and grief.

- Hospital & Home Visit
- Bereavement & Grief Counseling
- End-of-Life Vigiling
- Memorials & Rituals
- Prayer Support

Spiritual Direction

Offers ongoing, spiritually centered guidance in a contemplative context.

- Prayer and Affirmation
- Skills for Conscious Living
- Scripture Study
- Prosperity Principles
- Spiritually centered support for family, career, aging, & recovery related issues

Prayer Ministry

Receives prayer requests daily via email, phone, website, and prayer request forms.

Individual Prayer Support

Sundays, 11:30 AM – 12 PM

(Except Satsang Sundays. See calendar.)



Vedic Counseling & Spiritual Direction are available in person and online.

Our ministers are also available to officiate Sacred Ceremonies at offsite locations.

**TO SCHEDULE AN APPOINTMENT
OR BOOK A SACRED CEREMONY
CONTACT US AT:**

+1 (408) 775-8471

communitycare@csecenter.org

Sacred Ceremonies

CSE offers an oasis of peace for your sacred event and a beautiful location for your ceremony that you will treasure for years to come. The temple is located within the meditation gardens and has a tree growing inside it, as well as full length windows that overlook the fountain and gardens. We offer several indoor and outdoor venues for up to 200 guests.

Weddings

Our weddings are a sacred joining of two individuals in a partnership of peace, contentment and love. We offer a ceremony that embodies the spiritual essence of all faiths and provides a conscious, loving foundation for the couple's life together. The ceremony includes traditional wedding rituals such as exchanging of the vows and the rings and the candle ceremony. It is also unique in many ways.



Memorials

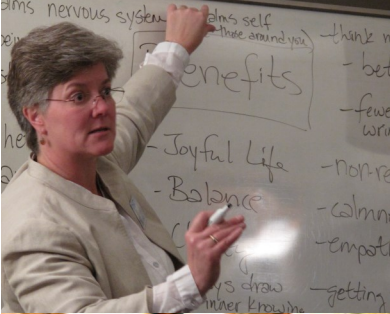
Our memorial service provides the opportunity to look back in reflection and celebrate a life, as well as support the healing process. Our ordained ministers bring a balance of compassion and understanding to the family and the guests.



Life Ceremony Blessings

CSE offers baby, wedding, and anniversary blessings for community members during scheduled worship services, or privately as requested.





Meru Institute

Meru Institute offers a modern way with ancient roots to learn and teach the life transforming tools of Meditation, Classical Yoga, and Vedic Counseling. At the heart of our program is the philosophy and practice of Kriya Yoga which offers every student the essential foundation of Self- and God-realization to illumine their vocation with the light of the soul. Study, practice, learn, and achieve your goals in the supportive environment of Meru Institute. Meru Institute offers the following certification trainings: meditation teacher training, hatha yoga teacher training, vedic counseling and spiritual direction training, as well as a three-year Master of Divinity degree program.

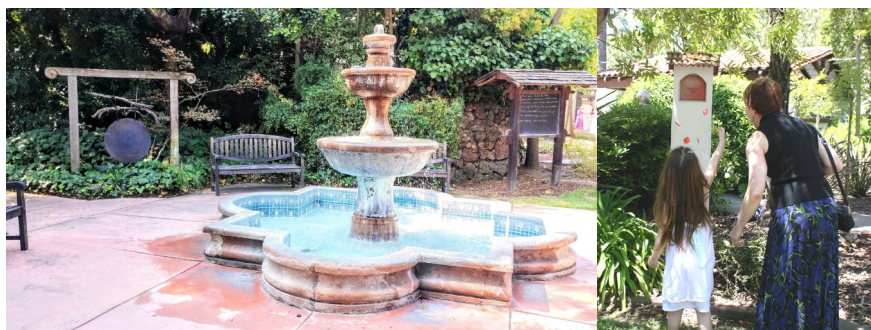
Classes are scheduled to support working adults. Available onsite in San Jose, CA and globally online.

Seva Residential Program

Immerse yourself in spiritual practice in a comprehensive, Kriya Yoga based residential program at CSE World Headquarters.

One and three month residential options.

