

TEACHER TRAINING TEAM

HARI KAUR KHALSA, MASTER KUNDALINI INSTRUCTOR CO-FOUNDER, HARI NYC

Hari is a world renowned master teacher of Kundalini Yoga and Meditation. For ten years, Hari worked alongside Yogi Bhanan, Master of Kundalini Yoga, directing his teacher training programs. Hari is part of the first wave of yoga teachers that pioneered the teaching of Kundalini yoga and meditation in the west.



Hari directs and teaches Kundalini classes and Teacher Trainings worldwide. Hari pioneered teaching Kundalini Yoga in high schools and was the director and developer of Kundalini Yoga wellness programs at Newton-Wellesley Hospital in the Greater Boston Area from 1987-2004, when she moved to NYC with her husband Dave.

KHUSHBIR SINGH, KUNDALINI INSTRUCTOR

Khushbir teaches Kundalini Yoga in the United States and world wide. He lives in Salt Lake City Utah, and teaches regular classes there. Khushbir was born in Athens Greece, and moved to the United States at age 3. He has been teaching kundalini yoga for over 25 years. Khushbir's specialties include breathing techniques, postural alignment, yogic philosophy, meditation, and mantra. Khushbir loves to barefoot waterski, cook, and travel widely visiting friends and practicing yoga where ever he goes. He is a Professional Land Surveyor, and also does remodeling. Khushbir is a Lead Trainer in the Kundalini Research Institute's Aquarian Teacher Training Academy, he is Level 3 Certified as well as having KRI's 500 hour Teacher Certification. He has a Bachelor's degree in Philosophy with a focus on the nature of consciousness. With a good background in posture, yogic lifestyle, as well as meditation, Khushbir takes yoga to the next level.



KUNDALINI TRAINING

STRESS AND VITALITY

**October 18 - 20
November 15 - 17**



**Prana Yoga
and Healing Center**



**3840 South Osprey Ave.
Sarasota, FL 23239**

ABOUT THE COURSE

In this 50 hour course, cultivate the core skill for this coming age – the ability to recognize stress in ourselves and others and develop the tools to transform it and balance it with conscious relaxation. Kundalini Yoga prepares each of us to be teachers who act with undaunted spirit, exalted caliber and character, and the vitality to cross every crisis. This course is a chance to look closely at how we react to, cope with and master our vitality.

Key Topics:

- Explore Your Vitality and Recognize Consciousness as the Core of Vitality
- Identify Your Stress
- Heal Cold Depression and Emotional Fatigue
- Relieve, Relax, Recharge
- Realize the Victory of the Spiritual Warrior

Experience the Master, Yogi Bhajan, in daily video classes and meditations. Study with senior trainers. Explore the nature of our stress identity as individuals and cross-culturally. Use kriyas and meditations as well as other processes to identify our stressors and the tools you will need to balance and uplift ourselves and others.

COURSE AFFIRMATION

I cultivate my core vitality to honor and use the opportunities that come with each breath—to receive them as a gift. I recognize the value of my physical and energetic bodies and take steps to maintain them. I thrive under stress and challenge; I am a spiritual warrior who leads, uplifts and delivers effective decisions. I practice a lifestyle that incorporates continuous preventative habits for vitality and victory. I have the mental and spiritual endurance to cross every crisis and be a beacon to navigate and excel in the Aquarian Age.

PRE-REQUISITES & CERTIFICATION REQUIREMENTS:

- Level 1 certification is a pre-requisite for participation.
- Level 1 certification is required to qualify for completion credit of Level 2 modules.
- The module being offered is one of five required for KRI Level 2 Practitioner certification.

YOGI BHAJAN

Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: “I have come to create Teachers, not to gather disciples.” For over 30 years, he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. Through The Aquarian Teacher™ program, Yogi Bhajan has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to make available these priceless teachings through networks of Kundalini Yoga teachers worldwide.

COURSE DATES

October 18, 19 and 20

November 15, 16, and 17

9:00 am - 6:00pm Friday, Saturday and Sunday



COURSE PRICING

- Pre- Registration till Sept. 3 will be \$895.
- Afterwards full registration will be \$995.
- Three Payment Plan
\$345. for each auto payment for a total of \$1035.

**Non-refundable administration fee of \$500.00 after October 10.
No refunds after first day of the course.*

Tuition Includes:

1. Six days of instruction
2. Student handbook
3. Access to a series of Yogi Bhajan DVD
4. Access to a series of Yogi Bhajan DVD and transcripts
5. Vegetarian lunch each of the six days

Register (941) 928-2137