



Center for Spiritual Enlightenment

Kriya Yoga Meditation Retreat

**with Yogacharya Ellen Grace O'Brian
and CSE Kriya Yoga Teachers**

*Immerse yourself in spiritual practices that
illumine the mind, balance the body, support
well-being, and offer the life-enhancing keys
to Self- and God-realization.*



**In-person & Online
June 20-23, 2024**

1146 University Avenue / San Jose, CA



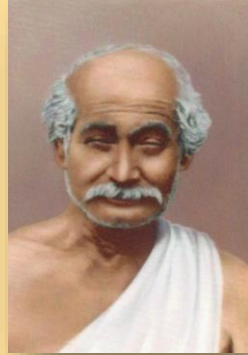
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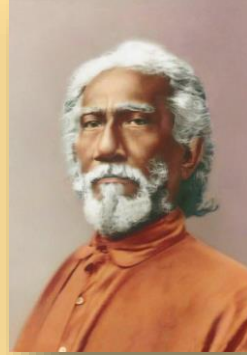
Prayer for Realizing Truth



Mahavatar Babji



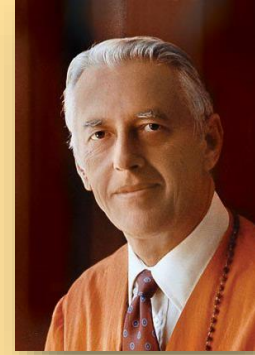
Lahiri Mahasaya



Swami Sri Yukteswar



Paramahansa Yogananda

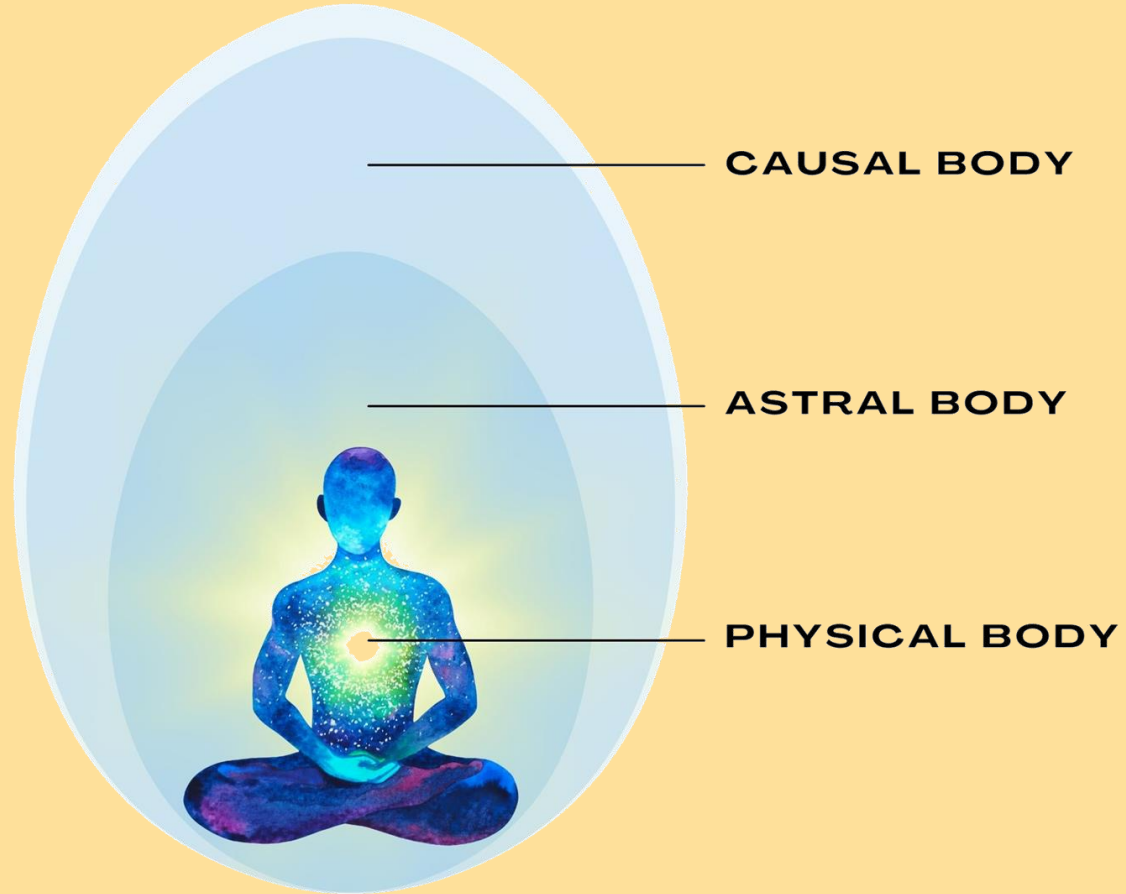


Roy Eugene Davis

