

TRANSFORMATION

Level Two Teacher Training



The Aquarian Teacher™ KRI Level Two Teacher Training Program
KRI Level Two Certification program
in Kundalini Yoga as taught by Yogi Bhajan®



VITALITY AND STRESS



22-27 OCTOBER 2020

Location: Koolimäe Creative House, Lääne-Viru County, Estonia

Trainers:

Shiv Charan Singh (UK/Portugal)

Sukhdev Kaur (Estonia/Mexico)

“You have no enemy, you have no poverty, you have no disgrace, you have nothing wrong with you. It is the elementary stress that causes a zone of horror in you and you become the victim of it. A stabilized, mentally enlightened person is the one who enjoys the spirit.

To have energy, to contain it and to maintain it is the act of a saint. You have to understand and confront the fact that the stress you are causing to yourself dumps you deeper and deeper into not knowing your Self”

- Yogi Bhajan



KRI International program of Teacher Training in Kundalini Yoga as taught by Yogi Bhajan, as part of the KRI Level Two: Transformation - Practitioner. In Level 2, through your personal practice, group process, deep interactive discussion and intense meditations. It will serve to improve your ability to create and maintain the Sacred Space of a Teacher.

COURSE GOALS

- Identify your stress personality and basic elementary stress.
- Learn to balance stress, relaxation and vitality
- Build your core vitality, mental endurance and spiritual clarity.
- . Live in a stress-free zone
- Explore the process, effects and downsides of too much stress and use consciousness as a primary tool in building vitality

The body is the temple. With its biochemistry, neurotransmissions, five winds, pranas, nadis and various physical and subtle organs, the body is subject to so much internal and external stress. How can it become like gold and radiate?

Vitality is the capacity of the nervous and glandular system to respond and adapt. it is also a sign of a harmonious relationship to the vastness of the cosmos and its laws. Stress can be the training ground to develop this capacity or it can produce a degeneration of this capacity

- Explore your Vitality, Recognize your Stress
- Adaptive and Toxic Stress
- Commotions, Consciousness and Character
- Perpetual, Preventive Habits
- The Spiritual Warrior: Identity and Victory
- Cherdī Kala: Heal and Lead in the Aquarian Age

The program will be held in English with translation into Estonian

Requirements:

The course is a 60-hour program. Course includes manual and student guide. Participants must be KRI Level One certified instructors or be presently enrolled and participating actively in a KRI Level One training. Participants are required to pay all fees, attend all classes, pass the exam and complete the home study requirements 90-day period after the course.

Venue and transportation:

The course is a Residential that takes place in Koolimäe Creative House, 1hr away from Tallinn in a beautiful private complex with a private beach next to the Baltic Sea. Please plan to arrive on the evening of the 21. september for dinner at 19:00. Departure after the training day (training ends on 27th of october at 18:00). Transportation for those coming from abroad will be arranged with car-sharing from Tallinn or by public transportation to Võsu.



Shiv Charan Singh and Sukhdev Kaur

Shiv Charan Singh is a renowned teacher of Kundalini Yoga and Applied Numerology throughout the world since the early 80's. He is the founding director of the Karam Kriya School and Quinta Do Rajo Ashram in Portugal. Scottish by birth, he is an outstanding and authentic spiritual teacher. He is a skilled counselor, author of several books on human communication, the mystery of numbers and poetry. He runs training programs throughout Europe, Russia, Middle East, Australia and Latin America. Above all, his warmth and compassion have generated a community spirit at the school attracts people from all over the world.



Sukhdev Kaur pioneered to Estonia from her homeland of Mexico in 2004. She has taught and trained teachers for almost a decade across Europe and Mexico. Sukhdev is the director of Dharamsaal – School of Kundalini Yoga and Humanology, and the Guru Ram Das Institute and Ashram at Rajamaa. Besides training Level 1 and 2 teachers, Sukhdev Kaur is a doula, Conscious Pregnancy teacher trainer and Karam Kriya trainer. Sukhdev is also creating a conscious, dharmic, forest microschool for children in the ashram.

YOUR INVESTMENT	Early bird registration	Installments	Later registrations
Organization (Manuals, organization, KRI license)	250 EUR non-refundable deposit, transfer full amount by 20 august 2020	290 EUR non-refundable deposit, transfer full amount by 21. Sept 2020	330 EUR non-refundable, full amount transfer after 22. september 2020
Teachings	320 EUR (paid in cash on the first day of training) Receipt will be given.		
TOTAL TRAINING FEES	570 eur	610 eur	650 eur
Food and Accommodation 6 days Transfer by the first day of training (will be charged according to what you specify in your arrival form by oct 1st)	Full board accommodation for 6 days+ nights, in double rooms, 190 eur per person (including all meals, from 21.10 dinner to 27.10 lunch). If there are certain meals you do not take, or no accommodation needed, you need to specify this to <u>us latest by October 1st</u> in the ARRIVAL form below to get the discount for those meals/nights according to this calculation: accommodation per night: 10 eur, breakfast 5 eur, lunch or dinner 8 eur. Invoices are issued when needed. *If you do not fill the form by October 1st, or your preferences change after that, you will be charged full board amount.		

TO REGISTER:

- 1) Fill the **REGISTRATION FORM** found here: www.dharamsaal.ee/L2
- 2) Pay the deposit to: MTÜ Guru Ram Das Instituut EE597700771002082177 and send a copy to: dharamsaalkeskus@gmail.com
- 3) Specify your arrival information and accommodation preferences **LATEST** by 1. October 2020 in the **ARRIVAL FORM** found here: www.dharamsaal.ee/L2

Questions: dharamsaalkeskus@gmail.com

“We have to become a stress-free zone and deeply understand that that is the source or key to happiness” – Yogi Bhajan

