

Vitality & Stress

LEVEL 2
2025
France, Lourdes
or on-line

In English and French with
translation.
Kundalini Yoga as taught by
Yogi Bhajan®



International School
of Sacred Living



School of
Sacred Living

Level 2 – The Stage of Transformation

Level 1 has given you tools so that you can facilitate classes and begin to develop a personal practise.

Level 2 is more about personal experience with advanced and more specific techniques. It challenges you to connect with who you are on a deeper level.

It's five interconnected themes support you to develop caliber and character as a human being.

As a Teacher you need to train to be clear, precise, inspiring and connected to your self, whilst

understanding your body and your mind. You will train to use your applied mind, applied intelligence and applied awareness under all circumstances. This means that when you are in relationship, you are constantly aware and communicate who you are. Level 2, the Stage of Transformation, is organised to support you in this growth.

Level 2 gives :

- Deepening of the Yogic experience
- Application of knowledge
- Personal growth
- Reinforcement of your identity as a yoga teacher
- Group consciousness
- New teaching capabilities

5 Modules

The modules can be taken over any period of time with a minimum of two years for the 5 modules. They can be taken in any order. These are the modules :

- Conscious Communication
- Life Cycles and Life Styles
- Authentic Relationships
- Mind and Meditation
- Vitality and Stress

Criteria

Level 2 is open to KRI Level 1 Certified Instructors.

To become a KRI certified Level 2 Practitioner you must complete 310 hours of training. This includes 250 hours of classroom instruction during the five Level 2 Modules and 60 hours of additional requirements, including an exam for each module, to be completed outside of classroom time.

Approved by KRI (Kundalini Research Institute) – governing body for Kundalini Yoga

*'I thank you both for
being such good
guides in the spirit,
the matter and all the
other dimensions.
This light and force
that emanates from
you are very dear to
me and remain an
immutable imprint,
like the truth.'*

Seetal Atma Kaur



Main Topics of the Training

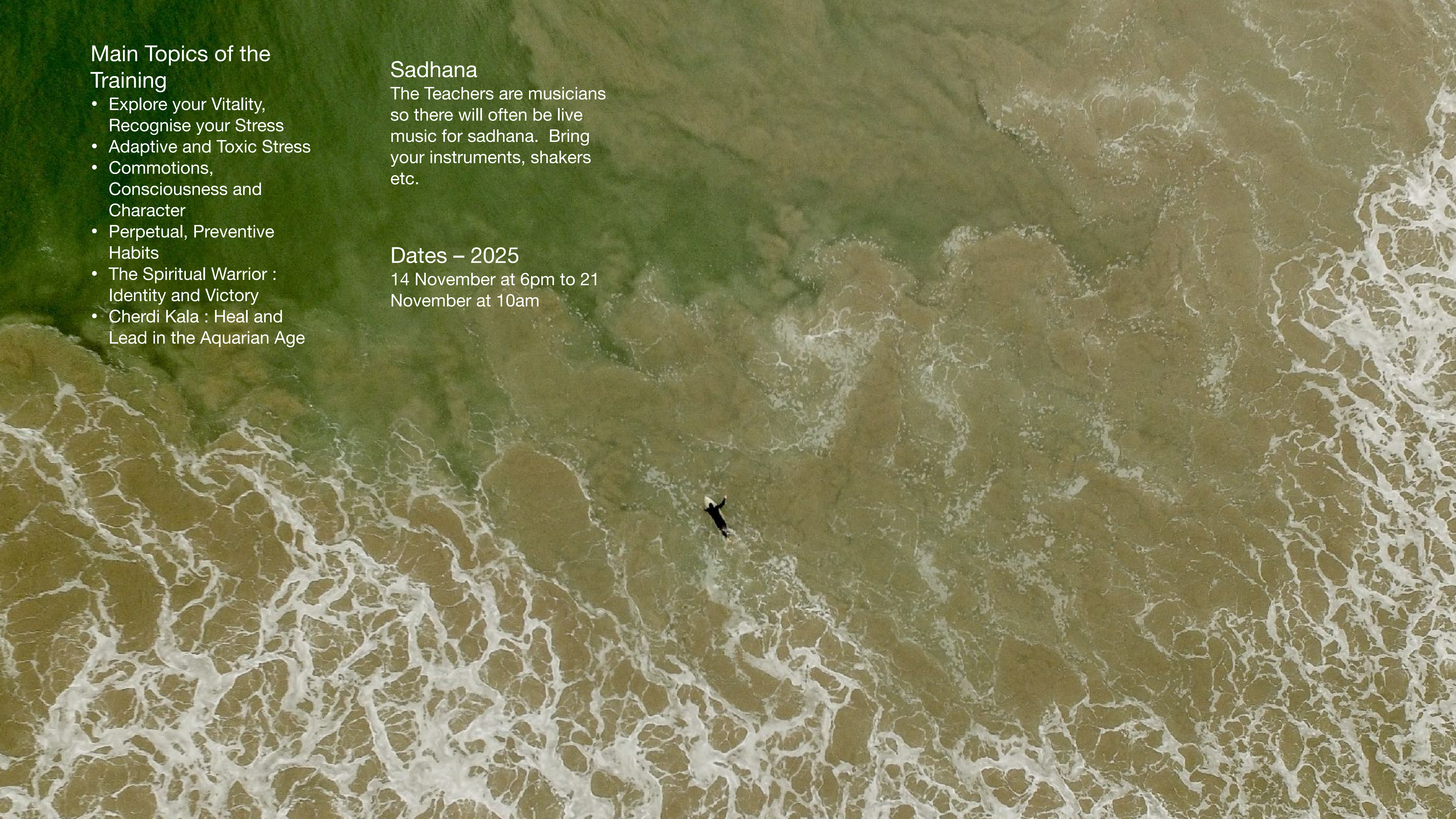
- Explore your Vitality, Recognise your Stress
- Adaptive and Toxic Stress
- Commotions, Consciousness and Character
- Perpetual, Preventive Habits
- The Spiritual Warrior : Identity and Victory
- Cherdi Kala : Heal and Lead in the Aquarian Age

