

Center for Spiritual Awareness

Roy Eugene Davis, spiritual director. International headquarters on eleven secluded acres in the low mountains of northeast Georgia, 90 miles from Atlanta. Facilities include the meditation hall and dining room, Shrine of All Faiths Meditation Temple, library, bookstore, guest houses, offices, and CSA Press publishing department. Meditation retreats May to November.

Center for Spiritual Enlightenment

Ellen Grace O'Brian, spiritual director. Situated in the Rose Garden area of San Jose, California, the CSE headquarters include meditation gardens, the Temple of the Eternal Way, several buildings which house classrooms, a meditation hall, bookstore and Meru Seminary. Worship services and spiritual practice classes for adults and youth are offered regularly.



Center for Spiritual Awareness

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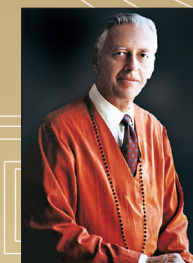
The Third International

KRIYA YOGA CONGRESS

March 18 – 20, 2010

Wyndham Hotel • San Jose, California

Infinite Life



With Roy Eugene Davis

a direct disciple of Paramahansa Yogananda
and Featured Guest Presenters

Sponsored by Center for Spiritual Awareness
and Center for Spiritual Enlightenment

Welcome to the Third International Kriya Yoga Congress



I pray that your participation at this Congress will be enjoyable and spiritually enriching. For optimum benefits while you are here, ignore all mundane concerns. Be more inwardly focused. Think only of your eternal relationship with the Infinite. By respectfully honoring the divine nature of others with whom you interact, you will silently assist them to experience the emergence of their innate qualities and pure knowledge of their true nature as immortal, spiritual beings. Be inspired and motivated by these words spoken by Paramahansa Yogananda: "Turn your attention within. You will experience new inner strength and peace. All limitations will vanish."

— Roy Eugene Davis



Read a little, meditate more, think of God all the time.

—Paramahansa Yogananda

Congress Schedule

All programs with the exception of Hatha Yoga take place in the main ballroom. Hatha Yoga classes are adjacent to the ballroom.

Thursday, March 18

- 10 am–1 pm: Registration and Orientation
- 1:30–2:30 pm: Congress Opening & Welcome: Roy Eugene Davis, Ellen Grace O'Brian & Clifford Rosen
- 3:30–5 pm: Open Reception with CSA and CSE ministers
You are warmly invited to meet ministers and meditation group leaders in this Kriya Yoga tradition and learn about the ministry outreach.
- 7–8 pm: Ellen Grace O'Brian:
Introduction to Patanjali's Yoga Sutras
- 8–9 pm: Gitanjali singers: Devotional Chanting



Friday, March 19

- 6 am: Meditation
- 6:30–7:15 am: Hatha Yoga
- 8:30 am: Devotional Chanting with Gitanjali singers
- 9–11:45 am: Roy Eugene Davis: Meditation Seminar
- 1:30–3 pm: Mary Thompson: Ayurveda: Principles and Practices
- 3:30–5 pm: Swami Jaidev Bharati: Yoga and Wellness
- 7–9 pm: Swami Atmavidyananda Giri: The Path of Kriya Yoga
Gitanjali singers: Devotional Chanting



Saturday, March 20

- 6 am: Meditation
- 6:30–7:15 am: Hatha Yoga
- 8:30 am: Devotional Chanting with Gitanjali singers
- 9–11:45 am: Roy Eugene Davis: Meditation Seminar
- 1:30–3:30 pm: Kriya Initiation Service with Roy Eugene Davis
- 6 pm: Vegetarian Banquet and Special Program



Sunday, March 21

- 9 or 11 am: Worship services at CSE (shuttle service available)

To Enhance Your Congress Experience:

Retreat Setting

The environment for the Congress is arranged for contemplation, meditation and spiritual fellowship. Opportunities to meditate will be offered during the Congress in the main ballroom. Please arrive ten minutes early for sessions and maintain quiet in this room. To enhance your Congress experience, it is recommended that you remain on site, attend all programs, rest well and maintain a meditative focus.

Donations

The Congress program is offered on a donation basis. If you are participating in the entire Congress, your offering will be received during the Kriya Yoga Initiation Ceremony on Saturday afternoon.

If you are attending individual sessions, you may make your offering at the end of those sessions. An envelope for your donation is included in your Congress registration packet. If you would like to use your credit card for your donation, you will find a card for that purpose in your registration packet. Please complete all information on the card, including your contact information. Cash or checks are welcome. Make your check to "CSE." Your donation will be shared equally between the Center for Spiritual Awareness and Center for Spiritual Enlightenment to support ministry services and outreach.

Books and Free Literature

A useful assortment of books, DVDs, and CDs for purchase is available at the Congress book table located outside the main ballroom. The book table will be open before and after all program sessions. In addition, Mr. Davis has included his

latest book, *Self-Knowledge* in your welcome packet as a gift. Free literature is available throughout the Congress. Take literature to share with others.

Discounts for the Wyndham Hotel Restaurant

A one-time discount coupon from the hotel for their onsite restaurant is included in your registration packet.

Vegetarian Banquet

If you have prepaid for the banquet, your ticket is included in your nametag holder. If you would like to attend but have not yet paid, please check with the Congress registration team to purchase your banquet tickets on Thursday morning. Banquet tickets are \$40 per person.

Sunday, March 21 Shuttles to CSE

You are cordially invited to attend worship services at the Center for Spiritual Enlightenment on Sunday March 21st at 9 or 11 am. If you are staying at the Wyndham Hotel and would like transportation to either service, CSE is offering shuttle service. Please sign up in advance at the Congress registration table. Optional tours of the meditation gardens, welcome center, and buildings follow each service. CSE is approximately 6 minutes away by car from the hotel. Your host can return you to the hotel or the San Jose airport.

Rev. Ellen Grace O'Brian's sermon lesson "Good Company: Lessons from the Illumined Lives" offers teachings with inspiration for daily life drawn from Paramahansa Yogananda's *Autobiography of a Yogi*. Musicians for both services will be Rev. Priya and In Faith Ensemble.