



**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).