

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

MIND & MEDITATION

3-8 September 2026

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

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



"Nanak said, 'Maan Jeethaie Jag Jeeth.' If you conquer your mind you can conquer the whole world, but how?

Mind is also like you, it gets hungry, it gets nasty, it gets sick, it gets itchy, it's not with you, you are sitting here, mind is somewhere else, it is gone. You bring it back, then it will go this way.

Mind is a unlimited energy, and when soul was asked to take incarnation in the world soul asked God one thing, "I am part of you."

-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.



COURSE GOALS

Enhance the depth of your understanding of meditation and experience deep meditations on the nine aspects of the mind.

Focus on your relationship to your own mind.

Increase your ability to observe neutrally, to become still, to clear your mind of distractions and intrigues, to recognize when you establish a state of shuniya, and to recognize the different functional parts of your mind.

Experience and practice the use of intuition as a primary skill of Kundalini Yoga and Meditation.

Learn the structure of the mind and examine the impersonal minds, the qualities of the mind, and the nine aspects of the mind.

Understand how to use the 27 projections of the mind.

The mind is the problem yet within it is the solution.

This is the opportunity for an in depth exploration of the mind, its functions, facets and projections. Learn to recognise your own tendencies and experience the meditations that transform the mind into a truly great and helpful servant of your soul. The meditative mind provides the means to be still, intuitive and creative.

Deepen your practice of meditation, clarify the relationship between you and your mind, and explore the basic nature and dynamics of the mind. Our relationship to our own mind is pivotal in effectively realizing our true nature and fulfilling our potential. We come to Earth to experience our humanity and recognize the One Infinite being that is in all. The greatest power is the ability to act with a Neutral Mind, to use intuition along with applied intelligence and to lean on the Infinite through the sacred science known as prayer.

The program will be held in English with translation into Estonian if needed

Arrival September 2nd for dinner at 18:00. Departure on September 8th at 18:00 latest

Requirements:

The course is a 60-hour program. Course includes manual and student guide. To receive the Letter of Completion, participants must be KRI Level One certified instructors or be presently enrolled 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, Chairwoman of the European Khalsa Council and Continuing Education Director at Miri Piri Academy in Amritsar, India

| YOUR INVESTMENT | Early bird registration | Installments | Later registrations |
|--|---|---|---|
| Organization (Manuals, organization, KRI license) | 405 EUR non-refundable deposit, transfer full amount by May 15th 2026 | 450 EUR non- refundable deposit, transfer full amount by August 1st 2026 | 495 EUR non- refundable, full amount transfer after August 2nd |
| Teachings | 350 EUR (paid in cash on the first day of training) Receipt will be given | | |
| TOTAL TRAINING FEES | 755 eur | 800 eur | 845 eur |
| Food and Accommodation costs Paid in full by August 15th (will be charged according your arrival form by August 15th) | Full board accommodation for 6 nights, in shared cabins, is 270 eur per person (including all meals, from 02.09 dinner to 8.09 lunch). If there are certain meals you do not take, or no accommodation needed, you need to specify this to us latest by August 15th in the ARRIVAL form 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
 - 2) Pay the deposit to: URBAN DHARMA OÜ EE137700771002081453 and send a copy to: sukhdevkaur@khalsa.com
 - 3) Specify your arrival information and accommodation preferences **LATEST by 15th August in the ARRIVAL FORM** found here: www.dharamsaal.ee/L2
- Questions: sukhdevkaur@khalsa.com

