AQUARIAN TEACHER Kundalini Yoga as taught by Yogi Bhajan® KRI Certified

International School of Sacred Living

France, Ariège or on-line 2025

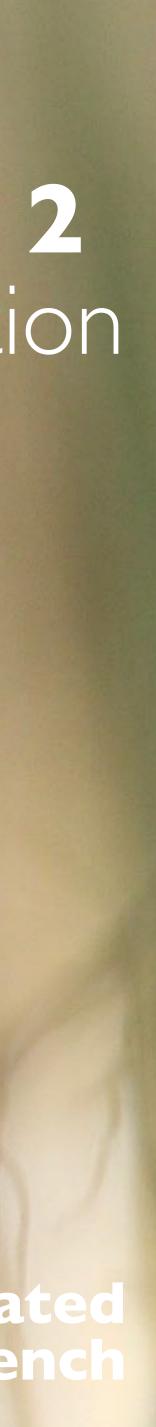
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TEACHER TRAINING LEVEL 2 Conscious Communication





taught / translated in English and French





OVERVIEW

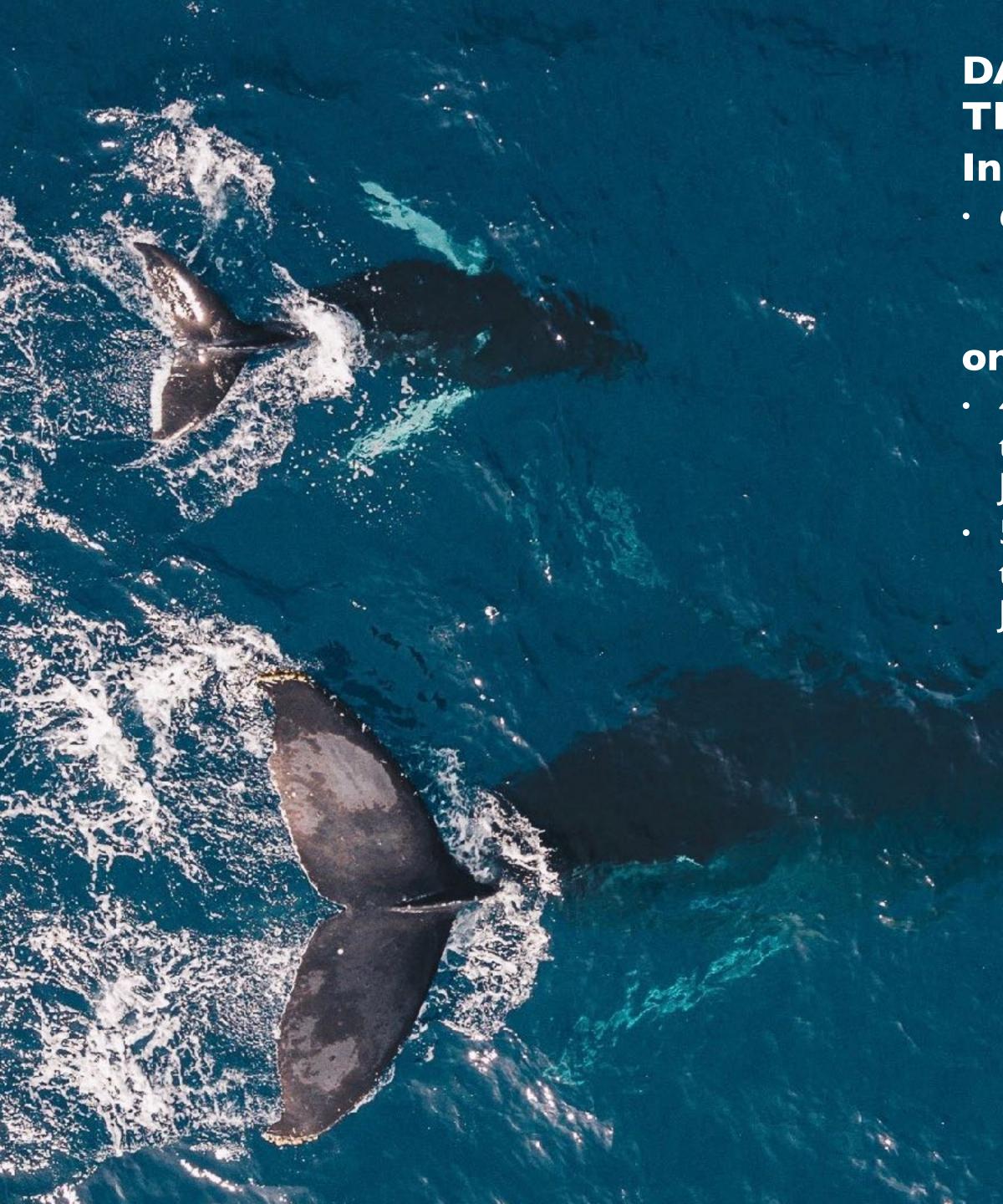
3 - dates
4 - the trainers
5 - main topics of the training
6 - items to bring - venue
7 - travel
8 - price - payments
9 - instalments - extra fees - bank details

10 - to confirm your place - cancellation

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

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-Pyrénees, France.

