

AQUARIAN TEACHER

Kundalini Yoga
as taught by Yogi Bhajan®
KRI Certified

TEACHER TRAINING LEVEL 2 Conscious Communication



International School of
Sacred Living



France, Ariège
or on-line
2025

taught / translated
in English and French



OVERVIEW

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See website for general information
and to book your place:
www.iksarandhian.com

Email questions to:
ishwarak@hotmail.co.uk



DATES & TIMES 2025

In person

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

on-line

- 4.30am on 11 July to 7.00am on 17 July (UK time)
- 5.30am on 11 July to 8.00am on 17 July (French time)

French daily timings:

- sadhana 5.30am to 8am
- morning session starts at 10am
- lunch is 1.00pm to 2.30pm
- afternoon session ends at 7.30pm

UK daily timings:

- sadhana 4.30am to 7am
- morning session starts at 9.00am
- lunch is 12.00 to 1.30pm
- afternoon session ends at 6.30pm

except Sunday when the sadhana starts at 5am UK time & 6am French time.

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.

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



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

MAIN TOPICS OF THE TRAINING

- The Experience of Conscious Communication
- Meditative & Intuitive Speaking
- The Art of Deep Listening :
Sunni-ai
- Mastery of the Fifth Chakra & Applied Consciousness
- Shadow & Light : Letting your Presence Speak
- Communicating with the Infinite : Prayer, Grace & The Flow of Spirit



VENUE

The training is residential and takes place at

Barané, 09290, Gabre, Ariège, Midi-Pyrénées, France.

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.

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



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: £200/250€

balance: £565/630€

Total amount: £765/880€

PRICE INCLUDES

6 days of training
Full board (not for on-line)
Accommodation (not for on-line)
Manual (digital version in English
or PDF in French)
exam
admin. fees

PRICE DOES NOT INCLUDE

Transport to teaching space

PRICE

On-line

deposit: £200/250€

balance: £275/290€

Total amount: £475/540€

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 training
week.



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 POUND 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 'TT L2 CC 2025'
- 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 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.



contact:
ishwarak@hotmail.co.uk