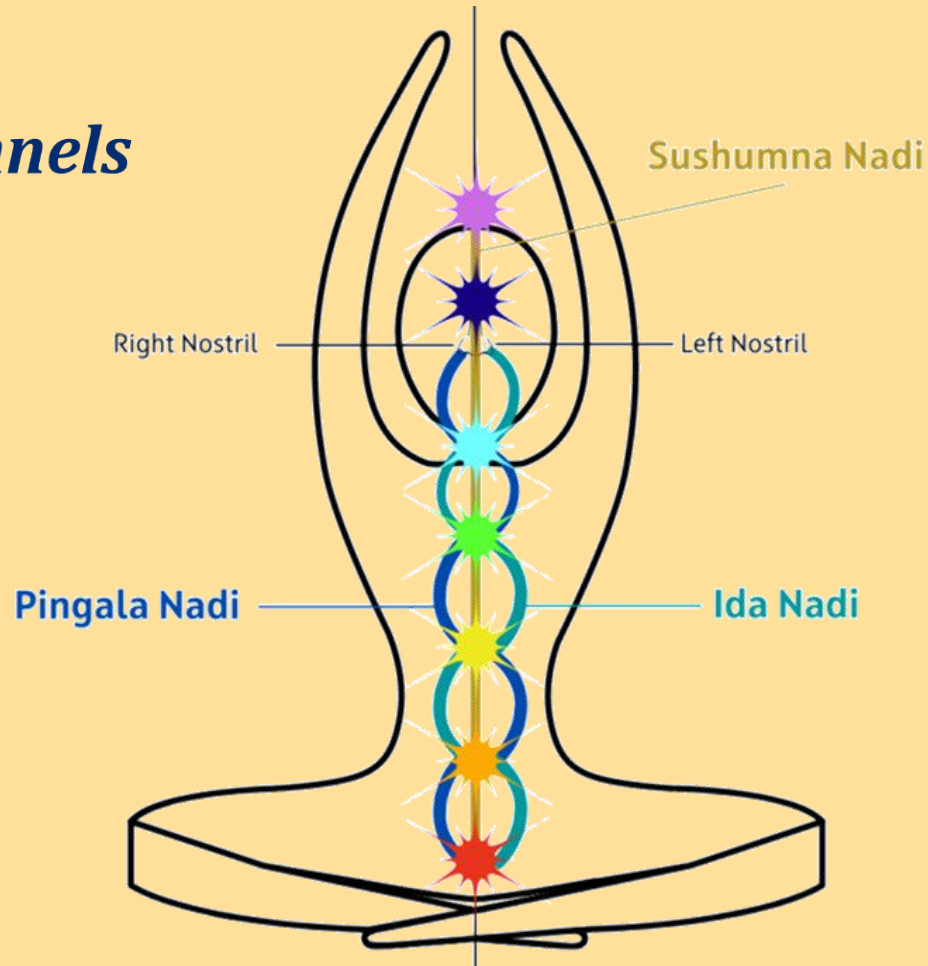
Aum
Asato Ma Sad Gamaya
Tamaso Ma Jyotir Gamaya
Mrityor-Ma-Amritam-Gamaya
Aum, Shanti Shanti Shanti

Oh, Lord, lead us from the unreal to the Real.
Lead us from the darkness of ignorance to the
Light of Truth. Lead us from falsely identifying
with the mortal body and mind to the
realization of our immortal divine nature.

Our Three Bodies



Chakras & Energy Channels



The Five Pranas

According to yoga, there are five primary forces, known as mukhya pancha prana. These are: prana, apana, samana, udana and vyana. Which operate in the physical body at all times. Prana shakti, the one sustaining force, assumes these five fields to enable the body to accomplish its various functions.



