

**KRI-PROGRAM**

**„AQUARIAN TEACHER“**

**Level 2 International**

**„PRACTITIONER“**

**Guru Ram Das Academy, Northern Germany  
November 2017 - December 2019**



**Kundalini Yoga Teacher Training  
3HO Germany**

# 3HO Kundalini Yoga Teacher Training Level 2 International

The 3HO Kundalini Yoga Teacher Training Level 2 program is licensed by KRI (Kundalini Research Institute) and is internationally recognized. It is taught by a team of experienced trainers and is hosted by 3HO Germany. The Level 2 International will be held in English language.



*"If you want to learn something, read about it.  
If you want to understand something, write about it.  
If you want to master something, teach it."*  
Yogi Bhanjan

## The modules

Level 2 is composed of five modules, each of which consists of six days of residential training (60 hours) at Guru Ram Das Aquarian Academy plus regional study groups meetings in between the modules.

## Study Groups

After each module small regional groups will meet either in person or via video conference in order to stay connected and consolidate the experience. In these meetings you will

- share a "Practicum Day" (or two smaller "Practicum Sessions") that you will prepare like a workshop for each other. It will serve you to re-engage in the topics of the modules, check-in about post-module experiences and homework meditation practice and keep the group spirit going.
- discuss your Open Book exams that you will complete at home after each module.
- build a consolidated group that will continue to collaborate after the training.

## Training Materials

For each module you will receive a manual and a study guide (together about 400 pages) as well as 6 – 8 lectures of Yogi Bhanjan on DVD that will also be used during the module.

## Program 2017 – 2018 – 2019

All modules start on a Saturday at 18.00 h and end on a Friday at 17.00 h.

### Module 1

#### **Conscious Communication November 18 – 24, 2017**

Learn to speak and listen from Shuniya. Practice yogic counselling. Explore chakra communication and how to uplift a conversation. Develop your voice as a teacher and your communication with the Divine.

Amrit Kaur: 4 days | Hari Jiwan Singh: 1 day | Sat Hari Singh: 1 day

### Module 2

#### **Vitality and Stress March 17 – 23, 2018**

Understand mechanisms of stress and cold depression. Learn to regenerate your energy level in a natural yogic way. Practice vitality as a balance of energy, calmness and sensitivity. Take life choices that support your vitality. Experience Santokh - deep inner contentment.

Pritam Hari Kaur: 4 days | Amrit Kaur: 2 days

### Module 3

#### **Mind and Meditation September 8 – 14, 2018**

Explore your mind, its functions, facets and projections. Recognize your tendencies and experience those meditations that transform the mind into a truly great servant of the soul. Learn to be still, intuitive and creative by developing your meditative mind.

Sat Hari Singh: 4 days | Amrit Kaur: 2 days

### Module 4

#### **Authentic Relationships March 9 – 15, 2019**

Explore different aspects of love. Learn to be authentic with yourself and with others by relating from and to the soul. Heal the wounds of love. Understand your own polarities and the game of male / female interaction. Become a living manifestation of your Infinite.

Avtar Kaur: 3 days | Amrit Kaur: 3 days

### Module 5

#### **Life Cycles and Life Style October 12 – 18, 2019**

Understand your lifeline and explore how changes and losses have shaped your life. Learn how to embrace crisis and transformation as a tool to manifest the essence of your life. Study yogic life style technologies as support systems for ongoing transformation.

Dharma Singh: 3 days | Amrit Kaur: 3 days



## Final Weekend

**December 13 – 15, 2019** (Friday 6.00 – Sunday 16.00 h)

- Final Study Group Meeting (all groups together)
- Final Exam
- Preparatory Meeting for optional Yatra to India (Sunday after end of exam)

## Why Level 2?

The KRI Kundalini Yoga Teacher Training “Aquarian Teacher” consists of 3 levels: Instructor, Practitioner and Teacher.

Together with Level 1 you will meet the international standard of 500 hours of yoga teacher training.

### This International Level 2 (Practitioner) will help you:

- to deepen your yogic experience
- to practically apply your knowledge
- to bring forward your personal growth
- to develop Group Consciousness
- to strengthen your identity as a teacher
- to discover new teaching skills
- with inspiration and information for new topics/areas to teach
- by expanding your horizons for professionalisation and above all:
- to transform your life into a living light house for yourself and all beings around you.

### What is special about the Level 2 at Guru Ram Das Aquarian Academy?

The International Level 2 Training offers a place where students and teachers of Kundalini Yoga from all walks of life may join and experience an international yoga sangat and a group consciousness that is open for all, regardless of their school, religion or any special quality that they may explore or manifest in their lives.

It also offers a chance to explore one’s own relationship to Sikh Dharma by being close to Siri Guru Granth Sahib, experience Sangat and Gurdwara and relate to long term practitioners of Sikh Dharma. If you feel a call to the Guru you will enjoy the dharmic yet relaxed spirit of the Academy that also offers access to further resources on dharmic lifestyle. At the end of the training all those who feel inclined may endeavour on a spiritual group travel (Yatra) to India and the Golden Temple (not included in the training).

### Guidance

**Sat Hari Singh** will largely be present throughout all modules to support the group. **Amrit Kaur** is the Lead Trainer of the training.

