

# 21 STAGES OF MEDITATION

Kundalini Yoga  
as taught by Yogi Bhajan®  
KRI Certified



International School of  
Sacred Living



Paderborn  
Germany  
2024

taught / translated  
in English and German

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General information

Bookings

[www.iksarandhian.com](http://www.iksarandhian.com)

Questions to:

[info@ananda-lichtenau.de](mailto:info@ananda-lichtenau.de)

## **DATES 2024**

- 9.30am on 30 April to  
5pm on 4 May

First Seven Steps.

See our website for more  
information:

[www.iksarandhian.com](http://www.iksarandhian.com)

## 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](http://www.iksarandhian.com)



### **Kirpal Singh**

Lead Trainer - Kirpal has been practising and teaching Kundalini Yoga for over 30 years. He has been training Kundalini Yoga teachers for 15 years. He is a trainer and consultant in Karam Kriya - Sacred Numerology and musician.

For more information about Kirpal see :  
[www.iksarandhian.com](http://www.iksarandhian.com)

## **COURSE REQUIREMENTS**

- We offer the whole training over three years - one session per year
- You are not required to commit to all three sessions.
- Students must attend the three parts of the training in order to receive their certificate.
- See our website for the content of the three sessions.

## 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.

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.

## ITEMS TO BRING:

- Sheepskin/yoga mat
- Water bottle Thermos/ flask
- Head Covering
- Shawl / blanket for during relaxation
- Indoor shoes/ slippers
- Warm clothes as we may practice sadhana outside
- Rain jacket & shoes for walking
- Paper & pen for making notes
- Musical instruments
- Ladies - the practise can trigger your menstruation so come prepared

## **TRAVEL**

Nearest airports:

Paderborn/Lippstadt, Dortmund,  
Düsseldorf, Hanover, Kassel/  
Calden,

Nearest train stations:

Paderborn Hauptbahnhof or  
Nordbahnhof

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

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**Total amount : £390/445€**

## PRICE INCLUDES

- 5 days of training
- certificate (after 3 sessions)
- administration fees

## PRICE DOES NOT INCLUDE

- Food and Accommodation
- Transport to teaching space
- Cost of 21 Stages book

## PAYMENTS

### DEPOSIT

Deposit £75/100€ (non-refundable) necessary to reserve your place.

## BALANCE PAYMENT

Due 2 weeks before the event.

## 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.

## REDUCTIONS

When we receive the deposit 8 weeks before the start date, your last payment will be reduced by £30/40€.



**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

**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.

## **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 '21 stages 2024'
- Scan the proof of transfer
- Send it to [ishwarak@hotmail.co.uk](mailto:ishwarak@hotmail.co.uk)

## **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.

## **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**

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

For further questions contact:  
[info@ananda-lichtenau.de](mailto:info@ananda-lichtenau.de)