

AQUARIAN TEACHER

Kundalini Yoga
as taught by Yogi Bhajan®
KRI Certified

TEACHER TRAINING LEVEL 2

Life Cycles and Life Styles



International School of
Sacred Living



**Paderborn,
Germany
OR on-line
2023**

**taught / translated
in English and German**



OVERVIEW

3 - dates

4 - the trainers

5 - main topics of the training

6 - items to bring - venue

7 - travel

8 - price - payments

9 - instalments - extra fees - bank details

10 - to confirm your place - cancellation

See website for general information
and to book your place:
www.iksarandhian.com

Email questions to:
info@ananda-lichtenau.de



DATES & TIMES

Local (CET) time

9.30am on 25 February to
6pm on 2 March

Daily local timings:

- sadhana 5.30am to 8am
- Morning session starts at 9.30am
- lunch is 1pm to 2.30pm
- Afternoon session ends at 7pm

UK time

8.30am on 25 February to
5pm on 2 March

UK daily timings:

- sadhana 4.30am to 7am
- Morning session starts at 8.30am
- lunch is 12.00 to 1.30pm
- Afternoon session ends at 6pm

except Sunday when the
sadhana starts at 5am UK
time & 6am European time.

Hybrid Training

The training will take place
in-person and on-line at the
same time, so it is a hybrid
training.

When you book your place,
indicate which option you
want.

TRAINERS

Ishwara Kaur

Lead Trainer - Ishwara has been practising and teaching Kundalini Yoga since 2000 and has been training teachers since 2007. One of Ishwara's specialisms is working with women. She is also a musician. For more information about Ishwara see : www.iksarandhian.com



Kirpal Singh

Lead Trainer - Kirpal has been practising and teaching Kundalini Yoga since the 90's. He is a Karam Kriya (Sacred Numerology) Trainer and Counsellor. He is also a musician.

For more information about Kirpal see : www.iksarandhian.com

MAIN TOPICS OF THE TRAINING

- Success and Happiness in the Circus of the Soul
- Renewing your Hidden Self-Concept
- Healing the Formative Years
- Adolescence and the Cultivation of Promoting Habits
- Prime Adulthood: Productivity, Prosperity and Sharing
- Maturity and Midlife Crises
- Transmitting Values and Living the Legacy
- Elder Years; Character, Integrity and Merger



ITEMS TO BRING:

- Sheepskin/yoga mat
- Water bottle
Thermos/flask
- Head Covering
- Shawl / blanket for
during relaxation
- Paper & pen for
making notes
- Musical instruments

VENUE

ananda, zur Schwalge
18, 33165 Lichtenau,
Germany

The price of the
training does **NOT**
include accommodation
or food.

For those not resident
in Paderborn. There is
the possibility to stay
overnight in the training
room. Otherwise,
accommodation must
be organised
individually. We are
happy to provide
accommodation tips.

FOOD

The group will organise
a shared breakfast and
lunch and the costs of
this will be shared
between the group.

Dinner is **NOT**
included in the training.



HOW TO GET THERE

Nearest airports: Paderborn/
Lippstadt, Dortmund, Düsseldorf,
Hanover, Kassel/Calden,
nearest train station: Paderborn
main station or north station

We will send out an email, so that
you can liaise with each other
regarding travel, one week before
the start of the training.

PRICE

In person

deposit: £200/250€

balance: £435/490€

Total amount: £635/740€

PRICE INCLUDES

- 6 days of training
- Manual
- exam
- admin. fees

PRICE DOES NOT INCLUDE

- Transport to teaching space
- Food and accommodation

PRICE

On-line

deposit: £200/250€

balance: £275/290€

Total amount: £475/540€

DEPOSIT

Deposit £200/250€ (non-refundable) necessary to reserve your place.

BALANCE

The balance is payable before 11 February.

BANK CHARGES

If making a payment to our German bank account from a non-euro country, make sure you convert the payment into euros before sending. Otherwise, there will be a bank charge and this will be an additional cost for you.

REDUCTION

Most people benefit from our £35/40€ discount on their final payment, by paying the deposit before 7 January.



**PAYMENT IN
EUROS TO
GERMAN
BANK**

Account holder:
Boris Breckoff
IBAN: DE21 3708 0040
0368 1750 00
BIC: DRESDEFF370

Once deposit/fees have
been paid, they are not
refundable.

**PAYMENT IN
POUND
STERLING**

Cooperative Bank
Name : Heidi Machin
IBAN : GB04 CPBK
0891 0405 1725 48
BIC/Swift : CPBK GB
22
Address:
The Co-operative Bank
Central Customer
Services
PO Box 48, 1 Balloon
Street
Manchester, M60 1GP

**MONTHLY
INSTALMENTS**

- The training can be paid for in monthly instalments by direct debit.
- Payments must begin at least 3 months before the start of the training.
- Contact us for more information.

TO CONFIRM YOUR PLACE

- Complete the form on our website.
- Transfer the deposit or full fee to one of the bank accounts on the previous page.
- Label your transfer with your name and 'TT GER LL 2023'
- Scan the proof of transfer
- Send it to ishwarak@hotmail.co.uk
- Indicate if you will be attending in person or on-line.

CANCELLATION

In the eventuality that the training must be cancelled by Ik Saran Dhian, before it starts, then all payments will be refunded.

We take no responsibility for covering travel costs or any other expenses that you have incurred as a result of cancellation or for any other reason.

This also applies if it is necessary to change the venue.

For further questions contact:
info@ananda-lichtenau.de

EQUAL OPPORTUNITIES AND OUR PREROGATIVES

While honouring a Policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity, we reserve the right to refuse entry to any students on the grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.

MISCELLANEOUS

Under certain circumstances, for example, travel restrictions or venue closure, the training may be taught via zoom.

You will automatically be put on our list to receive our newsletter.

Attention: only Level 1 trainings certified by KRI, will qualify you to be certified by KRI at Level 2 and Level 3.



Contact:
info@ananda-lichtenau.de

