

The answer  
to your  
question  
is **you !**

KARAM KRIYA 4  
KUNDALINI YOGA  
a quest in  
5 sessions



2025 - online

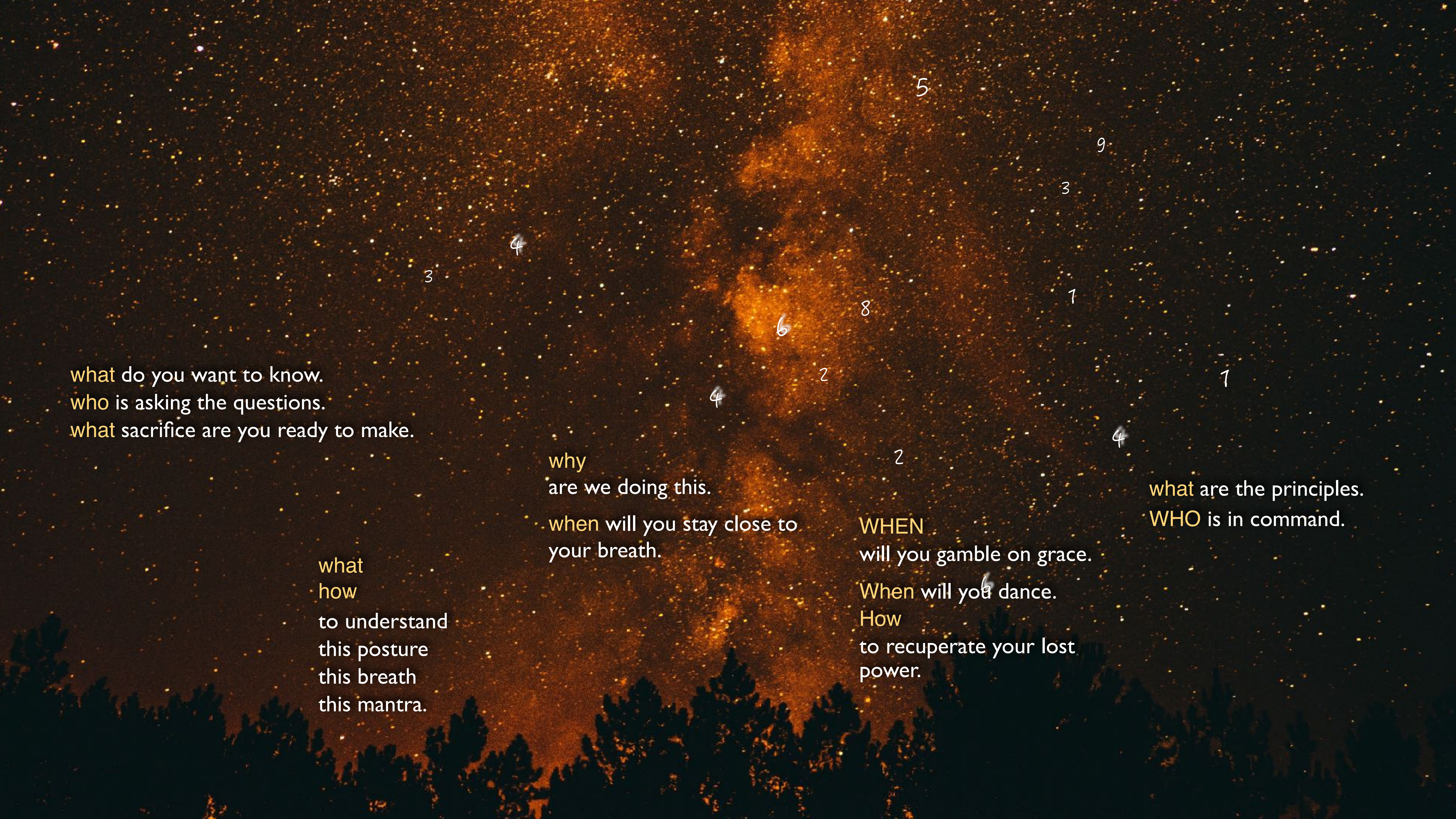
what do you want to know.  
who is asking the questions.  
what sacrifice are you ready to make.

what  
how  
to understand  
this posture  
this breath  
this mantra.

why  
are we doing this.  
when will you stay close to  
your breath.

WHEN  
will you gamble on grace.  
When will you dance.  
How  
to recuperate your lost  
power.

what are the principles.  
WHO is in command.



# We

**ISHWARA KAUR**

Lead Trainer - Ishwara has been practising and teaching Kundalini Yoga since 2000. She has been training teachers since 2007. She specialises in 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 90s. He is a Karam Kriya trainer and counsellor. He is also a musician.

For more information on Kirpal see :  
[www.iksarandhian.com](http://www.iksarandhian.com)

## WE OFFER

a safe space where you can familiarise yourself with your talents and your Kundalini.

## WE INVITE YOU:

To change your point of view about yourself.

To change your attitude to the world.

To reformulate a vision of your life that corresponds to who you are.

## AT THE END OF THE COURSE

Expect :

To be more in touch with yourself.

To be more familiar with the abstract world and the guidance it provides.

To have a toolbox to better explore your possibilities.

Expect to be surprised.

# SPRING

9 & 30 MARCH

27 APRIL

11 MAY

8 JUNE

13h30 à 16h30 (english  
time)

pay before

11 JANUARY 2025 :

180€ for the 5 sessions

Pay after that date :

200€ for the 5 sessions

QUESTIONS

RESERVATIONS

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



CONFIRM YOUR  
PLACE

Send an email  
with :

your name  
language(s) you  
understand (English  
and/or French)  
confirmation of  
payment transfer.

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

PAYMENT IN  
EUROS

AXA Banque  
Name: B. Breckoff  
SWIFT:  
AXABFRPPXXX  
IBAN: FR76 1254  
8029 9839 0216  
0151 032

PAYMENT IN £ STERLING

Cooperative Bank  
Nom : Heidi Machin  
IBAN : GB04 CPBK 0891 0405 1725 48  
BIC/Swift : CPBK GB 22  
Adresse:  
The Co-operative Bank  
Central Customer Services  
PO Box 48, 1 Balloon Street  
Manchester, M60 1GP

The answer  
to your question  
is you !  
KARAM KRIYA 4  
KUNDALINI YOGA



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2025 - en-ligne