

# 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



Lourdes / on-line  
France  
2025-2026

## **Hybrid Training Dates 2025-2026**

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

### **Note:**

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

For more general information on the training and to reserve your place:  
[www.iksarandhian.com](http://www.iksarandhian.com)

## **In Person**

- 22 November at 6pm to 1 December at 10am
- 21 March at 6pm to 29 March at 10am
- 18 July at 6pm to 26 July at 10am

## **On-line Timings in France**

- 23 November at 5.30am to 1 December at 8am
- 22 March at 5.30am to 29 March 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**

- 23 November at 4.30am to 1 December at 7am
- 22 March at 4.30am to 29 March 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.

## **Two sessions on-line**

There will also be 2 sessions of 1 to 2 hours on-line to check-in between the training sessions:  
28 February 2026  
23 May 2026  
From 4pm to 6pm (the timing may change depending on the needs of the group.)

## **Day of Meditation**

26 July 2026 at The Hermitage of Peace in Lourdes.

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](http://www.iksarandhian.com)

## **Questions:**

[ishwarak@hotmail.co.uk](mailto:ishwarak@hotmail.co.uk)

## **The Venue**

58 rue du Bourg 65100  
Lourdes, Hautes  
Pyrénées, France

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

The venue is a  
converted hotel, with a  
history of welcoming  
pilgrims.

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

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

### **Travel:**

The venue is a 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
- 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](http://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](http://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)

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total amount:  
£2480/2894€

## Total Amounts

### On-line/In person

(including the deposit)

November week on-line,  
March & July in person

£2200/2570€

March week on-line,  
November and July in person

£2230/2606€

November & March 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

Lloyds Bank

Name: Heidi Machin

A/c: 00495273

Sort code: 30-93-23

IBAN:

GB33LOYD30932300495273

BIC/Swift: LOYDGB21009

## 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](mailto:ishwarak@hotmail.co.uk)
- Indicate if you will attend in person or on-line

## Questions

[ishwarak@hotmail.co.uk](mailto: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.

## 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.





Questions  
[ishwarak@hotmail.co.uk](mailto:ishwarak@hotmail.co.uk)