

21 STAGES OF MEDITATION

Kundalini Yoga
as taught by Yogi Bhajan®
KRI Certified



International School
of Sacred Living



France, close to Bordeaux
2024

taught / translated
in English & French

OVERVIEW

dates - 3

venue & course requirements - 4

the trainers - 5

travel - 6

items to bring - 7

price - payments - 8

bank accounts - 9

reserve your place - cancellation - 10

equal opportunities - 11

See our website for general
information and to reserve your place:

www.iksarandhian.com

Email questions to:

ishwarak@hotmail.co.uk



DATES 2024

17 August at 6pm to 23 August at 10am

The first journey of seven steps.

See our website for more general information: www.iksarandhian.com

If you are interested to mentor with us (become a trainer of level I kundalini yoga) then you might want to stay one day longer and attend our mentee meeting. It will take place from 11am on 23 August to 10am on 24 August and will be followed by an Akanth Paath. Contact us directly for more information.

THE VENUE

- The training is residential and will take place at:
- Studio Anahata, 4 Chemin de Paris, 33770, Salles, France.
- The accommodation is distributed between a dormitory, tents in the garden and the neighbours.
- You need to bring a sleeping bag.

COURSE REQUIREMENTS

- Students must attend the three parts of the training in order to receive their certificate.
- We offer the whole training over three years - one journey per year
- See our website for the content of the three sessions.
- www.iksarandhian.com

THE BOOK

We recommend that you buy and bring with you the Book '21 stages of Meditation'.

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

TRAVEL

From Bordeaux, you can take the train to Factice-Biganos (20 minutes journey) and then a taxi or bus to Salles (a 15 minute Journey).

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



ITEMS TO BRING:

- Sleeping bag
- Sheepskin/yoga mat
- Water bottle Thermos/flask
- Towel - Toiletries
- 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 notes
- Musical instruments
- Ladies - the practise can trigger your menstruation so come prepared
- It is possible to hire a tent with mattress and sleeping bag for 5€ per night



PRICE

- deposit £170/200€
- balance (indoors or camping & borrowing equipment): £365/450€
- balance (if camping with own equipment): £335/420€

Total amount (indoors or camping & borrowing equipment): £535/650€

Total amount (if camping with own equipment): £505/620€

PRICE INCLUDES

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

PRICE DOES NOT INCLUDE

- Transport to the teaching space
- Cost of the 21 stages book

DEPOSIT PAYMENT

Deposit of £170/ 200€ (non-refundable) is necessary to reserve your place.

ATTENTION

- The number of places are limited so reserve your place as soon as possible.
- Your place is confirmed on receipt of the completed form and payment of the deposit.

BALANCE PAYMENT

Due 2 weeks before the event.

REDUCTIONS

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

BANK CHARGES

If making a payment to our French 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.

PAYMENT IN £ 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 A FRENCH BANK

AXA Banque

Name: J B Breckoff

BIC: AXABFRPPXXX

IBAN: FR76 1254 8940 0102
0043 1074 067

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

RESERVE 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

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.

MISCELLANEOUS

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

For questions contact:
ishwarak@hotmail.co.uk

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.





QUESTIONS
ishwarak@hotmail.co.uk