

AQUARIAN TEACHER

Kundalini Yoga
as taught by Yogi Bhajan®
KRI Certified

TEACHER TRAINING LEVEL 2 Mind and Meditation



International School of
Sacred Living



North of England
2023

A group of people, including men and women, are sitting on a balcony or terrace during sunset. The scene is dimly lit, with the sun low on the horizon, casting a warm glow. Some individuals are wearing traditional Indian attire like turbans and shawls. In the foreground, a person is seen from behind, wearing a light-colored shawl. The balcony has a metal railing, and there are plants and trees visible in the background. Overlaid on the right side of the image is a list of training details in white text.

OVERVIEW

3 - dates

4 - the trainers

5 - main topics of the training - the Mind Book

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 2023

9.30am on 29 September to 5pm on
4 October

Daily timings

- sadhana 5.30am to 8am
- morning session starts at 10am
- lunch is 1pm to 2.30pm
- afternoon session ends at 7.30pm

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.

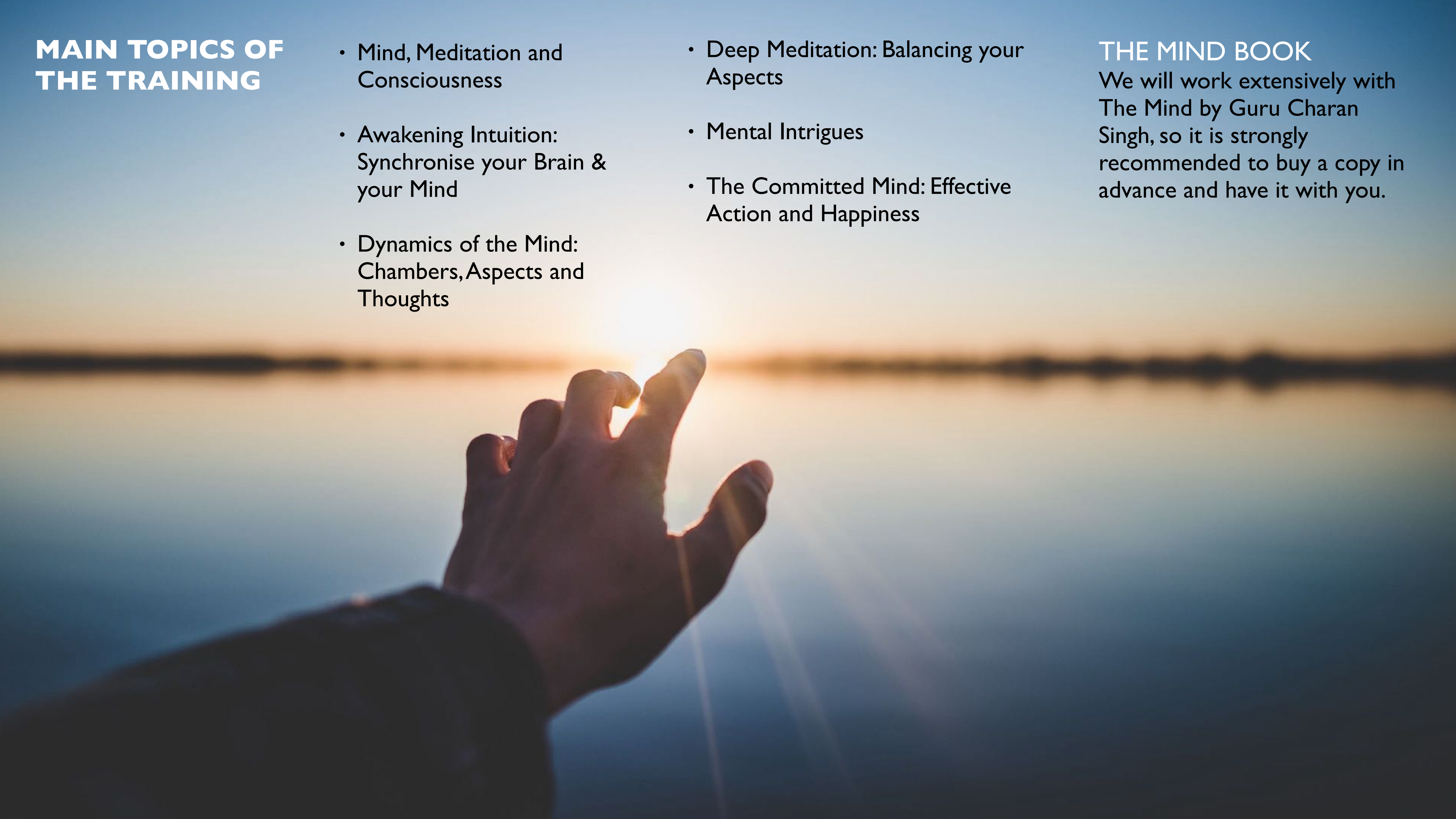
For more information about Kirpal see : www.iksarandhian.com

MAIN TOPICS OF THE TRAINING

- Mind, Meditation and Consciousness
- Awakening Intuition: Synchronise your Brain & your Mind
- Dynamics of the Mind: Chambers, Aspects and Thoughts
- Deep Meditation: Balancing your Aspects
- Mental Intrigues
- The Committed Mind: Effective Action and Happiness

THE MIND BOOK

We will work extensively with The Mind by Guru Charan Singh, so it is strongly recommended to buy a copy in advance and have it with you.



VENUE

The training is residential at:
The Hub, Shaw Crescent,
Middleton-in-Teesdale, Barnard
Castle DL12 8TD

The Hub has shared, bunk bed
accommodation. You need to
bring a sleeping bag and towel.

Alternatively, there is an
additional charge of £6 (price to
be confirmed near the start date)
per night if you wish to have bed
linen provided.

Remember :You need to bring
your own sleeping bag.

ITEMS TO BRING:

- Sleeping bag
- 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 TO THE HUB

The closest train stations are:

- Bishop Auckland
- Sheldon
- Heighington

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

deposit: £200/250€

balance: £495/540€

Total amount:

£695/790€

PRICE INCLUDES

- 6 days of training
- Full board
- Accommodation
- Manual
- exam
- admin. fees

PRICE DOES NOT INCLUDE

- Transport to teaching space
- Cost of the Mind Book

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**

Axa Banque

Heidi Machin

FR76 1254 8029 9852 4234
8151 418

BIC :AXABFRPP

Once deposit/fees have been
paid, they are not refundable.

**PAYMENT IN
POUND STERLING**

Cooperative Bank

Name : Heidi Machin

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 'UK2 MM 2023'

Scan the proof of transfer

Send it to 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.

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

