

TEACHER TRAINING LEVEL I - hybrid

AQUARIAN TEACHER
taught / translated
in English and French

Kundalini Yoga
as taught by Yogi Bhajan®
KRI Certified



International School of
Sacred Living



Ariège / on-line
France
2024-2025

HYBRID TRAINING DATES 2024-2025

The training will take place in-person and on-line at the same time.

Note:

- It is obligatory that you attend the week in July in person.
- When you book your place, indicate which option you want.

For more general information on the training and to reserve your place:

www.iksarandhian.com

IN PERSON

- 16 November at 6pm to 25 November at 10am
- 2 April at 6pm to 10 April at 10am
- 17 July at 6pm to 25 July at 10am

ON-LINE TIMINGS IN FRANCE

- 17 November at 5.30am to 25 November at 8am
- 3 April at 5.30am to 10 April at 8am

Each day of the training will begin with sadhana from 5.30am to 8am (except on Sunday when it will start at 6am to 8.30am).

The morning sessions will begin at 10am with a lunch break from 1pm to 2.30pm. The day will finish at 7.30pm.

ON-LINE TIMINGS IN ENGLAND

- 17 November at 4.30am to 25 November at 7am
- 3 April at 4.30am to 10 April at 7am

Each day of the training will begin with sadhana from 4.30am to 7am (except on Sunday which will start at 5am to 7.30am).

The morning sessions will begin at 9am with a lunch break from 12 to 1.30pm. The day will finish at 6.30pm.

There will also be 2 sessions of 1 to 2 hours on-line to check-in between the training sessions:

- 01 February 2025
- 17 May 2025

From 4pm to 6pm (the timing may change depending on the needs of the group.)

DAY OF MEDITATION

25 July 2025 at gîte Barané.

It is a requirement of the training that you attend a Day of Meditation (or white tantra).

We propose a Day of Méditation on the last day of the training.

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

QUESTIONS:

ongkar.ky@gmail.com

LES LIEUX

Gite Barané

09290, Gabre

Ariège, Midi-Pyrénées

www.barane.fr

The venue is at the foot of the Pyrenees, deep in nature.

Each large bedroom has three or four beds and its own bathroom with shower, toilet and washbasin.

The generous amount of light, the wooden floors, the ecological materials create a pleasant atmosphere.

In July, other groups who are following the same training with Ik Saran Dhian, will come together for the week.

In July, the accommodation will be distributed between the bedrooms and tents outside.

JOURNEY TO GITE BARANE

See: [https://www.barane.fr/
contact/](https://www.barane.fr/contact/)

The website is in French so
let us know if you need help
with travel plans.

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:

- 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!

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

COURSE REQUIREMENTS

Students must fulfil the following criteria, as set by KRI and ISD, to complete the course and receive certification:

- All parts of the training must be completed within one year from the last day of the training.
- Attendance at all parts of the training.
- At least one class taught to the required standard during the training.
- Attendance at a minimum of 20 Kundalini Yoga classes during the training (taught by a teacher that is affiliated with KRI).
- Completion of at least 40 continuous days of the given meditations and kriyas.
- Pass mark or above on the written exam.
- Attendance (or previous attendance) on at least one day of White Tantric Yoga or a day of meditation as specified by Ik Saran Dhian.
- Acceptance of the Code of Professional Standards for Kundalini Yoga Teachers (minimally as an aspiration to live up to.)
- During the training, attendance at sadhana (early morning practise).
- During the training, seva (selfless service).
- Maintenance of a journal of experience and progress (in particular – recording the experience of a 40 day practise).
- Creation of two course curricula.
- There will be an ongoing evaluation of the student's involvement and attitude towards the Training. When required an interview will be organised.

PRICE

In person

- tuition: £1100/1285€
- logistic fees: £1380/€1609
(including the deposit)

total amount:
£2480/2894€

TOTAL AMOUNTS

On-line/In person (including the deposit)

November week on-line,
April & July in person
£2200/2570€

April week on-line, November
and July in person
£2230/2606€

November & April weeks on-
line, July in person
£1950/2282€

DEPOSIT

Deposit £300/350€ (non-
refundable) necessary to
reserve your place.

BALANCE PAYMENTS

Payable in 3 equal amounts
(after payment of deposit):
due 3 weeks before each
session.

PRICE DOES NOT INCLUDE

- Transport to teaching space
- Cost for Day of Meditation
or White Tantric Yoga.

PRICE INCLUDES

- 22 days of training
- full board (not for on-line)
- accommodation (not for
on-line)
- manuals
- exam
- certificate
- administration

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.

PAY IN ADVANCE

- When we receive the total payment 4 weeks before the start date, there is a reduction of £60/70€.
- When we receive the deposit 8 weeks before the start date, your last payment will be reduced by £60/70€.

REDUCTIONS

These only apply when you are up to date with your payments.

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.

PAYMENT IN £ STERLING

Cooperative Bank

Name: Heidi Machin

A/c: 05172548

Sort code: 08-91-04

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 FRENCH BANK

Crédit Mutuel

Name: Ik Saran Dhian

SWIFT: CMCIFR2A

IBAN: FR76 1027 8062 1200
0207 9530 140

NOTE

- Amounts paid are non-refundable.
- If you choose to attend part of an Ik Saran Dhian training with a different group, there is an extra administrative charge of £108.

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 'LI 2024-25'
- Scan the proof of transfer
- Send it to ishwarak@hotmail.co.uk
- Indicate if you will attend in person or on-line

QUESTIONS

ongkar.ky@gmail.com

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 & 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 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.





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