

**GLENN** RYT 200, SRF Kriya Meditation credential  
Meditation Teacher, FHYS Yoga Sherpa

**Meditation:**

- 21 years of teaching - decades of study and practice
- Kriya Meditation is scientific techniques for steady concentration, inner peace, intuitive knowledge and unshakable joy.

**Particular Interests:** Creating sacred spaces, writing, camping, laughing and playing banjo

**Personal Quote:** "Faith and intention are the power behind our efforts for greater enlightenment. The trick is to not trip over the cord."

**Quotes by Students:**

*"I have been happily amazed with how the techniques have been so easy to learn and how they have calmed my thoughts, reduced my stress and put a smile in my heart." dc*

*"Regular group meditation is a powerful assist to my own efforts and chanting together is a wonderful experience." ah*

**Bet you didn't know:** Glenn is a bestselling author, *Psychedelic Bubble Gum*, song writer (The Brady Bunch, Jim Nabors, etc.) and teaches kids' workshops about environmental stewardship.

**Bonus fact:** Glenn has seen the auras of hundreds of people, but never his own.

Glenn earned the level of Kriya Yogi when he was in his early 20's while living in Hollywood, California. A Kriya Yogi has extensive study of the teachings of Paramahansa Yogananda, founder of Self Realization Fellowship. The program includes learning specific physical, mental and emotional workings of a human being as related to successful meditation. This information is joined with the metaphysical insights of individual karmas, unique incarnations, astral influences and various pranayama techniques. Glenn's meditation classes include the art of stillness and silence through active, scientific meditation techniques. Students also have a creative and insightful time with self inspection that often includes coloring images of answers to personal soul-based questions. Glenn includes crystal bowls, harmonium and chanting to support students' meditation efforts and to create an atmosphere of love, joy and encouragement. Glenn is a professional singer/songwriter and his work appears on all major media as Clear Channel, NBC, CBS and ABC. Music CDs in stores and on the Internet include 3 albums of spiritualized chants and Glenn's original songs by artists as, The Brady Bunch, Jackie DeShannon, Bobby Vinton, and The Ovations. Glenn's most popular radio yoga songs include, Into Her Yoga Love and Yoga Unlocks the Sky for Me (Like a Silver Glove with a Golden Key).