

21 STAGES OF MEDITATION

Kundalini Yoga
as taught by Yogi Bhajan®
KRI Certified



International School
of Sacred Living



2026 - Lourdes,
Hautes Pyrénées, France

taught / translated
in English & French

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

www.iksarandhian.com

Email questions to:

ishwarak@hotmail.co.uk



DATES 2026

5 May at 6pm to 11 May at 10am

The second journey of seven steps.

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

THE VENUE

The training is residential and will take place at:

58 rue du bourg 65100
Lourdes, Hautes
Pyrénées, France

The venue is at the foot of the Pyrénées in the old part of Lourdes. A place of pilgrimage for more than 100 years.

The training takes place in a converted hotel,

with a history of welcoming pilgrims.

The accommodation will be in dormitories and shared rooms. In single beds and bunkbeds.

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

At this stage, you need to commit only to this part of the training.

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:

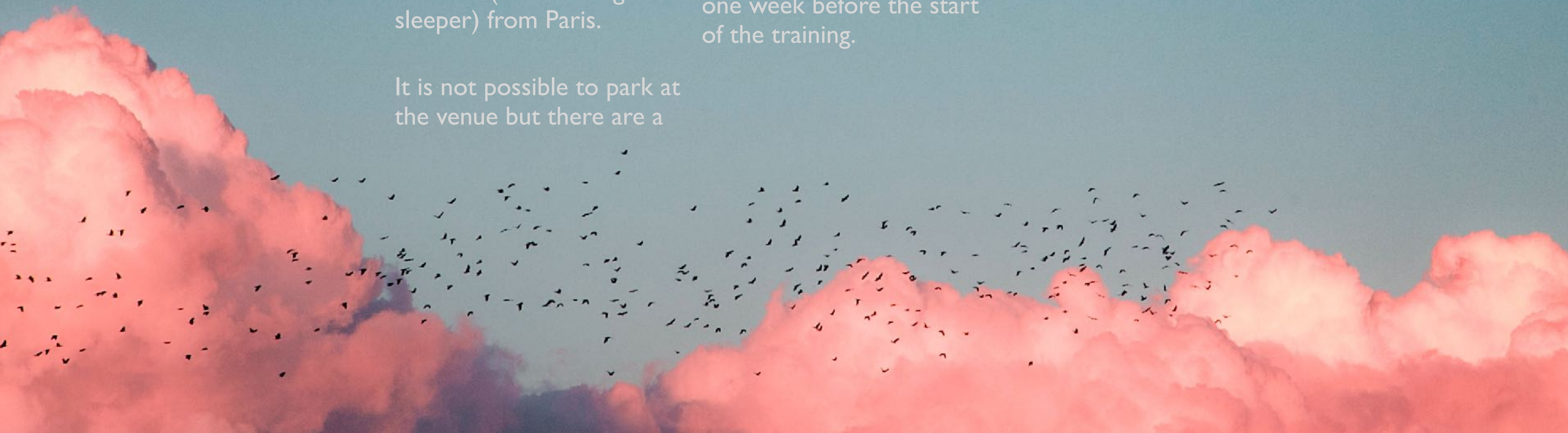
The venue is an 11 minute walk from the train station of Lourdes and 10 minutes by bus from the Tarbes - Lourdes airport.

There are regular trains from Toulouse and Bordeaux, as well as trains (also overnight sleeper) from Paris.

It is not possible to park at the venue but there are a

number of parking options in the town. We will provide parking options a few weeks before the start of the training.

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



PRICE

- deposit £170/200€
- balance: £370/460€

Total amount: £540/660€

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

Lloyds Bank

Nom : Heidi Machin

IBAN :

GB33LOYD30932300495273

BIC/Swift : LOYDGB21009

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 2026'
- 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