

Meru Institute

Yoga • Ayurveda • Community Ministry

Training Teachers & 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.

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Leaders in the Kriya Yoga
Tradition since 1996

-Swami Vivekananda



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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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 cohologenerally be about 60 minutes and will often be don

→ YOGA STUDIES

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COURSE DESCRIPTIONS

APPLICATION REQUIREMENTS

APPLICATION FORM

FACULTY

ADVISORY BOARD

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.

Year One: Fall Semester

(click here for Yr1: fall semester course descriptions)

- · Meru Institute Annual Retreat
- Yoga & Meditation Practicum (I)
- · Yogic Scriptures (1): 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

Meru Institute Advisory Board













Grace O'Brian

Yogacharya Ellen Roy Eugene Davis

Dr. David Frawley Cynthia Ambika Vamadeva Shastri

Dr. Suhas Kshirsagar

Chopra Devi











NV Raghuram

Gail Faris

Dr. Manisha Kshirsagar

John Kepner

Acharya Shunya Pratichi Mathur



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

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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

- . Tuttion: \$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. Tution for the stand-alone course is \$1,750. Learn more about this training here.

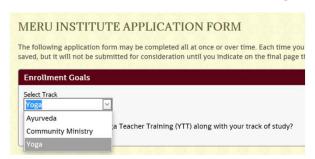
For additional information, contact Rev. Pat Kirti Hall.

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

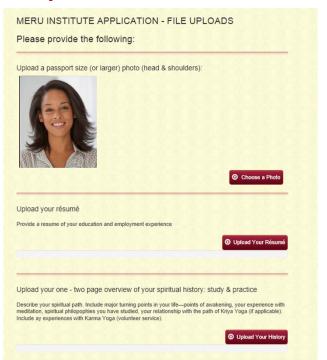
1. Enter Personal Info



2. Choose Area of Study



3. Upload Files



4. Submit Full Application



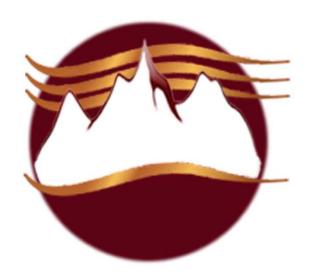
(www.csecenter.org/Events/Meru-Institute/Apply)



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

—Paramahansa Yogananda

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