

Go Straight to the Goal

KRIYA YOGA RETREAT FOR DISCIPLES

WITH YOGACHARYA ELLEN GRACE O'BRIAN



IN-PERSON & ONLINE

APRIL 18-20, 2024

THURSDAY PM - SATURDAY PM



CENTER FOR SPIRITUAL ENLIGHTENMENT - SAN JOSE, CA
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***Having learned this immortal yoga sadhana,
I re-established it with a wish of spreading it
to each and every house, so people will tread
this path to ultimate liberation. The impact of Kriya
opens the door to the soul temple.***

—Lahiri Mahasaya

Prayer for Study

Om
Sah nāvavatu
Saha nau bhunaktu
Saha vīryam karavāvahai
Tejasvi nāvadhītamastu
Mā vidviṣāvahai
Om śāntiḥ, śāntiḥ, śāntiḥ

May the Divine protect us.
May the Divine nourish us.
Let us work together
with enthusiasm and strength.
May our study bring illumination
of consciousness.
May there be harmony between us.
Aum. Peace, Peace, Peace

Om Sri Gurubhyo Namaha

I honor the Guru,
All the Gurus of my tradition.

