

TEACHER
TRAINING LEVEL 2
Mind & Meditation
2026

AQUARIAN TEACHER
Kundalini Yoga
as taught by Yogi Bhajan®
KRI Certified



International School of
Sacred Living



France, Lourdes or
Gavarnie/Gèdre
or on-line

taught / translated
in English and French

LEVEL 2

The Stage of Transformation

Level 2 challenges you to connect with who you are on a deeper level.

It's five interconnected themes support you to develop caliber and character as a human being.

As a Teacher you need to train to be clear, precise, inspiring and connected to your self, whilst understanding your body and your mind. You will train to use your applied mind, applied intelligence and applied awareness under all circumstances. This means that when you are in relationship, you are constantly aware and communicate who you are.

Level 2 gives

Deepening of the Yogic experience

Application of knowledge

Personal growth

Reinforcement of your identity as a yoga teacher

Group consciousness

New teaching capabilities

5 Modules

The modules can be taken over any period of time, with a minimum of two and a half years for the 5 modules. They can be taken in any order.

The modules

- Conscious Communication
- Life Cycles and Life Styles
- Authentic Relationships
- Mind and Meditation
- Vitality and Stress



DATES 2026

In person

- 6pm on 10 July to 10am on 17 July

HYBRID

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.

On-line French times

5.30am on 11 July to 8am on 17 July

Each day will begin with sadhana at 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 UK times
4.30am on 11 July to 7am on 17 July

Each day of the training will begin with sadhana from 4.30am to 7am (except on Sunday when it 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.

TRAINERS

Ishwara Kaur

Lead Trainer - Ishwara is passionate about all aspects of living a sacred life. She has explored and experienced different dimensions of the spiritual and mystical for many years. She has been a teacher and trainer of Kundalini Yoga for more than 15 years and is a Mentor and spiritual guide. She is a musician and has worked extensively with women. For more information about Ishwara see : www.iksarandhian.com



Kirpal Singh

Lead Trainer - Kirpal has spent his life exploring what it means to become Himself. This has led him on a journey of discovery through the sacred. He has been practising Kundalini Yoga for more than 30 years. He is a trainer, mentor and musician. He is also a Karam Kriya (Sacred Numerology) Trainer and Counsellor.

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

MAIN TOPICS OF THE TRAINING

MIND, MEDITATION AND CONSCIOUSNESS

Awakening Intuition:
Synchronise your Brain &
your Mind

Dynamics of the Mind:
Chambers, Aspects and
Thoughts

Deep Meditation: Balancing
your Aspects

Mental Intrigues

The Committed Mind:
Effective Action and
Happiness

THE MIND BOOK

We will work extensively
with The Mind book by
Guru Charan Singh, so it is
strongly recommended to
buy a copy in advance and
have it with you.

VENUE

Depending on the weather and some other factors, the training will take place either in Lourdes or Garvarnie/Gèdre.

To arrive there you must pass through Lourdes. It is another 50 minute drive into the mountains.

One month before, we will let you know which venue will be used and support you to organise transport from Lourdes as required.

In both cases, the accommodation will be in dormitories and shared rooms. In single beds and bunkbeds.

Lourdes

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.

Garvarnie/Gèdre

Situated deep in the Hautes Pyrénées, Aguila, an old colonie de vacances (venue for childrens holidays) awaits discovery.

Hidden behind a curtain of green in the summer months, with incredible views of the mountains and a river that invites

exploration. She is slowly opening herself to welcome sacred souls into her midst.

ITEMS TO BRING:

- Sleeping bag or duvet
 - Sheepskin/yoga mat
 - Water bottle
 - Flask
 - Towel
 - Toiletries
 - A head covering
 - Shawl/blanket for during relaxation
 - Warm clothes
 - Slip on/slip off shoes to access the bedrooms and courtyard (for Lourdes)
 - Paper & pen for making notes
 - Rain jacket & shoes for walking
- Musical instruments
 - Insect repellent/ lavender essential oil (against chigger bites) they tend to be a challenge August through October.
 - ladies – the practise can trigger your menstruation so come prepared!

