



INFORMATION PACK

International Teacher Training in Italy

KUNDALINI YOGA K.R.I. level 2

Yogi Bhajan Teachings

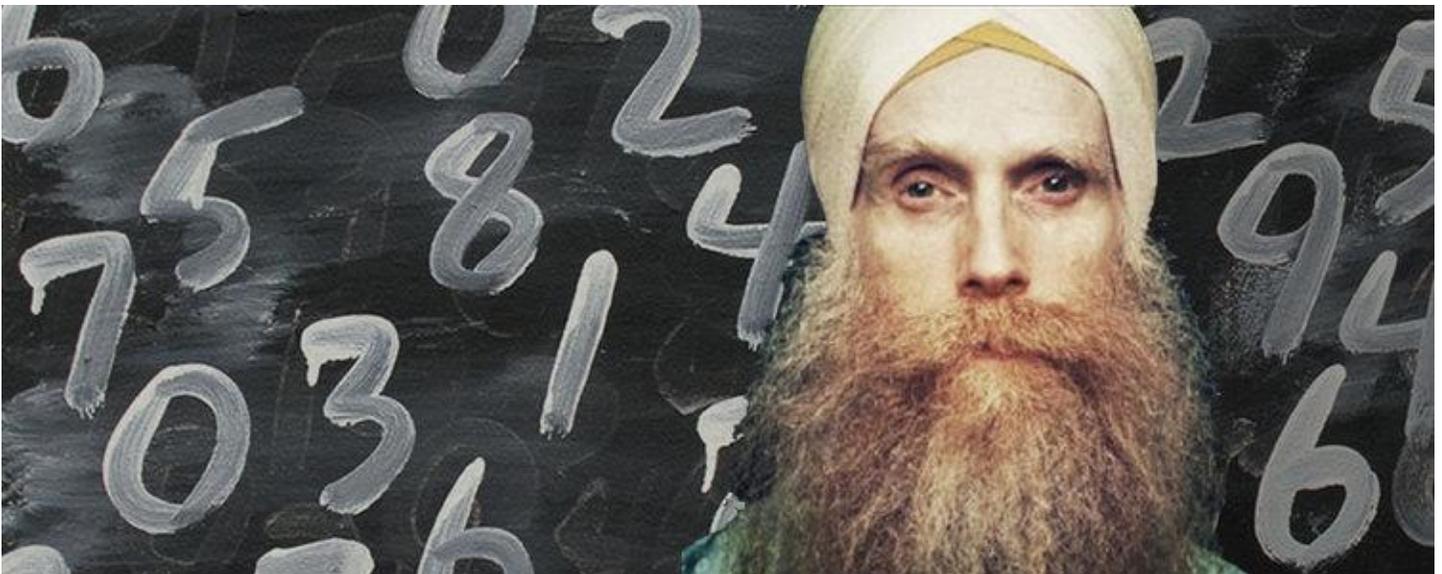
residential from May 28 to June 2, 2020

Conscious Communication

Uplift and penetrate through the power of the word.

with

Shiv Charan Singh



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 fulfils 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 at the heart level that it is no longer sufficient for you to just have the skills and fulfil 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-years 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 Goals

In Level 2, through your personal practice, group process, deep interactive discussions, intense meditations, you will go through a transformation that will help you deepening 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 Bhajan'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.

Conscious Communication

Hold the teacher's voice. Empower your speaking. Deepen your listening. Sounding from the navel. Pitching from the chakras. Projecting & defending. Prayerful communication. Communication blocks; fear/anger. Hidden self, shadow self & the mask. Uplifting others through the frequency of your communication is a direct path to self-mastery.

What do we mean by communication? The definition of communication is a practice that creates a "common notion" with another person or object of attention...At what level do we communicate? Did you ever learn that your existence is your communication? Your projection is your relationship? You are the power? But life is often sour. There is no happiness, because your communication has no purpose of Self. You communicate to impress someone. You don't communicate to relate you to someone. That's why you suffer now. You don't communicate consciously. —Yogi Bhajan

Key Topics

- Recognise and confront conscious communication with other types of communication
- The role of silence and shuniya in communication
- The art of deep listening—sunni-ai
- Mastering the Fifth Chakra
- Recognising your shadow and overcoming your blocks through applied consciousness
- Communicating with the Infinite and the nature of prayer

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

Study with senior trainers Shiv Charan Singh, supported by Jiwan Shakti Kaur

Use your communication skills to create a common notion with others—even those you disagree with. Communicate your whole Self, with awareness, kindness and fearlessness. Listen—don't just hear.

