

TEACHER TRAINING LEVEL I - hybrid

AQUARIAN TEACHER
taught / translated
in English and French

Kundalini Yoga
as taught by Yogi Bhajan®
KRI Certified



International School of
Sacred Living



Lourdes / on-line
France
2025-2026

Hybrid Training Dates 2025-2026

The training will take place in-person and on-line at the same time.

Note:

- When you book your place, indicate which option you want.
- It is obligatory that you attend the week in July in person.

For more general information on the training and to reserve your place:
www.iksarandhian.com

In Person

- 22 November at 6pm to 1 December at 10am
- 21 March at 6pm to 29 March at 10am
- 18 July at 6pm to 26 July at 10am

On-line Timings in France

- 23 November at 5.30am to 1 December at 8am
- 22 March at 5.30am to 29 March at 8am

Each day of the training will begin with sadhana from 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 Timings in England

- 23 November at 4.30am to 1 December at 7am
- 22 March at 4.30am to 29 March at 7am

Each day of the training will begin with sadhana from 4.30am to 7am (except on Sunday which 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.

Two sessions on-line

There will also be 2 sessions of 1 to 2 hours on-line to check-in between the training sessions:
28 February 2026
23 May 2026
From 4pm to 6pm (the timing may change depending on the needs of the group.)

Day of Meditation

26 July 2026 at The Hermitage of Peace in Lourdes.

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

Questions:

ishwarak@hotmail.co.uk

The Venue

L'Hermitage de la Paix,
Lourdes, Hautes
Pyrénées, France

The venue is at the
foot of the Pyrenees in
the old part of Lourdes.
A place of pilgrimage
for more than 100
years.

L'Hermitage de la Paix
is a converted hotel,
with a history of
welcoming pilgrims.

The accommodation
will be in dormitories.
There may be the
option of paying
something extra to
have your own room.

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

Travel to:

L'Hermitage de la Paix
(The Hermitage of Peace)

The Hermitage is a 15 minute walk from the train station of Lourdes and 10 minutes by bus from the Tarbes - Lourdes airport.

There are regular trains from Toulouse and Bordeaux, as well as trains (also overnight sleeper) from Paris.

It is not possible to park at the Hermitage but there are a number of parking options in the town. We will provide parking options a few weeks before the start of the training.

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:

- Sleeping bag
- Sheepskin/yoga mat
- Water bottle Thermos/flask
- Towel - Toiletries
- Head Covering
- Shawl / blanket for during relaxation
- Indoor shoes/ slippers
- Rain jacket & shoes for walking
- Paper & pen for making notes
- Musical instruments
- Ladies - the practise can trigger your menstruation so come prepared!

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



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

In person

- tuition: £1100/1285€
- logistic fees: £1380/€1609
(including the deposit)

total amount:
£2480/2894€

Total Amounts

On-line/In person

(including the deposit)

November week on-line,
March & July in person

£2200/2570€

March week on-line,
November and July in person

£2230/2606€

November & March weeks
on-line, July in person

£1950/2282€

Deposit

Deposit £300/350€ (non-refundable) necessary to reserve your place.

Balance Payments

Payable in 3 equal amounts (after payment of deposit): due 3 weeks before each session.

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 (not for on-line)
- accommodation (not for on-line)
- manuals
- exam
- certificate
- administration

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.

Pay in advance

- When we receive the total payment 4 weeks before the start date, there is a reduction of £60/70€.
- When we receive the deposit 8 weeks before the start date, your last payment will be reduced by £60/70€.

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.

Payment in £ sterling

Lloyds Bank

Name: Heidi Machin

A/c: 00495273

Sort code: 30-93-23

IBAN:

GB33LOYD30932300495273

BIC/Swift: LOYDGB21009

Payment in euros to French bank

Crédit Mutuel

Name: Ik Saran Dhian

SWIFT: CMCIFR2A

IBAN: FR76 1027 8062 1200
0207 9530 140

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 'LI 2024-25'
- Scan the proof of transfer
- Send it to ishwarak@hotmail.co.uk
- Indicate if you will attend in person or on-line

Questions

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