



Meru Institute

Yoga • Ayurveda • Community Ministry

Training Teachers & Leaders in the Kriya Yoga Tradition since 1996



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Institute

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Leaders in the Kriya Yoga
Tradition since 1996*

*Each soul is potentially divine.
The goal is to manifest this divinity within
by controlling nature, external and internal.
Do this either by work, or worship, or psychic
control, or philosophy—by one, or more,
or all of these—and be free. This is the whole
of religion. Doctrines, dogmas, rituals,
or books, or temples, or forms, are
but secondary details.*

-Swami Vivekananda



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How it works ...

- Weekly classes and monthly weekend intensives with expert faculty
- Cohort study groups
- Daily spiritual practice
- Spiritual Retreat
- Immersion in Kriya Yoga tradition

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Leadership Training > Yoga Studies

Calendar Ayurveda Studies

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Course Descriptions

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Application & Admissions

Meru Faculty

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- Ayurv
- Comm

www.meru.institute

Meru Institute Classes are offered in a modular form general, classes meet weekly on Tuesday evenings a exceptions. Additionally, each cohort (area of study) leader. Following is an overview of the fall semester

Annual Meru Retreat

August 27-30, 2015

Thursday, 5:00 pm - Sunday, 4:00 pm

Semester Schedule

Fall Semester: September 1 - December 15

Spring Semester: February 1 - June 15

Weekly Evening Course

Tuesday Evenings, 6-9 pm

Weekend Intensives (occur every 3-4 weeks)

Friday Evening: 6-9 pm

Saturdays: 8:00 am - 4 pm

Sundays: 8:00 am - 4 pm

Weekly Cohort Sessions

In addition to the Tuesday evening classes and the w there will be a shorter regular check-in with the coh generally be about 60 minutes and will often be don

→ YOGA STUDIES

MERU INSTITUTE

YOGA STUDIES

AYURVEDA STUDIES

COMMUNITY MINISTRY

COURSE DESCRIPTIONS

APPLICATION REQUIREMENTS

APPLICATION FORM

FACULTY

ADVISORY BOARD

Year One: Fall Semester

([click here for Yr1: fall semester course descriptions](#))

- Meru Institute Annual Retreat
- Yoga & Meditation Practicum (I)
- Yogic Scriptures (I): Bhagavad Gita
- Live the Eternal Way
- Introduction to Asana, Pranayama, and Pratyahara
- Meditation Intensive: Dharana, Dhyana, Samadhi
- An Introduction to Indian Philosophy with an Emphasis in Samkyha
- History of Yoga in America
- Introduction to Sanskrit
- Chanting Sanskrit Mantras
- Introduction to Ayurveda
- Dinacharya: Spiritual Self-Care in Ayurveda and Yoga for Radiant Health
- Introduction to Ayurvedic Nutrition and Cooking
- Ethics & Boundaries for Teachers and Leaders
- Cohort Gatherings and Study Groups

Meditation Intensive: Dharana, Dhyana, Samadhi

Course Number: Yoga 101.c

Instructor: Yogacharya O'Brian

This course offers the underlying philosophy, instruction, and practices for superconscious meditation. Yoga is defined by Patanjali as samadhi, or superconsciousness. The distinctions of dharana (concentration), dhyana (meditation), and samadhi (superconsciousness) are explored as discrete stages in the eight limbs of the Raja Yoga system as well as their holistic triad in the experience of superconsciousness. Insights into the essential role of superconscious meditation in the direct mystical experience of Self- and God-realization as well as its ability to transform the mind and support spiritually conscious, fulfilled living are central to this course.

An Introduction to Indian Philosophy with an Emphasis in Samkyha

Course Number: Yoga 102

Instructor: Yogacharya O'Brian

This course offers an overview of the systems of Indian philosophy with a focus on Samkhya, Yoga, and Vedanta and their related scriptures, the Samkhya Karika, the Yoga Sutras, and Upanishads. Student will explore the concepts of Absolute Reality, the Soul, and liberation of consciousness, as well as learn about the dynamics of the manifestation process, the body, and the nature of the mind in a way that allows for practical application in daily life.

Meru Institute Advisory Board



Yogacharya Ellen
Grace O'Brian



Roy Eugene Davis



Dr. David Frawley
Vamadeva Shastri



Cynthia Ambika
Copple



Dr. Suhas
Kshirsagar



Yogini Shambhavi
Chopra Devi



NV Raghuram



Gail Faris



Dr. Manisha
Kshirsagar



John Kepner



Acharya Shunya
Pratichi Mathur



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How to apply...

