

The Aquarian Teacher™ KRI Level Two Teacher Training Program  
KRI Level Two Certification program  
in Kundalini Yoga as taught by Yogi Bhajan®

# LIFECYCLES & LIFESTYLES

5-10 September 2024

Location: Guru Ram Das Ashram in Rajamaa, Estonia  
- IN PERSON -

Trainers: Shiv Charan Singh (UK/Portugal)  
and Sukhdev Kaur (Estonia/Mexico)



*"When you were one year old to seven years old, you loved certain realms. Seven years to fourteen years, you didn't. So your personality changes because the consciousness changes after every 7 years. That's a set brain wave to which man has no control. You can think. You can plan. You can strategize. After every 11 years, your intelligence will change. These are the things over which you have no control. After 18 years, your lifestyle will change. It will not be the same because your energy, your maturity, your experience will force you to change."*

*- Siri Singh Sahib Yogi Bhajan*

KRI International program of Teacher Training in Kundalini Yoga as taught by Yogi Bhajan, as part of the KRI Level Two: Transformation - Practitioner. In Level 2, through your personal practice, group process, deep interactive discussion and intense meditations. It will serve to improve your ability to create and maintain the Sacred Space of a Teacher.



*Dharamsaal*  
SCHOOL OF KUNDALINI YOGA  
AND HUMANOLGY  
dharamsaal.ee



**This course is about you and your relationship to your destiny cycle. It is about practical disciplines and attitudes that let you steer a course toward an extraordinary life.**

## KEY TOPICS

- Success and Happiness in the Circus of the Soul
- Renewing Your Hidden Self-Concept: Healing the Formative Years
- Adolescence and the Cultivation of Promoting Habits
- Prime Adulthood: Productivity, Prosperity, and Sharing
- Maturity and Midlife Crises: Transmitting Values and Legacy
- Elder Years: Character, Integrity and Merger

Review your personal biography to release old patterns and turn lead into gold.

Examine and map out the stages in life and learn to harmonize the 7, 11, 18 cycles of your life.

Receive the tools to support you in nurturing soul-promoting habits and release soul-demoting habits.

Renew your self-concept to discover your purpose and destiny.

Learn to deeply understand what death means and confront the fear of death by learning to live weightlessly.



**The program will be held in English with translation into Estonian  
Arrival September 4th for dinner at 18:00. Departure on September 10th at 18:00**

## Requirements:

The course is a 60-hour program. Course includes manual and student guide. Participants must be KRI Level One certified instructors or be presently enrolled and participating actively in a KRI Level One training. Participants are required to pay all fees, attend all classes, pass the exam and complete the home study requirements 90-day period after the course.

## Venue

The course is a Residential that takes place in Rajamaa Ashram, 25 km from Tallinn, Estonia. The Ashram is a sustainable, off-grid community where we will spend most of the day in the outdoors. Accommodation is in shared cabins or glamping tents. Transportation from Tallinn will be organized for those who need through car-sharing.





# Trainers: Shiv Charan Singh and Sukhdev Kaur

**Shiv Charan Singh** is a world-renowned teacher, Scottish by birth, Shiv Charan Singh is the founding director of the International Karam Kriya School (1996). Through the philosophy and practice of Karam Kriya, Shiv Charan Singh is deeply committed to guiding students in their spiritual growth, so they can bring spiritual awareness into their everyday lives and develop their full potential. In his mid-twenties he began studying Kundalini Yoga and Sikh Dharma with Siri Singh Sahib Yogi Bhajan. Shiv Charan Singh continues to develop and evolve the Spiritual Science of Karam Kriya.



**Sukhdev Kaur** pioneered to Estonia from her homeland of Mexico in 2004. She has taught and trained teachers since then across Europe and Mexico. Sukhdev is the director of Dharamsaal, School of Kundalini Yoga and Humanology, and the Guru Ram Das Institute and Ashram at Rajamaa. Sukhdev Kaur is Sikh Dharma Minister, coordinator of the European Yoga Festival Gurdwara and Continuing Education Director at Miri Piri Academy in Amritsar, India

YOUR INVESTMENT	Early bird registration		Installments	Later registrations
Organization (Manuals, organization, KRI license)	385 EUR non-refundable deposit, transfer full amount by June 31st 2024		415 EUR non- refundable deposit, transfer full amount by August 7th 2024	445 EUR non- refundable, full amount transfer after August 7th 2024
Teachings	320 EUR (paid in cash on the first day of training) Receipt will be given.			
TOTAL TRAINING FEES	705 eur		735 eur	765 eur
Food and Accommodation  Paid in full by August 7th (will be charged according your arrival form by August 7th)	Full board accommodation for 6 nights, in shared cabins, is 265 eur per person (including all meals, from 05.09 dinner to 10.09 lunch). If there are certain meals you do not take, or no accommodation needed, you need to specify this to us <b>latest by August 7th 2024 in the ARRIVAL form</b> to get the discount for those meals/nights please write an email. <u>*If you do not fill the form by August 20th, or your preferences change after that, you will be charged full board amount.</u>			

## TO REGISTER:

- 1) Fill the **REGISTRATION FORM** found here: [www.dharamsaal.ee/L2](http://www.dharamsaal.ee/L2)
- 2) Pay the deposit to: URBAN DHARMA OÜ EE137700771002081453  
and send a copy to: [sukhdevkaur@khalsa.com](mailto:sukhdevkaur@khalsa.com)
- 3) Specify your arrival information and accommodation preferences  
LATEST by 7th August in the **ARRIVAL FORM** found here: [www.dharamsaal.ee/L2](http://www.dharamsaal.ee/L2)  
Questions: [sukhdevkaur@khalsa.com](mailto:sukhdevkaur@khalsa.com)