Sadhana

The Teachers are musicians so there will often be live music for sadhana. Bring your instruments, shakers etc.

Dates – 2025

14 November at 6pm to 21 November at 10am



The Venue

The training is residential and takes place at: L'Hermitage de la Paix

(The Hermitage of Peace), 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

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.

Ik Saran Dhian

Ishwara Kaur & Kirpal Singh are Co-founders and Directors of Ik Saran Dhian – International School of Sacred Living.

The School runs Level 1 and Level 2 Teacher Trainings.

Trainers

Ishwara Kaur

Lead Trainer

Ishwara has been practising and teaching Kundalini Yoga for more than 16 years and has been training teachers for more than 10 years. One of Ishwara's specialisms is working with women. She is also a musician.

Kirpal Singh

Kirpal has been practising Kundalini Yoga for more than 30 years. He is a Karam Kriya (Sacred Numerology) Trainer and Counsellor. He is also a musician.

Equal Opportunities

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.



Food

The diet during the training will be simple vegetarian food.

It is your responsibility to let us know when booking your place, about any specific dietary requirements.

Costs

The price is inclusive of all Tuition, Accommodation, Food, Level 2 Training Manual and Administration Costs.

Total Price: £755/880€

It is made up of the following two parts :

- £200/ 250€ is the non-refundable deposit required to secure your place.
- £555/ 630€ is due two weeks before the start of the Training.

Early Bird price: £715/ 830€

Most people benefit from our £40/ 50€ discount on the final payment by paying their deposit at least 8 weeks before the start.

The training can be paid for in instalments paid by direct debit.

In this case payments must begin at least 3 months before the start of the Training and no discounts apply. Contact us for more information.

Once deposit/fees have been paid, there are no reimbursements.

Not included in the price :
Travel expenses

To confirm your place

Please confirm your attendance as soon as possible to be sure of having a place.

Complete the form on our website.

Transfer the deposit or full payment to one of the following bank accounts.

Give the following name to the transfer : L2 V&S 2025 (+your name)

Payment in Pounds Sterling to UK Bank 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

If making a payment from a country that is not using euros, 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.

Take a scan of the transfer and email the scan to :
ishwarak@hotmail.co.uk

Items to bring to the training

- Sleeping bag
- Sheepskin/yoga mat
- Water bottle
- Thermos/flask (optional)
- Towel - Toiletries
- Head Covering
- Shawl/blanket for during relaxation
- Indoor shoes/ slippers
- Warm clothes as it may be cool in the evenings
- Paper & pen for making notes
- Rain jacket & shoes for walking
- Musical instruments
- ladies – the practise can trigger your menstruation so come prepared!

'It is
not the life
that you lead that
matters but the courage
you bring to it.'
Yogi BhaJan





School of
Sacred Living

Further information
ishwarak@hotmail.co.uk