## Trainers

### Amrit Kaur, Berlin



Amrit Kaur majored in Literature and Philosophy. She has been teaching Kundalini Yoga since 1991, specialising in Yoga for Women and Yogic Psychology. She practices Sat Nam Rasayan, is the co-founder of “Guru Ram Das Gurdwara Berlin” and an experienced Pregnancy Yoga Teacher Trainer. KRI Lead Trainer

### Avtar Kaur, Rome



Born in England and living in Italy, Avtar Kaur has studied with Yogi Bhajan since 1987. She is a Sat Nam Rasayan Healer and the creator of Shakti Dance. She lived in Germany from 1988-97. KRI Lead Trainer

### Dharma Singh, Freiburg



Dharma Singh has been teaching Kundalini Yoga since 1985. He has studied religious education and is a trained healer with „International Health Research Network“. He is the co-founder of „Horizonte Funeral Home“. KRI Lead Trainer

### Hari Jiwan Singh, Berlin



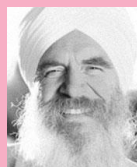
Hari Jiwan Singh has been a practicing naturopath (Homeopathy, Visual Training, NLP) since 1980 and has been teaching Kundalini Yoga since 1982. He is the author of „Kundalini Yoga – Eins Werden mit sich und der Welt“ and „Yoga and Visual Training“. KRI Lead Trainer

### Pritam Hari Kaur, South Africa



Born in Hamburg, Pritam Hari Kaur grew up in Asia and, back in Hamburg, worked for 3HO Europe in the 1980s. She is the co-founder of a Health Food Business and of Kundalini Yoga Teacher Training in South Africa. She is currently living on an Eco Farm in the Cape. Author of „Kundalini Yoga Fan“, a Yoga Book in pictures. KRI Lead Trainer

### Sat Hari Singh, Boizenburg/Elbe



Sat Hari Singh has been a student of Yogi Bhajan since 1981. He is one of the pioneers of Kundalini Yoga and Sikh Dharma in Germany & Europe, a dedicated spiritual teacher and main initiator of dharmic projects (Yogi Tea Europe, German KY Festival, Guru Ram Das Aquarian Academy). He is a well-known Sacred Chant artist and author of many books.

KRI Professional Trainer



## Guru Ram Das Aquarian Academy

Guru Ram Das Aquarian Academy is a spiritual centre in the making (Kundalini Yoga Workshops, Gurdwara, Library). It has a growing residential community and is cooperating with Guru Ram Das Ashram in Boizenburg, 75 km southeast of Hamburg. (Driving distance 1 hour by car or 55 min by regional train from Hamburg main station.) The academy and the ashram are located close



to the medieval rampart of the historical town of Boizenburg amid the biosphere reserve “Elb-talaue” that invites to scenic walks across the idyllic river landscape during breaks.

Accommodation will be at the Ashram (2–4-bed rooms) or in small pensions in walking distance. (A limited number of single rooms is available.) Meals will be shared at the Academy.

### Academy

Guru Ram Das Aquarian Academy  
Kleine Wallstr. 7  
19258 Boizenburg/Elbe  
[www.guru-ram-das-aquarian-academy.com](http://www.guru-ram-das-aquarian-academy.com)

### Ashram

Guru Ram Das Ashram  
Siri Kartar Kaur Floege  
Baustr. 21  
19258 Boizenburg/Elbe  
Germany  
[www.yoga-in-boizenburg.de](http://www.yoga-in-boizenburg.de)

## Entrance Criteria for Level 2 International

- Completion of Level 1
- Intermediate knowledge of the English language

## Level 2 Certification Criteria

- Participation in at least 26 out of 30 days of residential training (no more than 2 days of absence in one module). It is possible to catch up in other 3HO Germany Level 2 trainings if capacity is available, however for this option German language skills will be necessary. Otherwise it is possible to catch up in the next round of the International Level 2 program in Boizenburg.
- Participation in 4 out of 5 Practicum Days (or in 8 out of 10 Practicum Sessions)
- Completion of all 5 Open Book exams including follow up Study Group meetings
- Participation in one European Yoga Festival (or one regional Kundalini Yoga Festival plus 2 days of White Tantric Yoga)
- Successful completion of Level 2 Final Exam



## Information

There will be 2 information events about the training you can select from:

- A video conference on September 15, 2017 at 19.00 h. For log-in information please contact Siri Kartar Kaur.
- A meeting at Guru Ram Das Aquarian Academy in Boizenburg on September 29, 2017 at 18.00 h. If possible, please let us know beforehand if you are planning to attend this meeting.

### Contact / Further Information

- Siri Kartar Kaur Floege (course coordinator), e-mail: [teacher-training@guru-ram-das-aquarian-academy.com](mailto:teacher-training@guru-ram-das-aquarian-academy.com)
- Amrit Kaur (Lead Trainer), phone: +49 175 955 16 26

## Costs and Payment Options

The participation fee for the whole Level 2 training is € 2400.- Included in this amount are the registration fee as well as the training materials (books and DVD's). Not included are board and lodging (see below) and the final examination fee (€ 150.-).

Please transfer the full participation fee (€ 2400.-) to the following account before the start of the training:

### Banc account of 3HO Germany:

3H Organisation Deutschland e.V.  
IBAN: DE43 2001 0020 0530 0832 01 BIC: PBNKDEFF

Alternatively you can pay by instalments in the following manner (only from SEPA countries): Please transfer the registration fee (€ 200.-) to the 3HO account. Afterwards 27 monthly instalments of € 85.- will be collected from your account via direct debit from October 2017 until December 2019.

For payment options from non-SEPA countries please check the registration form.

In addition to the participation fee board and lodging have to be paid on site at Guru Ram Das Ashram. Full board (organic, vegan / vegetarian) and lodging are € 345 per module. (Extra fee for single rooms.)

Please ask for a reduced participation fee if you have already completed one Level 2 cycle.

## Registration

For registration please fill in the registration form, send it to Siri Kartar Kaur via e-mail or to her postal address (see Ashram) and transfer the registration fee or whole participation fee.

# 3HO Germany