

# Kundalini Yoga Teacher Training Level 2

## Module Vitality & Stress

### Residential

6 days of yogic living and yoga practice

04. - 09. January 2025

**Location:** Boizenburg, near Hamburg, Germany

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

**Language:** English/ German

**More information and registration:**

0049/178/5064628 (Sangeet Singh),

[info@keep-up.in](mailto:info@keep-up.in) ,

[www.unlimitedyoga.eu](http://www.unlimitedyoga.eu)

*Please register using the form below.*



In the information age, we are exposed to contradictory demands that seem impossible to fulfil: full presence with a simultaneous flood of information. Our bodies are not evolutionarily designed for this.

With the help of yoga and meditation, we can stimulate our frontal lobe of the brain and the upper palate. This helps us to stop being trapped in tomorrow and yesterday. We learn to focus on the moment and sort ourselves out so that we are and remain successful.

Such polarities always go in two directions. On the one hand, they try to cancel each other out. On the other hand, they reinforce each other. These two directions create stress, which increases the further you go to one extreme or the other of the polarities.

**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:** 850 Euros (early-bird: 750,-), which includes teaching fee only. If you wish to certify with KRI, further practices and studies the manual are required. Please add 30€ (english) or 45€ (german).

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

# REGISTRATION FOR LEVEL 2 KUNDALINI YOGA TRAINING MODULE Vitality & Stress

04. - 09. January 2025

**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@keep-up.in**

License: KRI, Kundalini Research Institute, [www.kriteachings.org](http://www.kriteachings.org)

Bank details: Sangeet Singh Gill  
Postbank Dortmund,  
IBAN: DE30440100460794745464  
BIC: PBNKDEFF  
Text: Yoga-Training Level 2 - 2025 + Name



- o 850,- € after 10. November 2024
- o 750,- € before 10. November 2024

+ 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.

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Date, Signature