

The International College of Kundalini Yoga

was founded in 2001 by Guru Dass, with the purpose of elevating the human condition through his standards of education, community service and personal excellence. The College has been offering teacher training programs in Australia since 2008.

Our Programs

All our teacher training programs are recognized and certified by KRI, the Kundalini Research Institute USA.

LEVEL I Foundations



The KRI Level One Aquarian Teacher Training Program is a 220-hour professional certification program in Kundalini Yoga.

Foundations introduces the soon-to-become-instructor to the principles and practices of Kundalini Yoga and prepares him to teach it feeling confident and resourceful.

LEVEL II Transformation



Level Two is open to KRI Level One Certified Instructors. The 300-hour/2-year certification program consists of five 62-hour modules.

Modules

- *Conscious Communication*
- *Authentic Relationships*
- *Mind and Meditation*
- *Vitality and Stress*
- *Lifecycles and Lifestyle*

UPCOMING COURSES

LEVEL I
- consists of 3 modules

Module 1 - May 25 to 31, 2015
Module 2 August - 17 to 22, 2015
Module 3 December - 7 to 13, 2015

Reserve your space with a AUS\$500.00 advance by March 15, 2015

For information about costs and accommodations visit our website: www.kundaliniyogaaustralia.com

LEVEL II
- consists of 5 modules

March 16-21 2015 - LIFECYCLES & LIFESTYLES

Upcoming Level II modules:

November, 2015 - MIND & MEDITATION
March 2016 - VITALITY & STRESS

To be announced... Authentic Relationships
To be announced... Conscious Communication

The courses are held in beautiful Brunswick Heads by the sea in northern NSW, 40 minutes from Coolangatta airport. We aim to offer excellence, not only in the quality of our programs but in the services we provide. We hold our courses in comfortable and beautiful settings and serve delicious organic vegan meals and teas.

For further information visit our website
www.kundaliniyogaaustralia.com
or contact Mahanraj Kaur : mahanraj@me.com
Telephone 0414 355 715



