

# Teen Rite of Passage

A program for teens  
and their parents

**How can I help my teen with healthy decision making and support them in their spiritual life?  
Can we have a close relationship even as my teen moves toward independence?**

These are some of the questions that parents today ask themselves as they wonder about the best way to support their teen during this important phase of life.

The **Teen Rite of Passage** program is designed to develop spiritually awake, empowered teens through spiritual practice informed by the ancient time-tested practices of Kriya Yoga. It provides life and leadership skills that will serve teens into adulthood, while enhancing and supporting the teen-parent connection, family relationships, academic achievement, social life, and overall well-being of both teen and parent.



*There is a power you can draw from  
that will sustain you as you grow and learn,  
and that power is within you.*

—Yogacharya Ellen Grace O'Brian

What will bring happiness? What is my purpose? How do I make the right choices and know the right thing to do? Is God real? How do I communicate with God? And how does God communicate with me?

These are some of the important questions that arise for our youth as they enter into their teen years. The spiritual path of Self-realization provides a young person with the foundation and tools needed to seek answers to the important questions that arise on life's journey.

## **Spiritual Study and Leadership Training**

Through spiritual study and leadership training from a highly-skilled and experienced staff of caring educators and spiritual leaders, teens and parents together will explore these topics:

### Teens

- Developing a positive sense of Self
- Reducing stress
- Learning how to be happy
- Finding one's life purpose

### Parents and Teens

- Meditation, hatha yoga, and healthy diet
- Spiritual values
- Communication in relationships

## **TEEN RITE OF PASSAGE PROGRAM INFORMATION**

Teen and at least one parent will attend eight monthly classes of spiritual study and leadership training, followed by a formal Rite of Passage ceremony, involving both teen and parents, at the completion of the program.

### MONTHLY CLASSES

One Sunday a month from 1– 3 PM

**2018: Oct 7, Nov 4, Dec 2**

**2019: Jan 13, Feb 10, Mar 10, Apr 14, May 12**

### TEEN RITE OF PASSAGE CEREMONY

**June 2, 2019**



### REGISTRATION & INFORMATION

Program Tuition: \$480 materials/classes

**Pre-registration and completion of online application required**

[www.CSEcenter.org](http://www.CSEcenter.org)

### QUESTIONS AND INFORMATION

**Rev. Elena Kanti Fritchle**

[elena@csecenter.org](mailto:elena@csecenter.org) • 1-408-775-8464

*Teens stand at the threshold of their life as they prepare for adulthood. Choices made at this juncture can positively impact the direction of a young person's life. This is the time to make sure they have a firm footing that will continue to guide them throughout their life.*

### Comments from Previous Participants

#### Teens:

"The Teen Rite of Passage program has given me a place to talk to fellow teens and adults. It has given me many useful skills for communication and self-inquiry and how to be present for myself and others."

"I have benefited in terms of becoming less stressed and more aware."

"I feel I understand myself better now, and have a clearer image about what spiritual path I am following."

"My understanding of my Self has deepened. I have learned tools like 'acceptance of what is' and 'conscious breath' to become closer to my Self."

#### Parents:

"I learned what teens really care about and what really challenges them. And I learned that my expectations, predictions and presumptions were mostly wrong!"

"I learned to calm down before reacting, so that I may respond in a more divine way."



"Creating a family vision has been one of the most useful additions to our family. It has given us a great foundation and something to refer to when interacting with one another."

"I saw how wise my teen and all the teens are! They were so open in sharing their feelings, opinions and experiences. It gave me a new perspective of my teen!"

## TEEN RITE OF PASSAGE INSTRUCTORS



**Rev. Christine Kamala Sodt** was initiated into Kriya Yoga in 2003 and ordained in 2009. Kamala is a Social Worker supporting at risk youth in Santa Clara County. She is an early childhood education specialist, parent coach, and part-time college instructor teaching child development.



**Rev. Elena Kanti Fritchle** was initiated into Kriya Yoga in 2002 and ordained in 2007. She is an Associate Minister and serves as the Youth Spiritual Education and Family minister, overseeing the Sunday Youth and Teen programs, Living in Joy Afterschool programs, and annual Youth Summer Yoga Day Camp.

Other Teaching Staff include:

Lisa Askins, Don Wagner, Daniel Sanjay Duarte, and Kyle Govinda Knight

## ABOUT CSE

### Center for Spiritual Enlightenment

is a meditation center in the spiritual tradition of Kriya Yoga, welcoming people from all backgrounds who are seeking Self- and God-realization—a path to spiritually conscious, fulfilled living. At CSE you'll find practical support and tools for transforming your life, fulfilling your worthwhile dreams, and living a spiritually conscious life.

**To learn more visit [CSEcenter.org](http://CSEcenter.org)**

# Teen Rite of Passage



An eight-month program  
for teens and parents  
designed to awaken spirituality  
and personal empowerment  
in teens



**Center for Spiritual  
Enlightenment**

1146 University Avenue, San Jose, CA 95126  
(408) 283-0221 • [CSEcenter.org](http://CSEcenter.org)