

Kundalini Yoga
as taught by Yogi Bhajan®
KRI certified

DAY OF IMMERSION IN MEDITATION



International School of
Sacred Living



**In person
& on-line
France 2024**

**taught / translated
in English and French**



OVERVIEW

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See website to book your place:
www.iksarandhian.com

Email questions to:
ishwarak@hotmail.co.uk



DATE

26 July 2024

TIMINGS

in person & on-line

Meditations:

9.00am to 6pm (French time)

8.00am to 5pm (UK time)

Meal and certification ceremony:

6pm to 7.30pm (French time)

5pm to 6.30pm (UK time)

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.

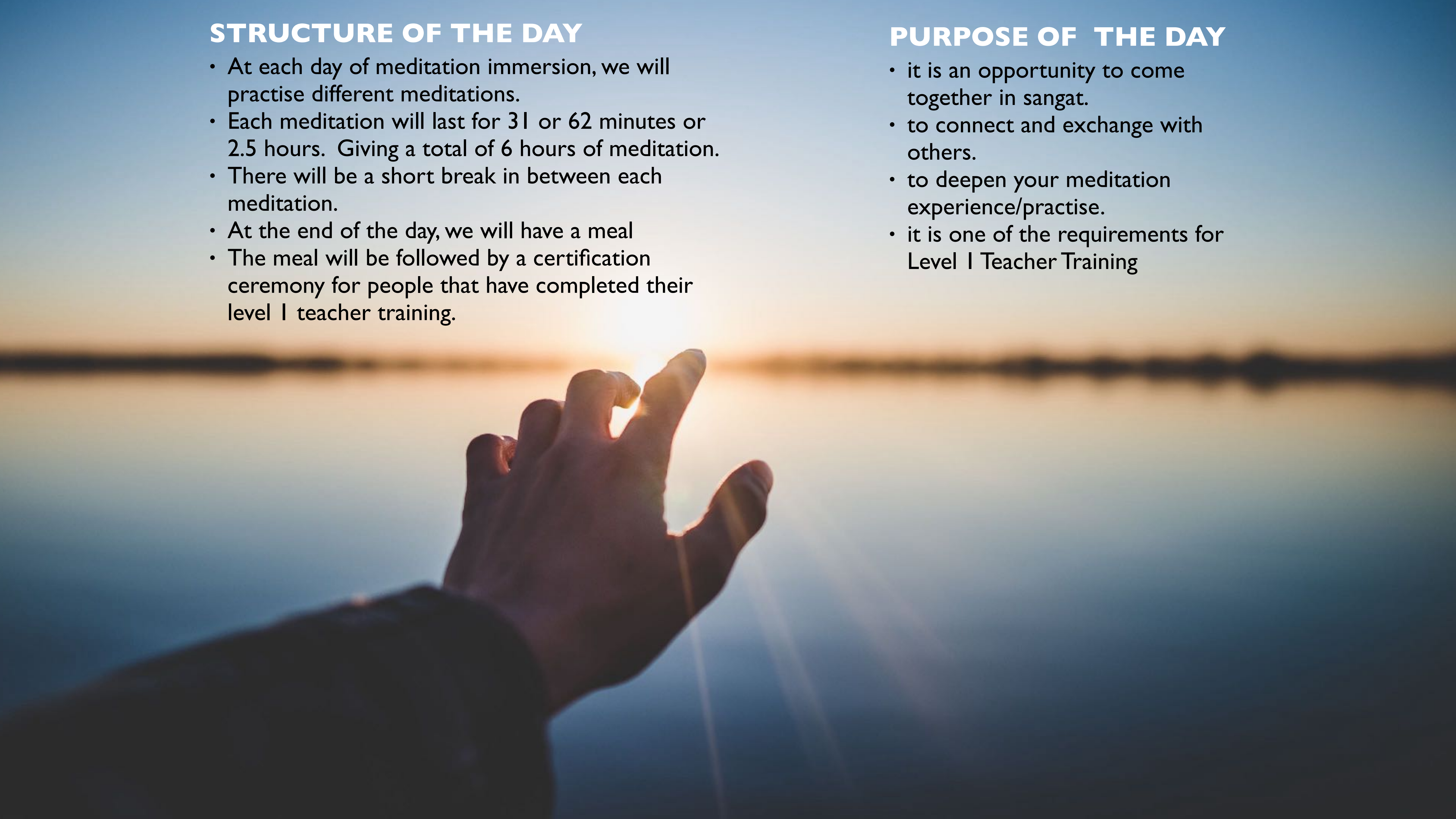
For more information about Kirpal see :
www.iksarandhian.com

STRUCTURE OF THE DAY

- At each day of meditation immersion, we will practise different meditations.
- Each meditation will last for 31 or 62 minutes or 2.5 hours. Giving a total of 6 hours of meditation.
- There will be a short break in between each meditation.
- At the end of the day, we will have a meal
- The meal will be followed by a certification ceremony for people that have completed their level I teacher training.

PURPOSE OF THE DAY

- it is an opportunity to come together in sangat.
- to connect and exchange with others.
- to deepen your meditation experience/practise.
- it is one of the requirements for Level I Teacher Training



VENUE

Gite Barané, 09290, Gabre,
Ariège,
Midi-Pyrénées, France.
www.barane.fr

TRANSPORT

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

See website for travel
information:

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

If you do not speak French
then contact us for help
with the travel directions.

ITEMS TO BRING

For the day:

- Sheepskin/yoga mat
- Water bottle Thermos/
flask
- Head Covering
- Shawl / blanket for
during relaxation

ITEMS TO BRING

For the night:

Towel - Toiletries

STAYING THE NIGHT

Depending on the size of
the group, accommodation
will be distributed
amongst sleeping rooms
and tents outside.

PRICE

In person

deposit: £20/30€

balance: £45/45€

Total amount: £65/75€

PRICE INCLUDES

- 1 day of meditation
- drinks and snacks
- 1 meal

PRICE DOES NOT INCLUDE

- Transport
- Accommodation

PRICE

On-line

deposit: £20/30€

balance: £30/30€

Total amount: £50/60€

ACCOMMODATION

1 night: 30€

2 nights: 60€

(price includes breakfast)

DEPOSIT

Deposit £20/30€ (non-refundable) necessary to reserve your place.

BALANCE

Payable 2 weeks before the Day.

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
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
FRENCH BANK**

AXA Banque

Nom : H. Machin

SWIFT : AXABFRPP

IBAN : FR76 1254 8029
9852 4234 8151 418

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

TO CONFIRM YOUR PLACE

- Complete the form on our website.
- Transfer the fee to one of the bank accounts on the previous page.
- Label your transfer with your name and 'DOM'
- Scan the proof of transfer
- Send it to ishwarak@hotmail.co.uk with the date of the event.

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



contact:
ishwarak@hotmail.co.uk