To learn more contact:
info@CSEcenter.org



Meditation Gardens

Our **Meditation Gardens** offer an “oasis of peace” in the heart of silicon valley. You’ll find several places to support inward turning, including our labyrinth, silent sitting area, rose garden, fountain and inspiration board, and our grand oak tree. You’ll also find the **Radiant Path** with shrines for walking meditation and contemplation.

In addition to our beautiful and serene meditation gardens at CSE, you will also find several buildings. The **Temple of the Eternal Way** is our sanctuary of worship and the place where most of our evening programs take place. The **Grace Building** houses Meru Institute, the Seva Residential Program, Vedic Counseling offices, and is where our afternoon meditation sessions are offered. The **Compassion**

Building is where our children's spiritual education classrooms can be found, as well as our community kitchen and fellowship hall. In the **Wisdom Building** you will find our hatha yoga studio, meditation chapel where our morning meditation takes place, as well as our administrative offices. Connected to the Wisdom Building you’ll find **Tree of Life Welcome Center and Bookshop**.

CSE Meditation Gardens are open from dawn to dusk.

In order to maintain an uplifting environment, smoking, use of drugs or alcohol, and use of electronic devices are prohibited. Our grounds are also strictly vegetarian.



About our Founder

Yogacharya Ellen Grace O'Brian



Yogacharya Ellen Grace O'Brian is an acclaimed teacher, author, and minister who has served seekers of spiritual enlightenment from all walks of life for over thirty years. She has published several books and audio programs about meditation, mindfulness and spiritual living, offering a refreshing and authentic voice that makes timeless wisdom accessible to the modern mind.

Yogacharya O'Brian met her guru, Roy Eugene Davis, in 1979 & was ordained to teach in this tradition in 1982. As a teacher in the tradition of Kriya Yoga, Yogacharya serves people from all faith backgrounds who are seeking what is known as Self- or God-realization, or awakening.

Through her teaching and publications, Yogacharya O'Brian helps people learn to live from the inside out with practices and insights for developing life-transforming skills to cultivate a spiritually awakened, fulfilled life.

Along with her service as a meditation teacher, Yogacharya is Founder of *Carry the Vision*, a community nonviolence educational project bringing meditation instruction to staff and children in schools, the prison population, and other segments of society.

Her published works include *The Jewel of Abundance: Finding Prosperity through the Ancient Wisdom of Yoga*, *Living the Eternal Way: Spiritual Meaning and Practice in Daily Life and Living for the Sake of the Soul*, and three volumes of poetry including the award-winning title: *The Moon Reminded Me*. She is founding editor of *Enlightenment Journal* and host of *The Yoga Hour*, a weekly podcast.

Yogacharya also offers several online courses including, *Live the Eternal Way*, *Artha 365: Thrive. Prosper. Successfully Contribute*, and *Dharma 365: A Year of Living Purposefully*.

Yogacharya O'Brian's interest and work in the world has long drawn her into the mystic heart of the world's religions. She has received several community service awards, including the 2015 *Mahatma Gandhi Award* for the Promotion of Religious Pluralism. Yogacharya O'Brian served for several years on the Board of Directors of the *Parliament of the World's Religions* and is Vice Chair Emeritus of the Parliament Board. She has traveled across the US and to many countries including South Africa, Spain, Italy, India, Jamaica, Germany, and Australia to participate in global peace work.

Affiliate Centers & Meditation Groups Led by CSE Ordained Ministers



Blue Lotus Meditation & Yoga Center
Gilroy, CA
Rev. Paula Vandana Whang-Ramos
bluelotuscenter.org



Awakening Meditation & Yoga Center
Los Osos, CA
Rev. Nita Kenyon
awakeninginterfaith.org



Santa Rosa Meditation Group
Santa Rosa, CA
Rev. Anne Hayes & Rev. Jeff Collins
santarosameditation.org



Meditate & Thrive: Meditation Group
Middletown, CA
Rev. Priya Friday-Pabros
meditateandthrive.com



Meditation Outreach

We have many certified meditation instructors who are available to offer meditation instruction at your place of business or community center.

