

Kundalini Yoga Level 2 Teacher Training

*KMYOGA in association with Amrit Nam Sarovar,
International Kundalini Yoga School founded by Karta Singh Khalsa present:
Teacher Training KRI Level 2 Sydney, Australia 2014*



Karta Singh Khalsa, founder of ANS

*'Those who want to expand to Infinity must know to contract themselves to a point of zero'
- Yogi Bhajan ©*

This Level 2 Teacher Training consists of six one-week modules for transpersonal transformation. It runs over three years with two modules a year. Here you apply Kundalini Yoga for your personal development.

The Teacher Training Level 2 covers the following modules:

- **MODULE I: VITALITY & STRESS with Karta Singh Khalsa** *March 31 - April 6, 2014*
- **MODULE II: CONSCIOUS COMMUNICATION** *October 28 - November 2, 2014*
- **MODULE III: AUTHENTIC RELATIONSHIPS** *March 31 - April 5, 2015*
- **MODULE IV: MIND & MEDITATION** *Dates TBC*
- **MODULE V: LIFECYCLES and LIFESTYLES** *Dates TBC*
- **SPECIAL EXTRA MODULE: THE WARRIOR SAINT** *Dates TBC*

COURSE OVERVIEW

MODULE I: VITALITY & STRESS with Karta Singh Khalsa *March 31 - April 6, 2014*

- The concept of excitement, expansion, containment, and completion applied to kriyas
- The dynamic of the five tattwas applied to physiology and metabolism
- Symptoms of energetics and kriyas to heal deficiencies of organs and body systems (against aging, for the brain, for weight loss and gain)
- Naad, prana, and pranayama in Kundalini Yoga
- Diet: food as medicine, pattern of transformation of colours, forms, and tattwas
- Healing hands
- Physiology of kriya

MODULE II: CONSCIOUS COMMUNICATION *October 28 - November 2, 2014*

- The power to speak and to be heard
- Advanced Naad Yoga
- The art of listening: the hidden self and its agenda
- Communication therapy
- Communication and chakras
- Communication and the projection of a teacher
- Communication with the infinite and the unknown
- The power of your prayer.
- Lots of inter-actions and practices
- Diet: communicate with your food

MODULE III: AUTHENTIC RELATIONSHIPS *March 31 - April 5, 2015*

HUMANOLGY FOR RELATIONSHIPS: HE - SHE- WE!

- **HE: TRUE MAN** - the nature of your nature, the blocks you cannot talk about, being invincible, how to succeed your quest, being a myth? how to talk to women, special man to man
- **SHE: ADI SHAKTI - the graceful woman** - her 11 moods and her grace, lunar being and solar being, animus integration, sisterhood, beauty secrets, menopause
- **WE: AUTHENTICITY** - relationship to higher self, alchemic weddings, polarity and the tantric path. Relationships and reconciliations, how to balance your sexuality
- Special assignment: For the 40 days before the course a mono-diet of kitcheree, the practice of Sat Kriya for 11 minutes per day, and refraining from sex.

MODULE IV: MIND & MEDITATION *Dates TBC*

- 81 facets of the mind and applied meditation
- The samyama of Kundalini Yoga
- The experience of shunia
- Breath walk and walking meditations
- Immersion in the meditative mind 24/7
- Introduction to the sacred space and 9 aspects as 9 archetypes
- Diet: special food for the brain (very light and sattvic)

MODULE V: LIFECYCLES and LIFESTYLES *Dates TBC*

- The cycles of destiny and fate
- The rings of success
- The cycles of consciousness, intelligence, and life
- Analysis of your autobiography
- Finding the crucial transition points in your life
- Discover the destiny of your incarnation
- How to re-write and set your goals and destiny. Including Success and prosperity
- Diet: success means to celebrate life, every day a banquet.

SPECIAL EXTRA MODULE: THE WARRIOR SAINT *Dates TBC*

- "I am the master of my destiny; I am the captain of my soul."
- Meet the challenge to deal with Shakti and Bhakti - introduction to Raj Yoga
- Learn strategies for the age of Aquarius
- The shield of the Aquarian warrior
- Effective meditation; pratyahara
- Make yama your best friend, be always prepared to die
- How to prepare for death, be ready for war and pacify your 5 enemies

LOCATION

The training will take place at Avrajita, <http://www.avrajita.com.au/> a beautiful unspoilt bush retreat a few hours from Sydney.