TRAVEL

Lourdes

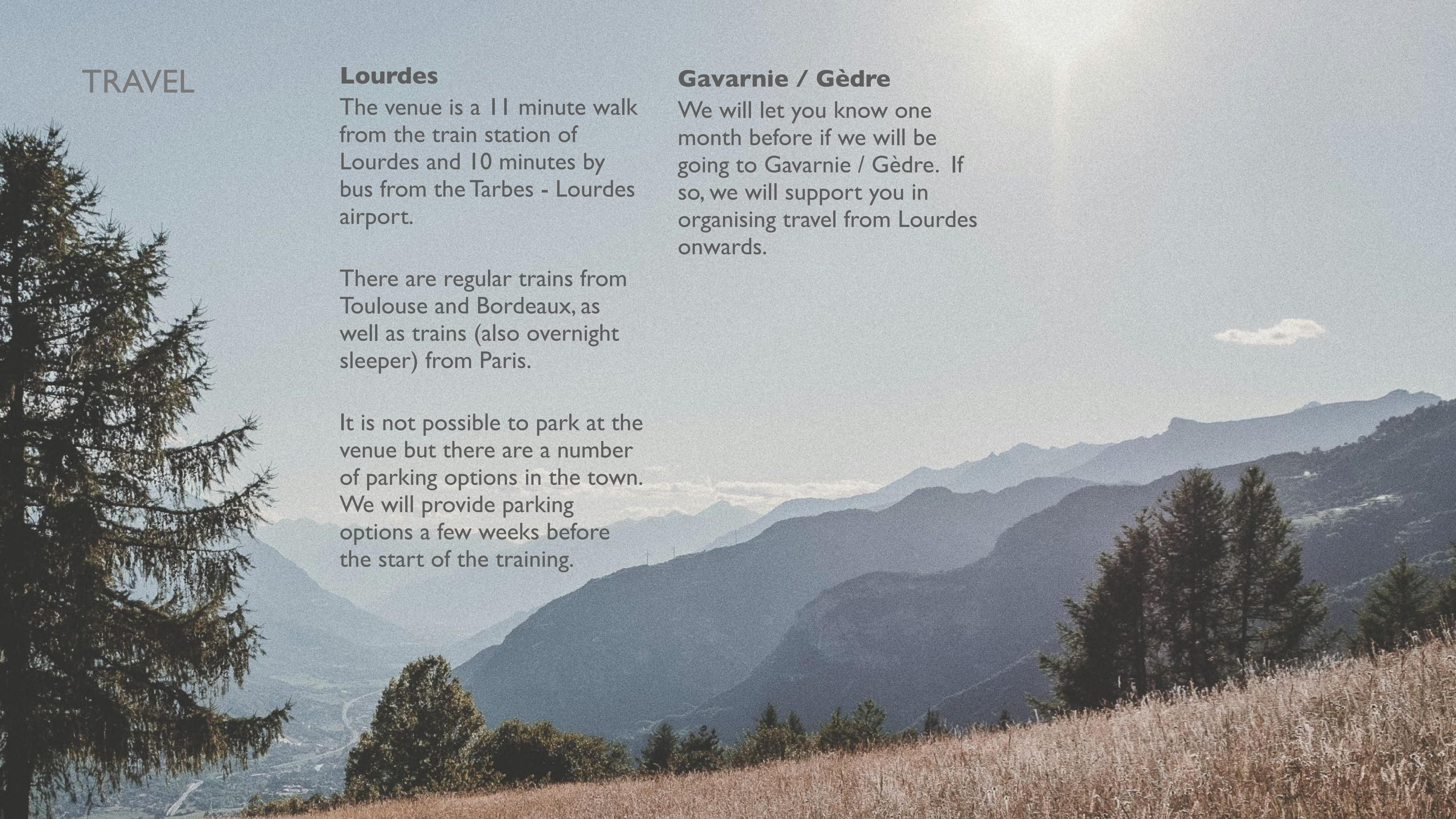
The venue is a 11 minute walk from the train station of Lourdes and 10 minutes by bus from the Tarbes - Lourdes airport.

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.

Gavarnie / Gèdre

We will let you know one month before if we will be going to Gavarnie / Gèdre. If so, we will support you in organising travel from Lourdes onwards.