PRANA

PHYSICAL LOCATION- DIAPHRAGM TO THROAT (HEART)
FUNCTIONS-RESPIRATION, SENSORY PERCEPTION
CHAKRA - ANHATA



UDANA

PHYSICAL LOCATION-THROAT TO HEAD
FUNCTIONS-PHYSICAL SENSES, MENTAL STRENGTH, SPEECH
CHAKRA - VISHUDDHI



SAMANA

PHYSICAL LOCATION-AT THE NAVEL
FUNCTIONS-DIGESTION, METABOLISM, NOURISHING
CHAKRA-MANIPURA



VYANA

PHYSICAL LOCATION-PERVADES ENTIRE BODY (AURA)
FUNCTIONS-CIRCULATION, NERVES
CHAKRA-SWADHITHANA

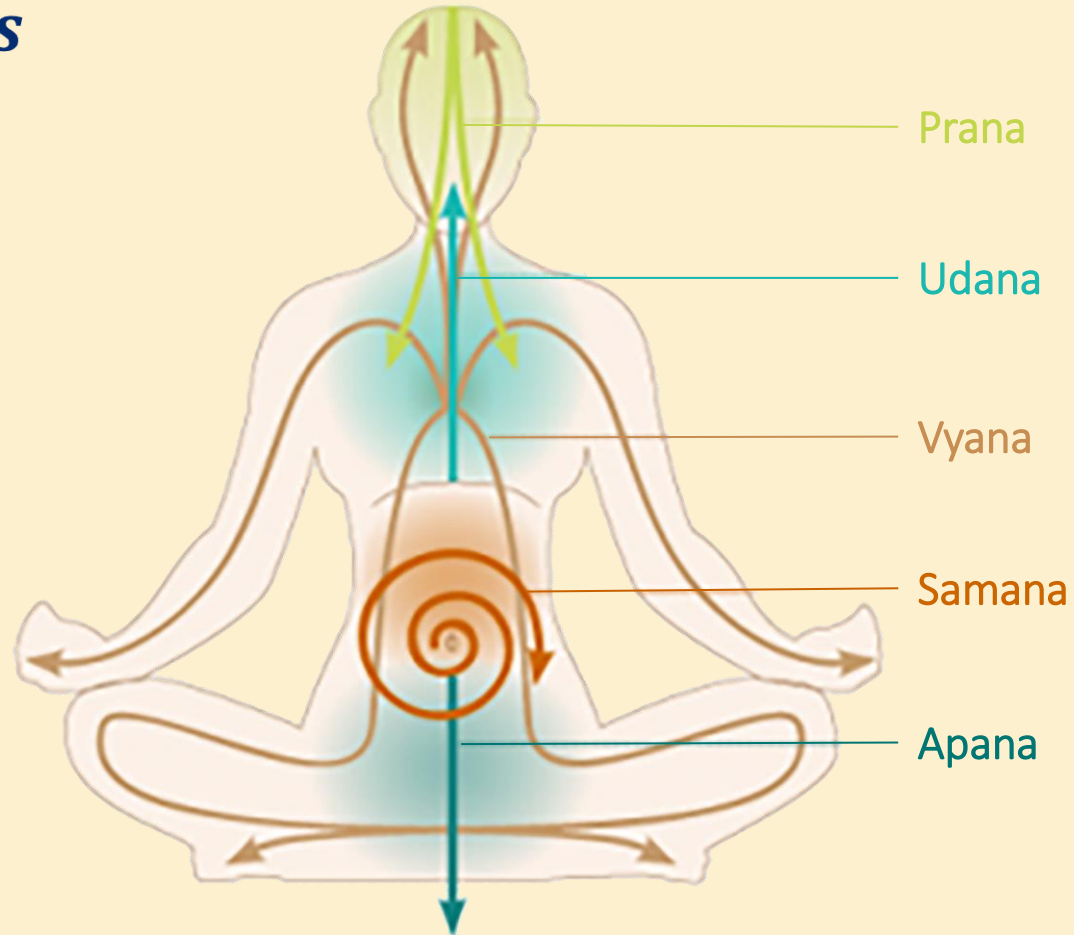


APANA

PHYSICAL LOCATION-PELVIC FLOOR TO FEET
FUNCTIONS-ELIMINATION, BIRTHING, MENSTRUATION
CHAKRA-MULADHARA



Five Pranas





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