

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.

A formal Rite of Passage ceremony, involving both teenager & parent, follows the completion of the spiritual study and leadership training.

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. Elena oversees the Sunday Youth and Teen program, Living in Joy Afterschool programs, and annual Living in Joy: Summer Spirit Day Camp.



Zachiah Viveka Murray is a graduate of Meru Institute, teaches meditation classes, and is the CSE Teen Program Leader. Zachiah is author of *Mindfulness in the Garden: Zen Tools for Digging in the Dirt*.

The 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 www.CSEcenter.org

Teen Rite of Passage



a ten-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
www.CSEcenter.org

Comments from Previous Participants:

Mary Shiva Lynn

The experience of the **Teen Rite of Passage** was truly life-changing for my daughter and me. The valuable tools we were given helped us communicate and allowed her to navigate the many obstacles of being a teenager in Silicon Valley. My daughter is now an adult and teaches high school biology. She still uses her **Teen Rite of Passage** binder for support & guidance. These teachings of Yoga do not go out of style.

Lucy Lynn

Teen Rite of Passage is the most valuable and life changing experience of my life! It gave me the tools and teachings I needed to grow into an emotionally and spiritually mature person. Learning how to meditate and gaining an understanding of Kriya Yoga teachings made it easier for me to be a middle and high school student, and how to effectively avoid and deal with the unnecessary suffering that comes with the challenging parts of life such



as stress, gossip, and drama among friends. The Self respect and Self confidence I gained has allowed me to be happy and content in all stages of my life regardless of what's going on in the world around me. My current perspective as a high school teacher has given me even greater appreciation for the transformative power of the **Teen Rite of Passage!**

Teen Rite of Passage

A program for teens
and their parents

How can I help my teenager meet the challenges and rise to the opportunities that adulthood brings? Can we have a close relationship even as my teenager 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 is life's meaning? Why am I here? What will bring happiness? What is my purpose? Is God real? What will happen to our earth? How do I make the right choices and know the right thing to do?

These are some of the important questions that arise for our youth as they enter into their teenage 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, teen 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
attend 9 monthly classes and
the Teen Rite of Passage Ceremony**

MONTHLY CLASSES

***September 14, 2015—June, 2016**
2nd Monday each month • 6:30–8:30 pm
(* Sept. 14 opening program concludes at 9 pm)

TEEN RITE OF PASSAGE CEREMONY **June of 2016**



REGISTRATION & INFORMATION

Program Tuition: \$480 materials/classes
**Preregistration & completion of online
application required**

https://www.csecenter.org/Events/Info/Teen_Rite_of_Passage_Program-2417

FOR QUESTIONS OR INFORMATION:

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