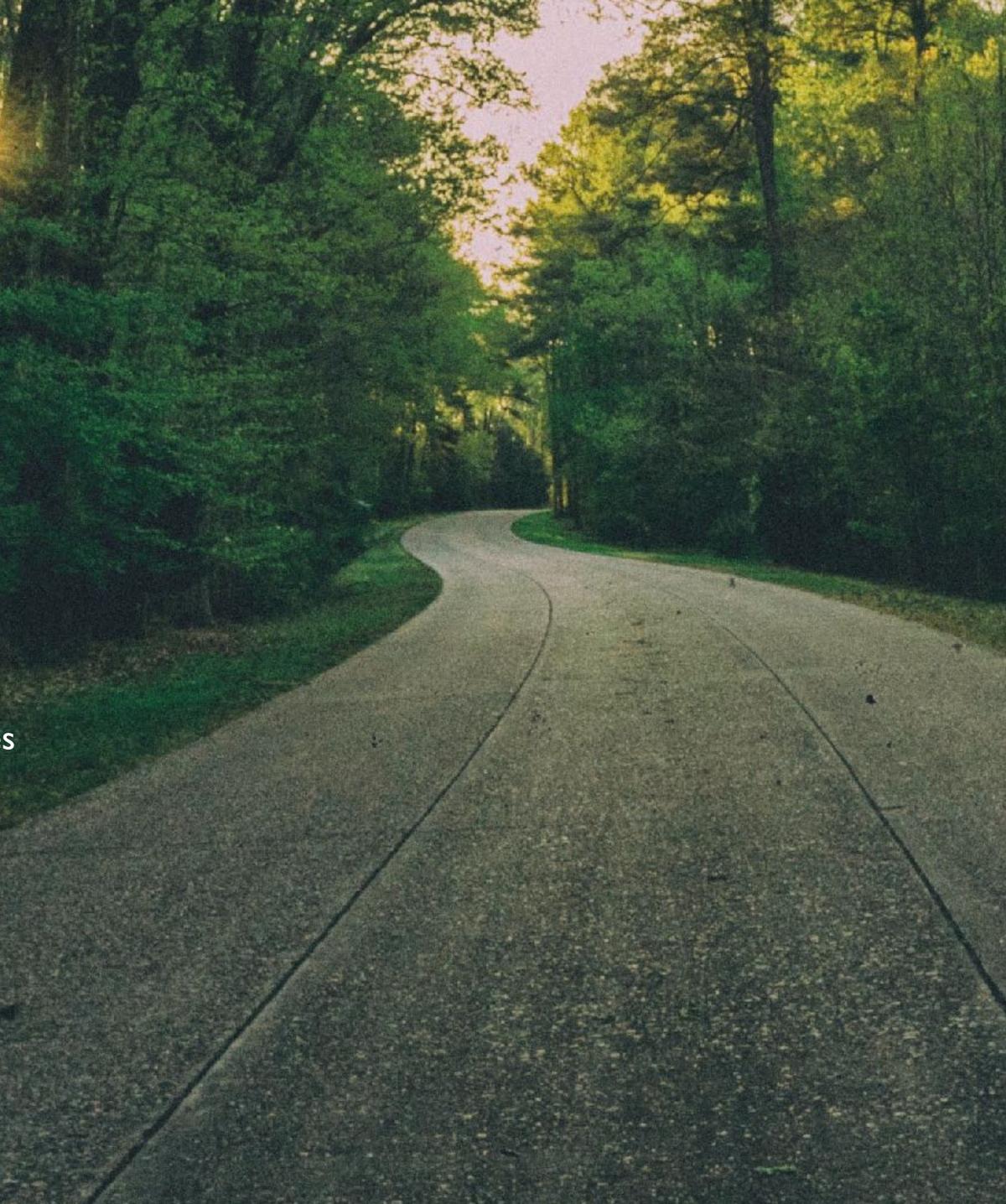
www.barane.fr

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 makingnotes
- 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 perse	on	
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€ (nonrefundable) 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 noneuro 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, I Balloon Street Manchester, M60 IGP

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 online

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 nondiscrimination 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 I trainings certified by KRI, will qualify you to be certified by KRI at Level 2 and Level 3.







contact: ishwarak@hotmail.co.uk





