

# Authentic Relationships

## Kundalini Yoga Teacher Training Level 2

### Syracuse, NY—VIRTUAL

#### INTEGRATING AUTHENTIC RELATIONSHIPS INTO YOUR LIFE AND TEACHING

Explore and understand how we form, sustain and honor relationships. Our success as teachers and human beings depends on our capacity to be authentic and respond from our hearts; our primary objective is to examine our relationships and improve our effectiveness, authenticity and awareness within them. There will be no DVDs shown or YB lectures referenced in the training.

Key topics:

- Explore what an authentic relationship is and what it's not
- Relate to your soul as the foundation for authentic relationships
- Understand the challenges facing long-term relationships and marriage in this Age
- Identify the common ways we make relationships fail
- Develop self-love as a key to authentic relationships
- Identify our core paradox and transform it from problem to opportunity
- Create a conscious relationship with your own masculine and feminine energies

**August 15-16**

**September 12-13**

**September 26-27**

Program runs 9:00am to 4:00pm Saturday and Sunday. (With a one hour lunch) This KRI Level Two Certification program module is a virtual training. Six (6 hour) days of concentrated teaching and practice over 3 two-day weekends. This module is offered as one of five *required* for KRI Level 2 practitioner certification. (Completion of Level 1 Certification is a pre-requisite for this course.) \*

EARLY BIRD by 6/11/20 (\$1,095), after (\$1,195)

\*No refunds available after 7/10/2020



**Kartar Singh Khalsa**  
KRI Lead Trainer

**Kartar Singh Khalsa** has been practicing these kriyas for years. His passion is to create experiences through which people can learn. His greatest love in teaching is the Kundalini Yoga kriyas and classes of Self-Empowerment and Self-Realization.

He is a Level One and Level Two Kundalini Teacher Trainer and was honored by the International Kundalini Yoga Teachers Association

Yogi Tea Company and travels and teaches extensively throughout the Eastern United States as well as regularly in China. He is married to Shakta Khalsa, the founder of the Radiant Child Yoga Program.

**The InnerSanctuary of CNY, Inc.**

7271 State Fair Blvd.  
Baldwinsville, NY 13027  
www.InnerSanctuaryCNY.com



**Dr. ShamRang Singh Khalsa**  
KRI Professional Trainer

**Dr. ShamRang Singh Khalsa** is a physician and Sikh minister who has practiced kundalini yoga and meditation as a student of Yogi Bhajan for over 40 years. Dr. Sham Rang merges Ayurveda, yoga and western medicine, utilizing meditation with a strong focus on helping people open to their own self-healing. He teaches Kundalini Yoga teachers in the Aquarian Trainer Academy.



**For further details contact:**

Siri Kirin Kaur (Barbara Collette)  
315-345-8672  
InnersanctuaryCNY@gmail.com