Contact info@CSEcenter.org

Center for Spiritual Enlightenment / 2020 Calendar



1/2 - 1/5

NEW YEAR KRIYA YOGA RETREAT
with Yogacharya O'Brian
CSE / San Jose, CA

1/5

SUNDAY SATSANG WITH YOGACHARYA

Morning (10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)

1/6, 1/12, 1/19, 1/26

Learn to Meditate Class

1/18

CSE KARMA YOGA RETREAT DAY

1/31 - 2/3

MERU INSTITUTE SPRING RETREAT

CSE / San Jose, CA

2/2

SUNDAY SATSANG WITH YOGACHARYA

Morning (10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)

2/3, 2/9, 2/16, 2/23

Learn to Meditate Class

2/8

Kriya Yoga Meditation Seminar
with Yogacharya O'Brian

Lomitas Center / Santa Rosa, CA

2/11

**When Silence Speaks: Dakshinamurti's
Transmission of Self-Knowledge Class**
with Swamini Svatyavidyananda

2/15

CSE KARMA YOGA RETREAT DAY

2/16

The Yoga of St. Francis of Assisi

CSE Sunday Service and Afternoon Workshop
with Isa Das Craig Bullock

SPECIAL PROGRAM

Shivaratri Celebration
with Yogacharya O'Brian

Friday, February 21



2/25 - 3/10 (Three Tuesdays)

**Liberate the Light Within:
Introduction to the Yoga Sutras Class**
with Rev. Sundari Jensen

3/2, 3/8, 3/15, 3/22

Learn to Meditate Class

3/7

Chanting and Meditation

Yogananda Mahasamadhi

3/9

Chanting and Meditation

Roy Eugene Davis Birthday &

Sri Yukteswar Mahasamadhi

3/19 - 3/22

4-DAY SILENT MEDITATION RETREAT
with Yogacharya O'Brian

Vajrapani Institute / Boulder Creek, CA

3/21

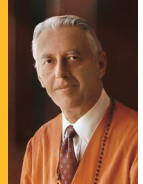
CSE KARMA YOGA RETREAT DAY



SPECIAL PROGRAM

**Celebrating the Life of
Roy Eugene Davis**
with Yogacharya O'Brian

Friday, March 27



3/29

SUNDAY SATSANG WITH YOGACHARYA

Morning (10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)

3/31 - 4/14 (Three Tuesdays & One Saturday)

Sacred Caregiving Training

with Rev. Shanti Macartney

4/5, 4/6, 4/12, 4/19

Learn to Meditate Class

4/10 - 4/12

THE TIME OF YOUR LIFE RETREAT
with Yogacharya O'Brian

1440 Multiversity / Scotts Valley, CA

4/12

Soul Liberation Sunday Service



Dates subject to change. All programs held at CSE in San Jose, CA unless otherwise noted.



4/15
Life in Dynamic Balance
with **Yogacharya O'Brian**
Loyola Marymount University / Los Angeles, CA

4/19
Annual Volunteer Fair

4/25
KARMA YOGA RETREAT DAY

4/26
SUNDAY SATSANG WITH YOGACHARYA
Morning (10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)



4/30 - 5/2
MEDITATION RETREAT
with **Yogacharya O'Brian**
Universal Truth Center / Miami Gardens, FL



5/3
Sunday Inspirational Talk
with **Yogacharya O'Brian**
Universal Truth Center / Miami Gardens, FL

5/3, 5/4, 5/10, 5/17
Learn to Meditate Class



5/5 - 5/8
RADIANT LIVING: KRIYA YOGA RETREAT
with **Yogacharya O'Brian**
Kripalu / Stockbridge, MA

5/10
Chanting and Meditation
Sri Yukteswar Birthday

5/16
CSE KARMA YOGA RETREAT DAY

5/24
SUNDAY SATSANG WITH YOGACHARYA
Morning (10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)

6/1, 6/7, 6/14, 6/21, 6/28
Learn to Meditate Class

6/2 - 6/16 (Three Tuesdays)
The Way of Discipleship Class
with Rev. Sundari Jensen



6/4 - 6/7
KRIYA MEDITATION RETREAT
with **Yogacharya O'Brian**
Sicily, Italy



6/12 - 6/14
KRIYA MEDITATION RETREAT
with **Yogacharya O'Brian**
Albino, Italy



6/19 - 6/21
Berlin Yoga Conference
with **Yogacharya O'Brian**
Berlin, Germany

6/20
CSE KARMA YOGA RETREAT DAY



7/2 - 7/5
KRIYA YOGA LIBERATION RETREAT
with **Yogacharya O'Brian**
CSE / San Jose, CA

