



Kundalini Research Institute

Training - Research - Publishing - Resources

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



10-12 FEBRUARY &
17-19 MARCH 2023
Location: Riga, Latvia

Trainers:

Angad Kaur (United Kingdom) and
Sukhdev Kaur (Mexico/Estonia)

“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, you will go through a transformation that will help you to deepen your own direct perception of the teachings. It will also 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
- Cherdhi Kala: Heal and Lead in the Aquarian Age

The program will be held in English with translation into Latvian

Requirements:

The course is a 60-hour program. Course includes manual and student guide. Participants must be KRI Level One certified instructors. Participants are required to pay all fees, attend all classes, pass the exam and complete the home study requirements which span the 90-day period after the course. *DVDs are NOT included in the price and it is not a requirement to buy DVDs

Venue:

Riga, Latvia. Will be sent personally to participants*



Teacher training team: Angad Kaur and Sukhdev Kaur



Angad Kaur is a KRI Professional Trainer, teaching internationally and running Level 1 Aquarian Teacher courses in London and the Midlands. She spent a number of years travelling extensively with her spiritual

teacher, Shiv Charan Singh, studying to become a Karam Kriya Consultant and Trainer – working with the universal intelligence of numbers and the power of the word to create healing conversations and support meaningful life transitions. Since 2008, she has worked with the Guru Ram Das Project bringing Kundalini Yoga to individuals and communities most in need, alongside working as a Sikh Chaplain. Angad regularly runs retreats and workshops exploring life themes through the guidance of numbers and the teachings in Gurbani, alongside offering one-to-one Yoga Therapy.

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 in Tallinn, and the Guru Ram Das Institute and Rajamaa Ashram. She is a doula, Conscious Pregnancy teacher trainer and Karam Kriya trainer. She developed the program Conscious Parenting for integrating yoga awareness into conscious family living. Sukhdev is also creating a conscious, dharmic, democratic, forest primary school for children in the ashram

YOUR INVESTMENT	Early bird registration	Later registrations
Organization (Manuals, organization, KRI license)	210 EUR non-refundable deposit, transfer full amount by 15 of January 2023	300EUR non-refundable deposit, transfer full amount by 30 of January 2023
Teachings	320 EUR transfer before start	
TOTAL excluding food and accommodation	530 EUR	620 EUR
Food and Accommodation Paid in cash on arriving	200 EUR Paid in cash on arriving	

TO REGISTER:

1) Fill the registration form found here: www.dharamsaal.ee/L2

2) Pay the deposit to: GURU RAMDAS NIVAS LV28HABA0551052796031

and send a copy of your payment to: dzaipalkaur@gmail.com

Questions: Jaipal Kaur Tel +371 26223346 Sukhdev Kaur Tel +372 53731839