Kundalini Yoga Teacher Training

AUSTRALIA 2015

LEVEL 1 & 2

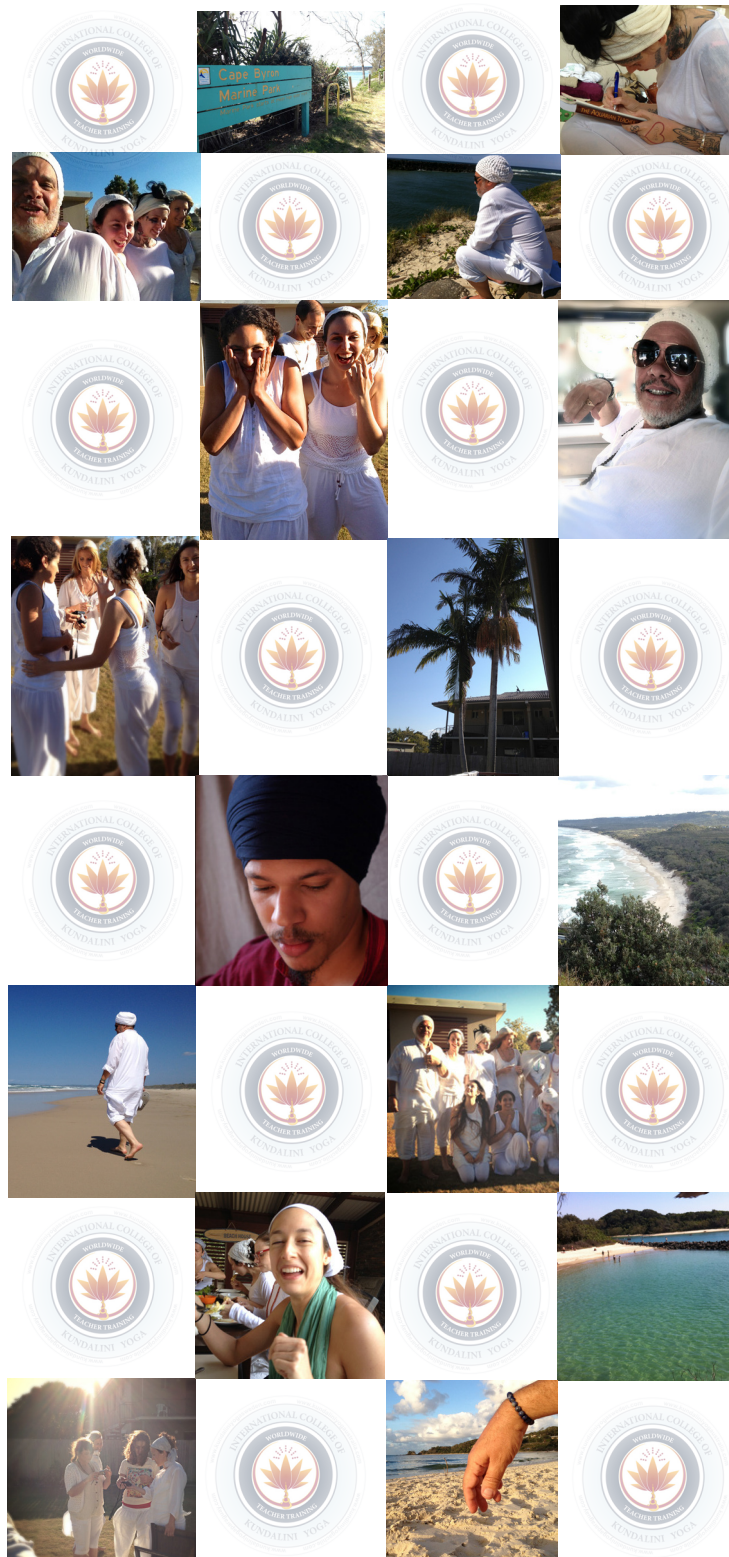
Kundalini Yoga

Kundalini Yoga, as taught by Yogi Bhajan, is a safe and fast way to stimulate the body's natural resources and become healthy, happy, and holy

—in body, mind and spirit.



Kundalini Yoga is a science of the mind and body to elevate the spirit, which has no boundaries or discrimination. Therefore it is for everyone, universal and non-religious. The focus of Kundalini Yoga is on personal experience and awareness through the practice of Kriya, an orchestrated pattern of movements, sound, pranayam (breath), mudras (hand postures), concentration, mantra and meditation.



Our Team

In order to fulfill its educational objectives we rely on an international team of teaching professionals, selected because of their experience and international accreditation, as well as their experience and know-how.

Guru Dass is our Lead Trainer and a direct disciple of Yogi Bhajan (Kundalini Yoga) and Ramesh Balsekar (Advaita/ Vedanta philosophy). He began his spiritual quest as a teen, having his first Kundalini Yoga experience at the Woodstock Festival in 1969. Guru Dass is the founding director of the International College of Kundalini Yoga. He is a certified KRI Level I and Level II Lead Trainer and travels the world sharing his knowledge and music, having recorded numerous mantra and spiritual song CDs. Guru Dass has trained hundreds of Kundalini Yoga teachers worldwide and inspired many by speaking in a manner that frees the mind and opens the heart.



Ram Singh was born in France and grew up in West Africa, where he discovered the ancient science of Yoga and the sacred music of the Sikh dharma as a child. Ram Singh lives in Toulouse (South West France), where he teaches Kundalini Yoga and runs the Dharamsal Centre du Kundalini Yoga with his wife Gururavi Kaur. He specializes in sacred chanting as a way to meditation and inner connection. Ram Singh teaches and performs regularly in Europe.. He is a KRI certified Professional Level I teacher trainer and part of our Level I team in Bali and Australia.

Mahanraj Kaur, is our Australia program's coordinator. She is a graduate of our teacher training and a KRI certified Kundalini Yoga instructor. Her passion and love of yoga continues to grow and she loves to share it with others, teaching Kundalini Yoga in Ocean Shores, in the Shire of Byron Bay.

You can contact Mahanraj at:
mahanraj@me.com or by phone at 0414 355 715