Complete the online application form

www.csecenter.org/Events/Meru-Institute/Apply

- Resume of Education and Work
- Essays on Spiritual History and Goals
- Two Letters of Recommendation

Continue to Online Application

How to apply...

The Application Process

This is an online application. Please read the information below *carefully* and follow the instructions on each page. The following pages will provide you with a step-by-step process to complete the application. You may return to and complete any page at a later time. **Ensure** you complete **all** of the information requested **before** submitting your application for consideration on the last page.

Application Instructions

Your application must include the following. You will be prompted to provide this information on the following pages.

- Personal Information
- Resume of education and work history
- One - two page overview of your spiritual history: study and practice
- One - two page essay of your Meru Institute goals
- Two letters of recommendation (at least one from a teacher or supervisor). Download the desired template from the links below and send to your reference providers.
 - [Download Recommendation template](#) (MS word)
 - [Download Recommendation template](#) (PDF)
- Recent passport style digital photograph
- \$50 nonrefundable application fee

Application Requirements: All applicants must...

- hold a college degree or equivalent
- demonstrate emotional and spiritual maturity
- demonstrate stability in their life

Tuition and Fees

- Tuition: \$2,500 per semester / \$5,000 per year
- Annual Registration Fee: \$100

Tuition and fees cover the majority of professional level courses for each specific area of study. There is additional course work needed to fulfill the certification requirements that is not covered in the tuition. Most of these additional courses are offered on a donation basis.

Important Dates and Information

- Meru Institute Retreat at CSE: August 27 - 30, 2015 (required)
- Fall Semester: September 1 - December 15
- Spring Semester: February 1 - June 15

Hatha Yoga Teacher Training

Hatha Yoga Teacher Training is offered both as an option with a selected track and as a separate training. Tuition for the stand-alone course is \$1,750. Learn more about this training [here](#).

For additional information, contact [Rev. Pat Kirti Hall](#).

(www.csecenter.org/Events/Meru-Institute/Apply)

1. Enter Personal Info

MERU INSTITUTE APPLICATION

Please review the following information and update as necessary:

Personal Information	
First Name *	<input type="text" value="Molly"/>
Last Name *	<input type="text" value="Meditator"/> Suffix <input type="text"/>
Preferred Name	<input type="text" value="Yogi"/>
Home Address *	<input type="text" value="1146 Univeristy Ave."/>
City *	<input type="text" value="San Jose"/>
Country *	<input type="text" value="United States"/>
State *	<input type="text" value="CA"/>
Zip / Post Code *	<input type="text" value="95006-9643"/>
Email *	<input type="text" value="meditate@awake.com"/>
Home Phone	<input type="text" value="(408) 283-0221"/>
Business Phone	<input type="text" value="(408) 283-0221"/>
Mobile Phone	<input type="text"/>
Date of Birth	<input type="text"/>
Gender *	<input type="text" value="Female"/>

[Save Changes](#)

2. Choose Area of Study

MERU INSTITUTE APPLICATION FORM

The following application form may be completed all at once or over time. Each time you saved, but it will not be submitted for consideration until you indicate on the final page that you are ready to submit your application.


Enrollment Goals	
Select Track	<input type="text" value="Yoga"/>
	<input type="text" value="Yoga Teacher Training (YTT) along with your track of study?"/>

3. Upload Files

MERU INSTITUTE APPLICATION - FILE UPLOADS

Please provide the following:

Upload a passport size (or larger) photo (head & shoulders):



[Choose a Photo](#)

Upload your résumé

Provide a resume of your education and employment experience

[Upload Your Résumé](#)

Upload your one - two page overview of your spiritual history: study & practice

Describe your spiritual path. Include major turning points in your life—points of awakening, your experience with meditation, spiritual philosophies you have studied, your relationship with the path of Kriya Yoga (if applicable). Include any experiences with Karma Yoga (volunteer service).

[Upload Your History](#)

4. Submit Full Application

MERU INSTITUTE - APPLICATION SUBMISSION

[Back to Edit Contact Information](#) [Back to Edit Application Form](#) [Back to Photo & File Uploads](#)

If you have completed your application form, you may submit it for consideration by pressing the button below. Please note that submission also requires payment of the non-refundable \$50 application fee to be made online.

You will be prompted to provide credit/debit card information on the next page when submitting your application.

<input checked="" type="checkbox"/>	Application Fee - Meru Institute Non-refundable application fee accompanying application for enrollment	\$ 50.00
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[Submit Completed Application](#)

(www.csecenter.org/Events/Meru-Institute/Apply)



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*... you realize that all along
there was something tremendous
within you and you did not know it.*

—Paramahansa Yogananda

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