

AQUARIAN TEACHER

Kundalini Yoga

as taught by Yogi Bhajan®

KRI Certified

TEACHER

TRAINING

LEVEL 2

Life Cycles and Life Styles



International School  
of Sacred Living



France, Ariège  
OR on-line  
2024

taught / translated  
in English and French



## OVERVIEW

3 - dates

4 - the Trainers

5 - main topics of the training

6 - items to bring - venue

7 - travel

8 - price - payments

9 - instalments - extra fees - bank details

10 - to confirm your place - cancellation

See website for general information  
and to book your place:  
[www.iksarandhian.com](http://www.iksarandhian.com)

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



## DATES 2024

### In person

6pm on 25 November to  
10am on 2 December

### 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 26 November to  
8am on 2 December

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 26 November to  
7am on 2 December

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

Mentoring 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)



## MAIN THEMES OF THE TRAINING

- Success and Happiness in the Circus of the Soul
- Renewing your Hidden Self-Concept: healing the formative years
- Adolescence and the cultivation of promoting habits
- Prime adulthood: Productivity, Prosperity and Sharing
- Maturity and midlife crises: transmitting values and living the legacy
- Elder years; character, integrity and merger



### 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

### VENUE

The training is residential and takes place 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 ecological materials create a pleasant atmosphere.





## TRAVEL

- See: <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.



## PRICE

In person

deposit: 250€/£200

balance: 630€/£565

---

Total amount: 880€/£765

## PRICE INCLUDES

- 6 days of training
- full board (not for on-line)
- accommodation (not for on-line)
- manual
- exam
- admin. fees

## PRICE DOES NOT INCLUDE

- transport to teaching space

## PRICE

On-line

deposit: 250€/£200

balance: 290€/£275

---

Total amount: 540€/£475

## DEPOSIT

Deposit 250€/£200 (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 IN EUROS TO FRENCH BANK

Crédit Mutuel

Name : Ik Saran Dhian

SWIFT : CMCIFR2A

IBAN : FR76 1027 8062

1200 0207 9530 140

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

## 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

## 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 LL FR 2024'
- 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

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