

The Divine Human Team Presents:

Kundalini Yoga

Level 2 Teacher Training

Gurumarka Singh Khalsa, Hari Har Ji, and Ardas Kaur
Teacher training since 1988



Training program

Start: 1 October 2017

This Level 2 International Kundalini Yoga Teacher Training program is for teachers who have completed the Level I Teacher Training. A two year commitment, hundreds of hours of instruction, more intense yoga and meditation, hard work, lots of fun, surprises and challenges are blended together for a profound experience. This training will touch all areas of your life allowing you to live in your full power. It will change you and give you the ability to help others to change. You will be more radiant, beautiful, graceful and grateful.

A profound experience to live more in your full power. This training will touch all areas of your life.



International Level 2 Kundalini Yoga Teacher Training

International Kundalini Yoga Teacher Training

Level 2 Themes:

1. Vitality & Stress - Oct. 2017

Advanced energetics of Kriyas. Dynamics of the 5 tattwas for healing and experiencing how this is applied to nutrition. Exploring how to use Kundalini Yoga for specific healing, to break habits and more.

2. Conscious Communication - Mar. 2018

Topics include the power to speak and be heard, active listening, the influence of chakras, effective communication tools, divine communication, power of prayer and lots of interactive experiences.

3. Authentic Relationships - Sept. 2018

Explaining the relationship between Man and Woman. Includes aspects of love, marriage, Tantra, resolving conflicts and more. Special day of releasing the pain of the past. A 40-day preparation with a healing diet and meditation are part of this unique module.

4. Mind & Meditation - Feb. 2019

Covers many types of meditation techniques and how to develop the awareness to best use our senses. Activation of the inner silence through a variety of techniques. Topics: 81 Facets of the Mind, Walking Meditations, Sacred Space, Yoga Nidra and more. Special food for the brain is served during the week.

5. Lifecycles & Lifestyles - Oct. 2019

Exploration of issues around prosperity, success, money and how we can better tap into this flow of energy. Topics include

development stages of life, money games, family influences, living your destiny, and more.

+ Spiritual Warrior - Nov. 2019

From teacher to peaceful warrior. Topics include the role of Sikh Dharma, staying in your center, stepping into the Aquarian Age, and more. Also in this week is Death and Dying. Topics include: what is meaningful in your life, to face death before the end, how to let go, progression of a soul and more.

+ This program offers you an extra week. A way to consolidate the 2 years of work and to begin the transition from teacher to leader.

Becoming a Sacred Teacher

Course goals:

Gain a deeper knowledge of Kundalini Yoga through experience & practice.

Integrate this knowledge into your daily life.

Become an inspiring presence in the world.

Strengthen your connection with a larger community of teachers.

Tune into group consciousness and bring it into your teaching.

Support yourself and others to go through the stages of consciousness.

Learn to teach workshops and intensives.

Understand the blending of Shakti and Bhakti.





Lehrerteam*

Gurumarka Singh Khalsa: lived 14 years in New Mexico, “the Mother Ashram” and studied directly with Yogi Bhajan. He has been teaching Kundalini Yoga since 1972. He has lived and taught in Europe since 1995.

*Trainer team: **Hari Har Ji** from England and **Ardas Kaur** from Switzerland. They both have many years of level 2 teaching experience.



Location

We meet in three beautiful seminar houses in Holland and Germany. As a group we prepare our meals and take responsibility for keeping the space clean. This working together helps to build the group consciousness necessary for merging the ego in universal consciousness.

Certification

Upon satisfactory completion of all the modules, an International Certification will be given.





Location:

Grube-Louise, Germany - D Meeuwenveen, Netherlands - NL
Directions will be sent when you register. Limited to 25 students.

Termine: Level 2 Teacher Training 2017 - 2019

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| #1 D- October 1-8, 2017 | Vitality & Stress |
| #2 D- March 4-11, 2018 | Conscious Communication |
| #3 D- September 16-23, 2018 | Authentic Relationships |
| #4 D- February 10-17, 2019 | Mind & Meditation |
| #5 NL- July 12-19, 2019 | Lifecycles & Lifestyles |
| #6 D- November 17-22, 2019 | The Spiritual Warrior
(Bonus module) |

Costs

*Course fee 655€ per week/module 3930€ for all 6 Modules. **save 300€** - 3630€ if paid in full by 30. August 2017

*Cost for seminar house, food, misc. is 365€ per week/module.

Send a deposit of 500€ to reserve your space on could be the most important journey of your life. (deposit will be deducted from your payment for the first module)

Payment options: 6 payments of 655€ due one week before each scheduled week/module.

Bank: IBAN: DE97672700240126141126

Please indicate: Khalsa - L2

*This information may change.

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Level 2 Groups