PRICE

IN PERSON

deposit: £200/250€

balance: £565/630€

Total amount: £765/880€

INCLUDES

- 6 days of training
- Full board (not for on-line)
- Accommodation (not for on-line)
- Manual
- exam
- admin. fees

DOES NOT INCLUDE

Transport to teaching space

ON-LINE

deposit: £200/250€

balance: £285/300€

Total amount: £485/550€

DEPOSIT

Deposit £200/250€ (non-refundable) necessary to reserve your place.

BALANCE

Payable 2 weeks before the start of the training.

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.

REDUCTION

Most people benefit from our £40/50€ discount on their final payment, by paying the deposit at least 8 weeks before the start of the training.



PAYMENT

EUROS TO FRENCH BANK

Crédit Mutuel

Name : Ik Saran Dhian

BIC : CMCIFR2A

IBAN : FR76 1027 8022 6600
0206 8430 159

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

POUND STERLING

Lloyds Bank

Name: Heidi Machin

A/c: 00495273

Sort code: 30-93-23

IBAN:

GB33LOYD30932300495273

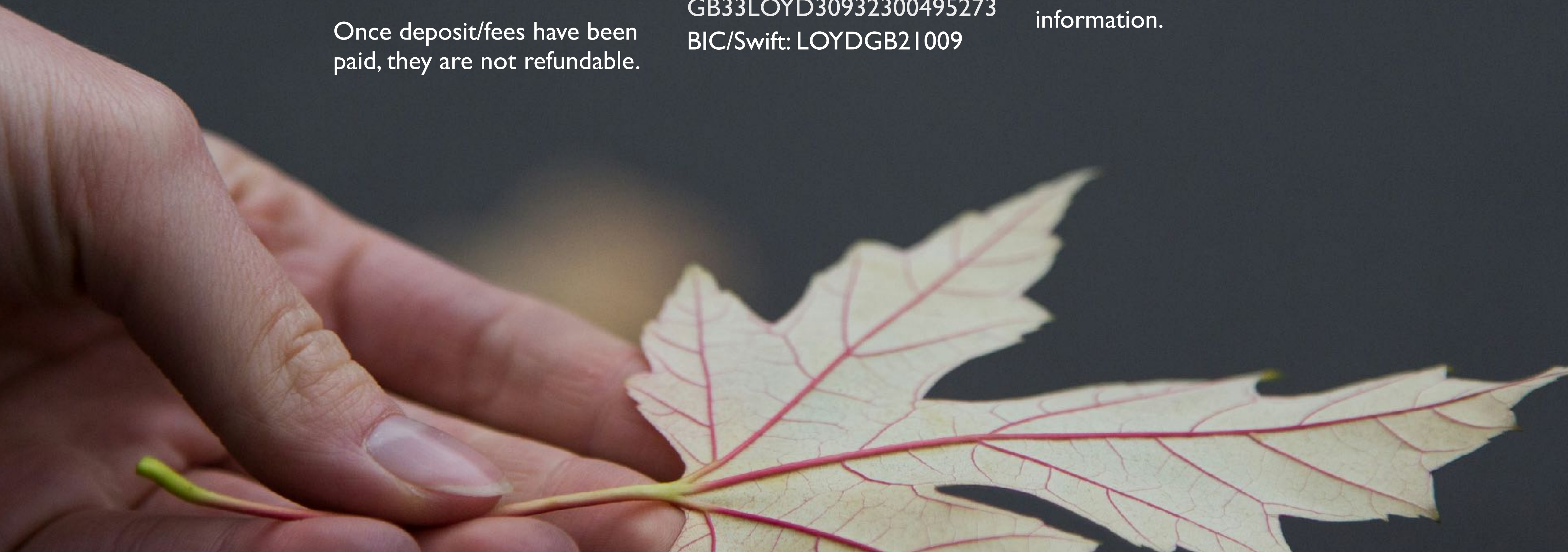
BIC/Swift: LOYDGB21009

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.



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 'L2 MM 2026'
- Scan the proof of transfer
- Send it to ishwarak@hotmail.co.uk
- Indicate if you will attend in person or on-line

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.



For further questions contact:
ishwarak@hotmail.co.uk

EQUAL OPPORTUNITIES

The event is open to everyone. There is no discrimination on grounds of gender, sexual orientation, religion, age or ethnicity, however, 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.



contact:
ishwarak@hotmail.co.uk