



Kundalini Research Institute

Training - Research - Publishing - Resources

TRANSFORMATION

Level Two Teacher Training



KRI



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

LIFESTYLES AND LIFECYCLES

3-5 & 17-19 April 2026

Location: Apšuciems, Latvia

**Trainers: Hari Krishan Singh (Germany) 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, you will go through a transformation that will help you to deepen your own direct perception of the teachings. It will also serve to improve your ability to create and maintain the Sacred Space of a Teacher.

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.

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 by the discovery of 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 Latvian

Module Themes

- 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*

Requirements:

The course is a 60-hour program. Course includes manual and student guide. Participants must be KRI Level One certified instructors. Participants are required to pay all fees, attend all classes, pass the exam and complete the home study requirements which span the 90-day period after the course. *DVDs are NOT included in the price and it is not a requirement to buy DVDs

Venue: Apšuciems, Latvia - exact venue adress will be sent personally after register

Trainers:

Hari Krishan Singh, Dutch but resident in Germany, is co-founder of Cherdi Kala International Kundalini Yoga and Karam Kriya School along with his wife Bachitar Kaur. He travels and teaches internationally as a Lead Level 1 & 2 and 21 Stages of Meditation Kundalini Yoga Teacher Trainer and is a Karam Kriya Consultant, Karam Kriya Yoga Coach and Trainer. He is responsible for establishing many training programs around the world, often in cooperation with the Karam Kriya School and Shiv Charan Singh.

He lives with his family in South-Germany in Yogahouse Prasaad, their retreat center near Lake Constance.



Sukhdev Kaur pioneered to Estonia from her homeland of Mexico in 2004. She has taught and trained teachers for almost a decade across Europe and Mexico. Sukhdev is the director of Dharamsaal – School of Kundalini Yoga and Humanology in Tallinn, and the Guru Ram Das Institute and Rajamaa Ashram. She is a doula, Conscious Pregnancy teacher trainer and Karam Kriya trainer. She developed the program Conscious Parenting for integrating yoga awareness into conscious family living. Sukhdev is also creating a conscious, dharmic, democratic, forest primary school for children in the ashram



YOUR INVESTMENT	950 EUR Early bird registration	990 EUR Later registrations
ORGANISATION - Manuals, KRI license	230 EUR non-refundable deposit, transfer full amount by 10.01.2026.	270 EUR non-refundable deposit, transfer full amount by 10.03.2026.
TEACHINGS	320 EUR transfer before 20.03.2026.	320 EUR transfer before start 20.03.2026.
FOOD AND ACCOMODATION	400 EUR transfer before start	400 EUR transfer before start

TO REGISTER:

1) Fill the registration form found here: www.dharamsaal.ee/L2

2) Once registered send a copy of your payment to: dzaipalkaur@gmail.com

Questions: Jaipal Kaur

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(WhatsApp)