

# TEACHER TRAINING LEVEL I

AQUARIAN TEACHER

Kundalini Yoga  
as taught by Yogi Bhajan®  
KRI Certified



International School of  
Sacred Living



Barnard Castle UK  
(nr. Newcastle)  
& France  
2024-2025

## DATES 2024-2025

### Weekends

All the weekends will take place at The Hub, Barnard Castle.

- 06 to 09 December
- 25 to 26 January
- 01 to 02 March
- 09 to 12 May
- 13 to 16 June

Each weekend will start at 9.30am on the first day and finish at 5pm on the last day:

## Ashram Week

The training will finish with a residential ashram week, where all the students that are participating in level I with Ik Saran Dhian, will come together.

The week takes place in France at gîte Barané at Gabre, south of Toulouse.

- 6pm on 17 July 2025 to 10am on 25 July.

For more general information on the training and to reserve your place:

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

## DAY OF MEDITATION

25 July 2025 at gîte Barané.

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)

## VENUES

The training is residential.

The weekends and 4 day sessions take place at:

**The Hub, Shaw Crescent, Middleton-in-Teesdale, Barnard Castle DL12 8TD**

The Hub has shared, bunk bed accommodation. You need to bring a sleeping bag and towel.

Alternatively, there is an additional charge of £10 per night if you wish to have bed linen provided.

The Ashram residential week is held at

**Gite Barané  
09290, Gabre  
Ariège, Midi-Pyrénées, France  
[www.barane.fr](http://www.barane.fr)**

The venue is at the foot of the Pyrenees, deep in nature.

Each large bedroom has three or four beds and its own bathroom with shower, toilet and washbasin.

The generous amount of light, the wooden floors, the ecological materials create a pleasant atmosphere.

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

In July, the accommodation will be distributed between the bedrooms and tents outside.

## TRAVEL TO BARNARD CASTLE

The closest train stations  
are:

- Bishop Auckland
- Sheldon
- Heighington

## TRAVEL TO GITE BARANE

See: [https://www.barane.fr/  
contact/](https://www.barane.fr/contact/)

The website is in French so  
let us know if you need help  
with travel plans.

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:

- 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 making  
notes
- Musical instruments
- Ladies - the practise can  
trigger your menstruation  
so come prepared!

additionally for Barnard  
Castle  
sleeping bag

## 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)



INVITED  
TRAINER



**Angad Kaur**

Angad Kaur is a Kundalini Yoga Teacher Trainer. She offers spiritual counselling - Karam Kriya, yoga and meditation in hospitals, psychiatric units and recovery centres in the UK. Angad has been a guest trainer on our trainings for the last few years and is always very appreciated.

## 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

- deposit: £300
- balance: £2250

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total amount :  
£2550

## DEPOSIT

Deposit £300 (non-refundable) necessary to reserve your place.

## BALANCE PAYMENTS

Payable in 5 transfers (after payment of deposit):

- £750 payable 3 weeks before the first session of training
- £375 payable 3 weeks before the next four sessions.

## 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
- accommodation
- manual
- exam
- certificate
- administration
- 1 years free membership of KYTA (Kundalini Yoga Teachers Association) - if you are living in the UK

## PAY IN ADVANCE

- When we receive the total payment 4 weeks before the start date, there is a reduction of £60.
- When we receive the deposit 8 weeks before the start date, your last payment will be reduced by £60.

## 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.



## 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

Cooperative Bank

Name : Heidi Machin

A/c: 05172548

Sort code: 08-91-04

IBAN : GB04 CPBK 0891 0405  
1725 48

BIC/Swift : CPBK GB 22

Address:

The Co-operative Bank

Central Customer Services

PO Box 48, 1 Balloon Street

Manchester, M60 1GP

## 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 'BC 2024-25'
- Scan the proof of transfer
- Send it to [ishwarak@hotmail.co.uk](mailto:ishwarak@hotmail.co.uk)

## 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)