

Kundalini Yoga Teacher Training

Stress & Vitality Level 2

Syracuse, NY



Free Your Self and Build Inner Resources

Develop the core skills for the coming age—the ability to recognize stress in yourself and others and develop the tools to transform it and balance it with conscious relaxation.

Topics include:

- Exploring your vitality and recognizing consciousness as core of vitality
- Identify your stress
- Heal cold depression and emotional fatigue
- Relieve, Relax and Recharge
- Understand the difference between emotion and commotion
- Realize the Victory of the Spiritual Warrior

September 13-15, 2019 | December 6-8, 2019

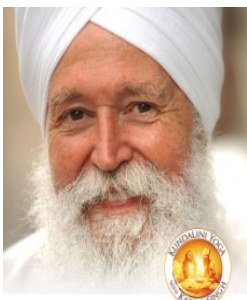
Program runs 8:30am to 6:00pm Friday through Sunday. This KRI Level Two Certification program module in Kundalini Yoga, as taught by Yogi Bhajan®, is a full 6 days of concentrated teaching and practice over 2, three-day weekends. This module is offered as one of five *required* for KRI Level 2 practitioner certification. (Completion of Level 1 Certification is a pre-requisite for this course.) *

Pre-register by 6/3/19 (\$1,095) | Full-registration after 8/5/19 (\$1,195)

OR 7 installments (2/28, 3/29, 4/30, 5/31, 6/28, 7/31, 8/30) of \$185 (\$1,295)

Deposit of \$200 due by 3/25/19

*No refunds available after 6/3/19



Kartar Singh Khalsa
KRI Lead Trainer

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.

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 as Teacher of the Year in 2014. He works for the



Siri Sat Kaur Khalsa
KRI Lead Trainer

Siri Sat Kaur Khalsa embodies an elegant and precise approach to the teachings of Kundalini Yoga. She has an international profile and has extensive experience teaching in a wide variety of arenas. She is a Lead Kundalini Yoga Teacher Trainer with specialty in Posture and Alignment, informed and enhanced by her work as a professional dancer and choreographer, and her classical yoga practice.

The InnerSanctuary of CNY, Inc.

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