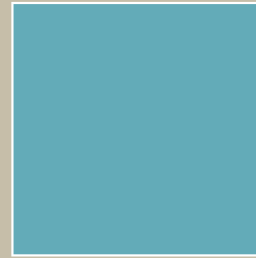


Yoga Lifestyle Studio presents:

# Kundalini Yoga Teacher Training level 2

by Gurumarka Singh Khalsa



A 2 year course with  
Gurumarka Singh and Karta Singh

**Start January 2009**

## Training Program

This Level 2 International Kundalini Yoga Teacher Training program is for teachers who have completed the Level 1 Teacher Training. A two year commitment, hundreds of hours of instruction, more intense yoga and meditation, hard work, lots of fun, surprises and challenges are blended together for a profound experience. This training will touch all areas of your life, allowing you to live in your full power. It will change you and give you the ability to help others to change. You will be more radiant, beautiful and grateful.

*A profound experience to live more in your full power.  
This training will touch all areas of your life.*

International Level 2 Kundalini Yoga Teacher Training

## Becoming a Sacred Teacher

### Course goals:

Gain a deeper knowledge of Kundalini Yoga through experience & practice.

Integrate this knowledge into your daily life.

Become an inspiring presence in the world.

Strengthen your connection with a larger community of teachers.

Tune into group consciousness and bring it into your teaching.

Support yourself and others to go through the stages of consciousness.

Learn to teach workshops and intensives.

Understand the blending of Shakti and Bhakti.

# International Kundalini Yoga Teacher Training

## Level 2 Themes:

### 1. Vitality & Stress

Advanced energetics of Kriyas. Dynamics of the 5 tattwas. Ayurveda, Yogi Diet, Nutrition and Behavior. Exploring what we eat, why we choose certain foods, and the effect on our mental and emotional state. Includes a self analysis of eating patterns and a simple program to create a new healthy food plan for ourselves.

### 2. Conscious Communication

Topics include the power to speak and be heard, active listening, the influence of chakras, effective communication tools, divine communication, power of prayer and more. This special week we join with another Level 2 program to create a large, powerful and fun filled situation. Feedback from last year was overwhelmingly positive.

### 3. Authentic Relationships

Explaining the relationship between Man and Woman. Includes aspects of love, marriage, Tantra, resolving conflicts and more. Many students find this week to be a conscious turning point in all their intimate relationships. Issues are not just revealed, but also healed. A key feature of this week is a proven program to process grief - of all those losses we have never fully accepted. A 40-day preparation that includes meditation and a special food plan, helps assure the most benefit from our work together.

### 4. Mind & Meditation

Covers many types of meditation techniques and how to develop the awareness to best use our senses. Topics: 81 Facets of the mind, Walking Meditations, Sacred Space, Yoga Nidra and more. Special food for the brain. This wonderfully expansive week is filled with many processes to experience the inner worlds. The deep meditations give a frame for deepening our connection to spirit.

### 5. Lifecycles & Lifestyles

Prosperity and Success deals with many issues around money and how we can better tap into this flow of energy. Topics include development stages of life, money games, family influences, and living your destiny. Family dynamics are explored to better understand our beliefs and life choices. Through this awareness we can make new choices. Processes and techniques are taught during the week to begin this process

### + Spiritual Warrior

From teacher to peaceful warrior. Topics include the role of Sikh Dharma, staying in your center, stepping into the Aquarian Age, and more. Also in this week is Death and Dying. Topics include: what is meaningful in your life, to face death before the end, how to let go, progression of a soul and more

### Certification

A test is given at the end of each module. Upon satisfactory completion of all the modules, an International Certification will be given.



## Teacher Team & Location



**Gurumarka Singh** from USA and **Karta Singh** from France, have been working together successfully for 5 years and offer the highest standard of Level 2 training that exceeds the requirements of the International organization. (KRI & IKYTA). Together they have over 60 years of teaching experience of which 25 years teaching Level 2. The training will be in English, with translation when needed.

Team leader, **Gurumarka Singh Khalsa** born 1949 in Miami, Florida. He lived 14 years at the ashram in New Mexico attending classes with Yogi Bhajan. He has been teaching Kundalini Yoga since 1972 and has been living, teaching and training teachers in Europe since 1995. Gurumarka also offers: Level 2 Kundalini Yoga Teacher Training; Children's Yoga Teacher Training; LifeMAP, A Strategic Planning for Personal Success; Face Reading, A Heart-Centered Approach to Healing. He creates custom programs for businesses and offers individual therapy based on yoga and other techniques.

### Location

We meet in three beautiful seminar places in Holland, Germany and France. As a group we prepare our meals and take responsibility for keeping the space clean. This working together helps to build the group consciousness necessary for merging the ego in universal consciousness.

## Location

Meeuwenveen, Holland - NL  
Grube-Louise, Germany - D  
St.Michel Les Portes, France - F

Directions will be sent when you register.  
Limited to 25 students.

## Costs

\*The training is 1890 € per year and 3780 € total for all 6 modules.

save 300 € ... 3480 € if paid in full by 1 January 09

Payment options: 6 payments of 630 € due one week before each scheduled week.

\* Cost for Seminar house, food, misc. around 320 € per week.

Send a deposit of 500 € to reserve your space on what might be the most important journey of your life. (deposit will be deducted from your first weeks payment.)

Bank:

Deutsche Bank BLZ: 672 700 24  
Kto: 126 141 126 (Germany)  
Please specify: Khalsa -L2

\* This information may change.  
Please check our website before making plans.

## Dates

2009

January 30 - 6 NL

June 6 - 13 F

September 4 - 11 D

2010

January 31 - 7 D

May 15 - 22 NL

September 4 - 11 F  
(Bonus module)

## Contact information

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