Elevate your communication to the power of creative dialogue so that life becomes a flow, in harmony with the Infinite.

Course Affirmation:

I have integrated conscious communication into all areas of my life. My communication uplifts others to their own consciousness.

I represent my whole self directly.

I speak each word consciously, understanding that it is witnessed by my own consciousness and supported by the Cosmos.

I create harmonious communication even with those who oppose me. I am heard in the hearts of others as I hear and qualify my own words as I speak.



Shiv Charan Singh is an unassuming and authentic teacher as well as an outstanding spiritual counselor who has worked internationally with groups and individuals for over 30 years. He is the founding director of the International Karam Kriya School, which trains students and teachers in Kundalini Yoga, Spiritual Consultancy and Applied Numerology all over the world.

Shiv Charan Singh is the author of several books and articles on different aspects of spiritual life, including 'Let the Numbers Guide You'. Meeting and being with him is an invitation and opportunity to look at life from a new perspective and to experience something fresh, surprising and magical.

As a young person, Shiv Charan Singh had a number of nearly fatal incidents and these near death experiences gave him an intimate knowledge of living and dying that we all seek to understand. In his teachings, he is neither self-seeking nor political. He is entertaining and both charismatic and humble in the way he speaks. And, above all, his warmth and compassion reach out and welcome all, regardless of age and background. He was acknowledged with the award of best Teacher of the Year (2014), by the Kundalini Research Institute.

supported by **Jiwan Shakti Kaur**

Co-founder and Creative Director of SunGalaa, Jiwan Shakti Kaur is a teacher and trainer of Level 1, Level 2 and 21 Stages of Meditation.

Based on her rich experience of 30 years of Yoga and her professional background as an actress, producer and screenwriter, her approach is unique.

Communication, teamwork, leadership, ability to address emotions and feelings, are perfectly combined with her in-depth study of Kundalini Yoga.

"Happy Hormones" and "Yogic Body Language" are the two pillars of her work.



Weekly program about:

Sadhana Aquarian hours 5:30 to 08:00

Breakfast 08:00

morning classes 9:30 to 13:00

Lunch 13:00

afternoon classes 14 : 30 - 18 : 30

Dinner 19:00

Silence 22:00

location :

Finis Africae

Strada Provinciale Sant' Angelo 155 – 60019 Senigallia (Ancona)

Phone 0039 071662501

www.finisfricae.com

please book your accommodation paying euros 100,00 by bank transfer to:

Finis Africae Sas di Silva Tenenti & c.

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Reason: Name of the student – Kundalini Yoga 2nd level, 2020 asking for the type of room required.

In case of cancellation there will be no refund.

The balance will be paid on arrival.

Room type and costs for 6 days:

4 beds room 330,00 euro

3 beds room 360,00 euro

2 beds room 390,00 euro

Prices include:

vegan/vegetarian food and accommodation for 6 days, from dinner on May 27, to lunch on June 2, 2020.

Being a special agreement, it is not possible to reduce the whole price if you arrive later or you leave before.

If it is possible, as recommended by Shiv Charan Singh, stay until the end of the course on the last day and leave the following day. (extra costs not included)

Course fees

The course fee is € 595.00

It will be applied a reduction of € 40 if the down payment of € 250,00 will be paid before February 29, 2020.

In case of cancellation there will be no refund.

The cost includes the membership fee at Sat Nam Yoga Centre (the organizer), 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.

You will be therefore 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 until February 29, 2020
- Send the signed form via email along 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: IT81B031110163600000011259
SWIFT: BLOPIT22

Reason: Name of the student - 2nd level, 2020

for any clarification or information

Sat Sangat Kaur 0039-3492403166 info@satnamyogacentre.it

