



INFORMATION PACK

International Teacher Training in Italy

KUNDALINI YOGA K.R.I. level 2

Yogi Bhajan Teachings

residential until May 30 to June 4, 2019

Life Cycles & Life Styles

with
Shiv Charan Singh



Life Cycles & Life Styles

Review your personal biography in a manner that will set you free from the dead weight of the past and turn lead to gold. Learn to harmonise the 7, 11 and 18-year cycles of your life and why this is important. Establish your future projection so that the flow of prosperity is a natural consequence of the balance of the rhythms. Step further into the practical science of transforming your life from habits that are soul-demoting to a discipline that is soul-promoting.

Course Affirmation

I cultivate my core vitality to honor and use the opportunities that come with each breath—to receive them as a gift. I recognize the value of my physical and energetic bodies and take steps to maintain them. I thrive under stress and challenge; I am a spiritual warrior who leads, uplifts and delivers effective decisions. I practice a lifestyle that incorporates continuous preventative habits for vitality and victory. I have the mental and spiritual endurance to cross every crisis and be a beacon to navigate and excel in the Aquarian Age.

Course Goals

In Level 2, through your personal practice, group process, deep interactive discussion, 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.

This course will help you to:

- Tap deeper into the wealth of Yogi Bhanjan's teachings
- Be part of a community and nourish the inspiration to offer others the chance
- Strengthen your connection to the Golden Chain
- Build more sense of community amongst your peers
- Take the teachings into the world on a deeper level

Excellence is acknowledging your own divinity and guiding others to realise it within themselves.

Entrance Criteria

In general, applicants are expected to hold a KRI Instructor Certificate in Kundalini Yoga: i.e. Aquarian Teacher Level 1. A copy of this must be submitted with your application. However, long term KY students or yoga teachers of other disciplines may also apply.

Completion Criteria

To become a KRI certified level 2 Practitioner you must complete 300 hours of training, which includes 240 hours of classroom instruction in the five level 2 modules listed, and 60 hours of additional requirements to be completed outside of classroom time; including a home exam.

KRI's Level Two Teacher Training Courses

Level Two is open to KRI Level One Certified Instructors. The 300-hour/2-year certification program consists of five 62-hour modules and fulfills the Yoga Alliance 500-hour requirement. Graduates of Level Two earn the title of Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®.

Before your Level One certification you thirsted for a deeper understanding of the yoga. In Level Two you acknowledge on a heart level that it is no longer sufficient for you to just have the skills and fulfill the basic duties of an instructor. To reach the next level means assessing where you are in your commitment to authenticity, and offering yourself up to transformation. This has never been a solo journey, and Level Two is no exception.

Throughout your 2-year commitment (this is the minimal time), you will attend teaching events featuring lectures from Yogiji on five interconnected themes. Before, after, and during the events, you will connect with your global course community to refine your ability to reflect, to be aware, and to be consciously conscious of what you are learning.

Course Summary

In this 50 hour course, cultivate the core skill for this coming age – the ability to recognize stress in ourselves and others and develop the tools to transform it and balance it with conscious relaxation. Kundalini Yoga prepares each of us to be teachers who act with undaunted spirit, exalted caliber and character, and the vitality to cross every crisis.

This course is a chance to look closely at how we react to, cope with and master our vitality.

Explore the nature of our stress identity as individuals and cross-culturally. Use kriyas and meditations as well as other processes to identify our stressors and the tools you will need to balance and uplift ourselves and others.

Experience the Master, Yogi Bhajan, in daily video classes and meditations.

Study with senior trainers Shiv Charan Singh.



Shiv Charan Singh is a teacher unpretentious, authentic, and excellent spiritual counselor who works internationally with groups and individually for more than 30 years. E' direttore and founder of the International Karam Kriya School, and forms around the world, students and teachers in Kundalini Yoga, spiritual counseling and numerology applied.

Shiv Charan Singh is the author of numerous books and articles on various aspects of the spiritual life, including the book 'Let the Number Guide You', recently translated and published by Macro Edizioni. Meet him and be with him is an invitation and the opportunity to watch their lives from a new perspective and to experience something light, surprising and magical.

When he was very young, Shiv Charan Singh has had a series of fatal accidents and those near death experiences have given him an intimate knowledge of life and death that we all try to understand. His way of teaching is fun, charismatic and humble. Especially with her warmth and compassion reaches and, welcome all. It 'was recently recognized with the award for best teacher of the year (2014), by the Kundalini Research Institute.

Weekly program:

Sadhana Aquarian hours 5:30 to 08:00

Breakfast 08:00

Lessons morning hours 9:30 to 13:00

Lunch 13:00

hour afternoon classes 14 : 30-19 : 30

Dinner 19:30

Silence 22:00

location :

The Path to Fanano Sestola Modena on hills
<http://www.fattoriaisentiero.com/index.php>

rooms 2 beds 360,00 €

rooms 3/4 beds € 330

room 5 beds 300 €

2 places in caravans 270 euro

Prices include accommodation and meals , vegetarian / vegan
communicate with Sat Sangat Kaur the preference of room .

to get the location take the plane to Bologna, or to Milan and then take the train to Bologna

from Bologna take the train to Vignola. From Vignola will be organized transport by car to the location, about half an hour by car.

Lety us know all details of the trip in order to organize the transport from Vignola to Fanano.

it is requested to arrive in Vignola not after 5 pm.

Course fees

The course fee is € 585.00

It will be applied a reduction of € 40 if the down payment of € 250,00 will be paid before March 30, 2019 .

Accommodation cost and meals, breakfast lunch and dinner for 6 days, is maximum of 60 euro to 50 euro per day.

In case of cancellation there will be no refund.

The cost includes the membership fee at Sat Nam Yoga Centre, all administrative expenses, teaching hours, the manual and the study guide, the examination fee, (board and lodging is not included).

Seva is part of the training. It is a wonderful and important contribution to the work to expand awareness and build a sense of Sangat.

So, you will be assigned a role in the Seva group. The tasks depend on the structure that will welcome us.

The Seva tasks will be shown on arrival.

Registration

- of € 250.00 by bank transfer
- Compilation of the form below and send email with the bank transfer copy to: info@satnamyogacentre.it

Bank details for transfer

Sat Nam Yoga Centre ASD
Piazzale Nizza 5 – 20159 Milano

UBI BANCA - FILIALE DI MILANO – ROSELLINI

IBAN: IT81B0311101636000000011259

SWIFT: BLOPIT22

Reason: 2nd level, 2019

for any clarification or information

Sat Sangat Kaur 3492403166 info@satnamyogacentre.it

Registration Form "Training Course for Teachers Kundalini Yoga Level 2 in 2019 with Shiv Charan Singh

I, the undersigned / a _____

spiritual name _____

Born / a to _____ when _____

Live in city _____ postal code _____

address _____

mobile _____

email _____

Please enroll me in the Training Course K.R.I. Level 2 Kundalini Yoga Teachers organized by Sat Nam Yoga Centre and I undertake:

- To attend the course in question with a cost of € 585.00 in cost it becomes 545.00 if the advance is paid by no later than 03/30/2019

This total amount includes:

- Membership fee Sat Nam Yoga Centre in 2019
- Practical and theoretical instruction
- Manual and Study Guide
- Examination and certification
- seva

- Pour € 250,00 deposit bank transfer and confirm your subscription by sending the registration form and copy of the transfer to info@satnamyogacentre.it
- Place the balance on arrival cash or by bank transfer until May, 10 2019, later will be 10 euros more.

Date.....

in Faith
sign