

The date  
of birth  
KARAM KRIYA for  
KUNDALINI YOGA  
A Quest  
in 5 sessions



2025/2026 - on-line



who  
are you?

8

5

3

3

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1

2

1

who

1

are you?

5

2

4

## Who are we?

### ISHWARA KAUR

Lead Trainer - Ishwara has been practising and teaching Kundalini Yoga since 2000. She has been training teachers since 2007. She specialises in 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 90s. He is a Karam Kriya trainer and counsellor. He is also a musician.

For more information on Kirpal see : [www.iksarandhian.com](http://www.iksarandhian.com)

## WE OFFER

a safe space where you can familiarise yourself with your talents and your Kundalini.

## WE INVITE YOU:

To change your point of view about yourself.

To change your attitude to the world.

To reformulate a vision of your life that corresponds to who you are.

## AT THE END OF THE COURSE

Expect :

To be more in touch with yourself.

To be more familiar with the abstract world and the guidance it provides.

To have a toolbox to better explore your possibilities.

Expect to be surprised.

## THE DATES

6 December

3 & 31 January

28 February

14 March

13h30 to 14h30 (UK  
times)

PRICE before

15 NOVEMBER 2025 :

£150 for the 5 sessions

PRICE after this date :

£165 for the 5 sessions

QUESTIONS

RESERVATION:

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



CONFIRM YOUR PLACE  
Send an email with :  
your name  
language(s) you understand  
(English and/or French)  
confirmation of payment  
transfer.

#### PAYMENT IN EUROS

AXA Banque  
Nom : B. Breckoff  
SWIFT : AXABFRPPXXX  
IBAN : FR76 1254 8940  
0102 0043 1074 067

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

#### PAYMENT IN £ STERLING

Lloyds Bank  
Nom : Heidi Machin  
Sort code : 30-93-23  
Account no. : 00495273  
IBAN : GB33LOYD30932300495273  
BIC/Swift : LOYDGB21009

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

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