

Kundalini Yoga Teacher Training Level 2

Module Conscious Communication

presential

6 days of yogic living and yoga practice

03. - 08. January 2023

Location: Boizenburg, near Hamburg, Germany

Trainers: Jivan Mukta Singh (Spain/Chile) and Sangeet Singh Gill (Germany)

Language: English/ German

Module: Conscious Communication

More information and registration:

0049/178/5064628 (Sangeet Singh),

info@keepup.de,

www.unlimitedyoga.eu

Please register using the form below.



Communicating with the Polarities of Life

Our two brain hemispheres are almost completely separate from each other. They are connected to each other only in the brainstem. This fact is utilized in the exercises and meditations of Kundalini Yoga. They involve the different qualities of the cerebral hemispheres, which can be categorized as male and female polarities, or lunar and solar aspects.

The task of the "experiencing self" in the right hemisphere of the brain is to store experiences as MEMES.

The left hemisphere of the brain is responsible for reading these memes and forming our identity and our worldview from them.

Jivan Mukta has been a Kundalini Yoga Teacher for 20 years and Teacher Trainer for ca. 13 Years. He lives in Spain. *Read more clicking here:* <https://www.yogalafontaine.com/jivan-mukta>

Sangeet Singh has taught Yoga Classes since 1997, first in his own Yoga School in Berlin, and since 2002 in Frankfurt/Main. From 2008 on he has been a KRI certified Kundalini Yoga Teacher Trainer and Trainer for Sat Nam Rasayan. *Read more clicking here:* <https://yoga-infos.de/index.php/en/kundalini-yoga-germany/about-sangeet-singh>

The training is licensed by KRI - Kundalini Research Institute - and 3HO International. It is based on Kundalini Yoga as taught by Yogi Bhajan.

There are 5 Level 2 modules in total. The modules can be taken individually.

Course fee: 600 Euros (early-bird: 550,-), which includes teaching fee, royalties for Kundalini Research Institute, organization, administration and travel costs (if you wish to certify with KRI, further practices and studies of the "Conscious Communication" manual are required, add 30€ or 45€ if you want the manual in English or German)

Plus 340,- (shared room) or 450,- (single room) accommodation and meals.

The location Maibacher Schweiz

Maibacher Schweiz is a community with affiliated seminars in a small village (Maibach) with no drive through traffic, in the middle of the Taunus Forrest.

The house is particularly suitable for seminars and events that not only seek and need liveliness, but also silence.

In addition, the beautiful forests, valleys and streams of the Taunus provide a suitable setting for finding inner and outer peace.

**REGISTRATION FOR LEVEL 2 KUNDALINI YOGA TRAINING
MODULE Conscious Communication**

03. - 08. January 2023

Trainers: Jivan Mukta Singh and Sangeet Singh Gill

I hereby register for the training module described above. This registration relates only to the specified module. There are 4 other training modules that take place once a year at a specified location. The remaining modules can also be completed with another KRI license holder.

Organization (Please send this application by email or post to):
**Sangeet Singh Gill, Brookweg 35, D-24568 Kaltenkirchen, Germany,
Phone: 0049/178/5064628, Mail: info@keepup.de**

License: KRI, Kundalini Research Institute, www.kriteachings.org

Bank details: Sangeet Singh Gill
Postbank Dortmund,
IBAN: DE30440100460794745464
BIC: PBNKDEFF
Text: Yoga-Training Level 2 - 2022 + Name

- o **600,- €** after 31. October 2022
- o **550,- €** before 31. October 2022



+ Learning material (optional) 30/45,- Euro / Food and Accomodation will be paid on-site.

My reasons for wanting to do this training can be found in the attached letter/email.

Name.....

Adress, Postcode etc

Phone.:.....

Email.....

Disclaimer

To the best of my knowledge and belief, there is no physical or mental/emotional medical reason for not completing this training. I understand that the teachings of Yogi Bhajan do not substitute for medical advice and I undertake the training at my own risk.

.....
Date, Signature