SPECIAL PROGRAM

*Guru Purnima Celebration
and Sunday Satsang*
with **Yogacharya O'Brian**
Sunday, July 5



7/6, 7/12, 7/19, 7/26
Learn to Meditate Class

7/13 - 7/24
Two-Week Youth Summer Yoga Camp
(ages 6-12)

7/18
CSE KARMA YOGA RETREAT DAY



7/20 - 7/23
**International New Thought Alliance
Conference with Yogacharya O'Brian**
Chicago, IL

7/24
CSE Annual Youth Spiritual Day



7/24 - 7/26
KRIYA MEDITATION RETREAT
with **Yogacharya O'Brian**
Unity of Triangle / Raleigh, NC

7/27 - 7/31

One-Week Youth Summer Yoga Camp
(ages 6-12)

8/1

**Annual Sheltering Tree Blossoming
Community Event**

8/2, 8/3, 8/9, 8/16, 8/23, 8/30

Learn to Meditate Class

8/22

CSE KARMA YOGA RETREAT DAY



8/24 - 8/28

MEDITATION TEACHER TRAINING RETREAT
with Yogacharya O'Brian
CSE / San Jose, CA

9/6, 9/7, 9/20, 9/27

Learn to Meditate Class

9/13

SUNDAY SATSANG WITH YOGACHARYA
Morning (10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)

SPECIAL PROGRAM

*Yogananda Centennial
Commemoration*
with Yogacharya O'Brian
September 18-20



9/26

Chanting and Meditation
Lahiri Mahasaya Mahasamadhi

9/26

CSE KARMA YOGA RETREAT DAY

9/27

Honoring Our Ancestors Sunday Service

9/30

Chanting and Meditation
Lahiri Mahasaya Birthday

10/4

Teen Rite of Passage Program Begins
8 Monthly Classes

10/4, 10/5, 10/18, 10/25

Learn to Meditate Class

10/11

SUNDAY SATSANG WITH YOGACHARYA
Morning (10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)

10/24

Annual Meditation & Yoga Festival

11/1, 11/2, 11/8, 11/22, 11/29

Learn to Meditate Class

11/8

SUNDAY SATSANG WITH YOGACHARYA
Morning (10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)



11/26 - 11/29

THANKSGIVING RETREAT
with Yogacharya O'Brian
Yoga Farm / Grass Valley, CA

11/28

CSE KARMA YOGA RETREAT DAY

12/6, 12/7, 12/20, 12/27

Learn to Meditate Class

12/13

**SUNDAY SATSANG WITH YOGACHARYA
& Youth Blessing***
Morning (*10 AM - 11:30 AM)
Afternoon (1 PM - 3 PM)



12/18

Meditation for the Holy Days
with Yogacharya O'Brian
CSE / San Jose, CA

12/20

Winter Solstice Candle Lighting Service

12/24

Christmas Eve Family Service

12/26

CSE KARMA YOGA RETREAT DAY

ONGOING PROGRAMS

Worship Service: Sundays 10 AM

Youth Spiritual Education: Sundays 9:45 AM

Morning Meditation: Daily 6 AM

Afternoon Meditation: Mon - Thurs 4 PM

Monday Evening Meditation: Weekly 7:30 PM

PROGRAM CALENDAR

www.csecenter.org/Events/Calendar

View website calendar for most up-to-date program schedule.

Welcome to CSE!

Programs, Events, & General Information

info@CSEcenter.org

Spiritual Guidance

communitycare@CSEcenter.org

Weddings, Memorials, Blessings

communitycare@CSEcenter.org

Prayer Support

prayer@CSEcenter.org

Worship Services & Choir

info@CSEcenter.org

Youth Spiritual Education

elena@CSEcenter.org

Meru Institute

meru@CSEcenter.org

Seva Residential Program

meru@CSEcenter.org

Volunteer Opportunities

info@CSEcenter.org

Tree of Life Welcome Center & Bookshop

bookstore@CSEcenter.org

Yogacharya O'Brian Author Website

www.EllenGraceOBrian.com

Main Phone

+1 (408) 283-0221



Center for Spiritual Enlightenment
1146 University Ave, San Jose, CA 95126 www.CSEcenter.org

Revised 1/1/20