

Kundalini Yoga teacher training Level 1 Eindhoven - May 2019 - February 2020 with a 5 day residential in Portugal



*We want you to be teachers,
we want you to make a
decision, let the spirit flow. We
want you to experience this
fact, that the Kundalini energy
is not to be learned from the
book and from this and that.
Let yourself be the teacher
and see the miracle that it will
flow.*

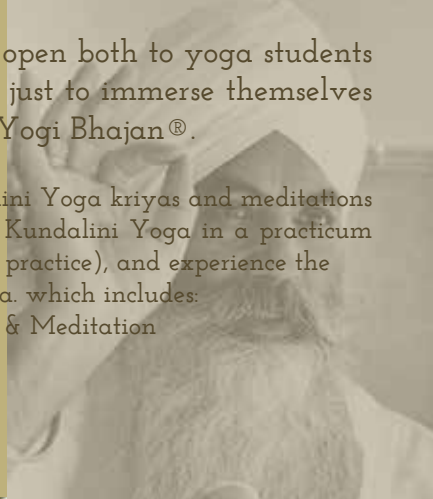
Yogi Bhajan 1/8/1983



This Aquarian teacher certification program is open both to yoga students ready to become teachers, and those who wish just to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan®.

You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga, which includes:

- Teaching Kundalini Yoga Postures, Mantras, Kriyas & Meditation
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy & The Origin of Kundalini Yoga
- Yogic & Western Anatomy
- Humanology & Yogic Lifestyle



With an international team of experienced teachers



Shiv Charan Singh
Portugal



Bachitar Kaur
Germany



HanKrishan Singh
Germany



Jagat Prem Kaur
Finland



Charan Pal Singh
Finland



Amrit Dev Kaur
Netherlands

Investment: 9 weekends from May 2019 to February 2020
and ashram experience Portugal Spring 2020
€2900 if registered before 1st of March, €3000 after 1st of March
Includes teachings, ashram experience, food, manual, exam and certificate.

Location: Eindhoven area

Info and registration: Charan Kamal Kaur/ Ingrid Bal
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www.karamkriya.nl



Organised by Charan Kamal Kaur www.ingridbal.com and Karam Kriya School