

AKANTH PAATH

Sacred Sound Retreat



International School
of Sacred Living

France - near Bordeaux
August 2024

taught / translated
in English and French

DATES 2024

3pm on 24 August to
2pm on 28 August

If you are interested to mentor with us
(become a trainer of level 1 kundalini yoga)
then you might want to come one day
earlier and attend our mentee meeting. It
will take place from 11am on 23 August to
10am on 24 August and there will be the 21
Stages of Meditation retreat before.
Contact us directly for more information.



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

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 making notes
- Musical instruments
- Ladies - the practise can trigger your menstruation so come prepared

VENUE

The training is residential and will take place at:
Studio Anahata, 4 Chemin de Paris,
33770, Salles, France.

The accommodation will be distributed between a dormitory, tents in the garden and with the neighbours.

You need to bring your own sleeping bag.

TRANSPORT

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.



PRICE

- deposit £75/90€
- balance (indoors or camping & borrowing equipment) £200/200€
- balance (if camping with own equipment) £180/180€

Total amount (indoors or camping & borrowing equipment): £275/290€

Total amount (if camping with own equipment): £255/270€

DEPOSIT PAYMENTS

Deposit of £75/90€ (non-refundable) is necessary to reserve your place.

BALANCE PAYMENT

Due 2 weeks before the event.

PRICE INCLUDES

- Teachings
- full board
- accommodation
- admin. fees

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

Nom : Heidi Machin

IBAN : GB04 CPBK 0891 0405
1725 48

BIC/Swift : CPBK GB 22

Adresse:

The Co-operative Bank

Central Customer Services

PO Box 48, 1 Balloon Street

Manchester, M60 1GP

PAYMENT IN EUROS TO FRENCH BANK

AXA Banque

Nom : H. Machin

SWIFT : AXABFRPPXXX

IBAN : FR76 1254 8940 0103
5001 6044 185

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 'AP 2024'
- Scan the proof of transfer
- Send it to ishwarak@hotmail.co.uk

CANCELLATION

In the eventuality that the event 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:
ishwarak@hotmail.co.uk