INVESTMENT and REGISTRATION

Module One Investment and Registration:

Earlybird: \$1,600 until December 22, 2013

Standard: \$1,800 after December 22, 2013

Discount Option 1: \$50 Discount for any Kundalini Teachers who are repeating the module, and to KMYOGA Level 1 teacher trainees.

Discount Option 2: If you pay for both 2014 Modules by December 22 2013, you pay only \$3000 (\$1500 per module). If you pay for both 2014 Modules after December 22 2013, you pay a total of \$3200 (\$1700 for Module 1 and \$1500 for Module 2).

* You can use only one of the two discount options.

Price includes all teacher training manuals, accommodation and food.

Please contact local administrator Sarb Sewak Kaur (Kathryn) at kathryn@kmyoga.com or ring (02) 9389 8343 for more information.

TEACHING TEAM

Lead Trainer Karta Singh Khalsa, Sat Sarbat Kaur, Satmukh Singh and assisted by Sarb Sewak Kaur (Kathryn McCusker) will be your team for Module 1.

The teaching team will vary according to each module.

All teachers are active members of the Amrit Nam Sarovar International Kundalini Yoga School, based in France.

CANCELLATION POLICY

For all cancellations, KMYOGA must receive a written request for a refund, sent via email to manager@kmyoga.com.

If you cancel before February 1, 2014 the cancellation fee is \$500 and the balance paid will be refunded. If you cancel on or after February 1, 2014 there is no refund.

Course Cancellation Fees:

Before February 1: \$500 cancellation fee and the balance paid will be refunded.

After February 1: No Refund.

COURSE POLICIES

The Kundalini Yoga Teacher Training Course is a drug, alcohol and cigarette free environment. All meals are vegetarian. We reserve the right to request anyone disobeying the course policies to leave the course.

CONTACT DETAILS

Please contact Sarb Sewak (Kathryn) at kathryn@kmyoga.com for more information.

"May you fall in love with your beauty, grace, honor, courage and strength." -Yogi Bhajan



Kundalini Yoga Teacher Training Level 2 Application Form Sydney, Australia 2014

Thank you for your interest in the KMYOGA Kundalini Yoga Teacher Training level 2 2014.
For your application to be processed please complete the following:

- **Module 1:** Pay the full amount of \$1,600 before December 22, 2013 or \$1,800 afterwards, either direct funds transfer, or by credit card

Please circle discount option if applicable:

Discount Option 1: \$50 Discount for any Kundalini Teachers who are repeating the module, and to KMYOGA Level 1 teacher trainees.

Discount Option 2: If you pay for both 2014 Modules by December 22 2013, you pay only \$3000 (\$1500 per module). If you pay for both 2014 Modules after December 22 2013, you pay a total of \$3200 (\$1700 for Module 1 and \$1500 for Module 2).

- In no more than 500 words, express what inspires you about Kundalini Yoga and what has motivated you to do the training?

Postal Address: Level 1, 26 – 30 Spring Street, Bondi Junction, NSW 2022

Direct Funds Transfer:
K M YOGA ATF
KMYOGA UNIT TRUST
BSB 012241
ACC 262470571

Please email manager@kmyoga.com once you have completed a payment.

FULL NAME:

SPIRITUAL NAME: (if you have one)

ADDRESS:

SUBURB:

STATE:

POSTCODE:

PHONE:

MOBILE:

EMAIL:

WHICH KUNDALINI YOGA SCHOOL DID YOU COMPLETE YOUR LEVEL 1 TEACHER TRAINING WITH AND IN WHAT YEAR?

ARE YOU CURRENTLY TEACHING KUNDALINI YOGA?

Payment (please circle): / Credit Card / Direct funds transfer

The undersigned by signing this agreement that he/she understands the risks inherent in practicing Kundalini Yoga and hereby assumes the risks incident to such activity and waives any claim or right of action against the Teacher Certification Program Level 2 and it's officers, shareholders, employees and agents for loss, expenses, liabilities, damages or legal fees incurred on account of as a result of the undersigned attendance at classes conducted at the selected facilities and or used at the selected facilities. By my signature below, I acknowledge that a written description of the course requirements and Refund Policy was made available to me prior to the start date of the course, regardless of the date of my registration.

SIGNATURE _____ Date _____

PRINTED LEGAL NAME _____

Note: The Teacher Certification Program Level 2 team reserves the right to refuse entry into the program and to possibly ask anyone to leave if they are not complying with the rules of the course or are found to be too disruptive to the rest of the group