

Kundalini Yoga Level 2 Teacher Training

Mind and Meditation

with

Viriam Singh Khalsa and Jai Kartar Kaur Davis

Two 3 Day Weekends –

March 30th and 31st, April 1st, 2012
& April 13th, 14th and 15th, 2012.



“Every human being who wants to excel and to develop the character and caliber that upholds the values of the soul needs a direct, fundamental relationship to the mind.” ~Yogi BhaJan

Mind & Meditation, a KRI Level 2 course as taught by Yogi Bhajan, is intended to illuminate the relationship between you and your mind. Through this powerful experience, you will explore how the mind works in relationship to yourself and others. You will begin to integrate fundamental concepts about the nature and dynamics of the mind into your life. Perhaps most important of all, you will deepen your meditative practice. When you conquer your own mind, you can conquer any challenge and master any opportunity.

The type of relationship we create with our mind is essential to our ability to act effectively, to recognize our true nature and to align with our Divine Purpose. Yogi Bhajan taught us the old ways of using the mind are becoming obsolete. The technology presented in Level 2 “Mind & Meditation” addresses the rapid shifts we are experiencing today, individually and as a collective.

In this transformational Kundalini Yoga Level 2 teacher training, we will explore the following themes of Mind and Meditation:

- The nature of the Mind and How It Works;
- How to utilize the positive qualities of the three minds;
- How to direct the mind to give you a greater capacity for happiness;
- Recognizing and working with the 81 facets of the mind;
- Advanced meditation techniques and practices;
- Developing a personal meditation practice.

Over these 6 days you will increase your awareness of the layers of the mind. As you delve more deeply into knowing and experiencing the Positive and Negative minds, your Neutral meditative mind will be yours. Your communication will be clearer, your relationships deepen and your heart will open. **Change Your Thinking, Change Your Life!**

During the training you have time to study, reflect and absorb the concepts presented. You will have time to review information and practice the meditations and kriyas that are given in both the manual and home study guide as well as on the set of DVDs that you receive in the course.

Mind and Meditation is a 60-hour course with classroom hours and independent study. It is an in-depth transformational learning and teaching experience with a well-designed curriculum, manual, and support materials. This program is open to those who have completed the KRI Level 1 Kundalini Yoga teacher training. Mind and Meditation is one of the five modules required for Level 2 certification as a Kundalini Yoga Practitioner.

The course emphasizes carefully chosen meditations, kriyas, and readings. All the information is presented in highly interactive learning environments. You will explore topics and discuss them with other students in both small and large groups. You will have the opportunity to practice meditations deeply over an extended time. You will test and observe the application of these techniques and attitudes in your life. One highlight of the course is a day of silent meditation to go deeper into your experience of self.

Pivotal to this path of study is a chance for you to encounter the energy, teaching and character of Yogi Bhanan as directly and personally as you can. We use videos of him teaching classes and meditations throughout the course.

Dates and Times:

Two 3-day sessions as follows:

- Friday, March 30th, Saturday, March 31st and Sunday April 1st 2012, 9 AM to 6:30 PM and
- Friday, Friday April 13th, Saturday, April 14th and Sunday, April 15th, 2012, 9 AM to 6:30 PM.

Requirements:

Evaluation is based on successfully meeting the Aquarian Teacher Training course requirements including:

- Passing grade of 75% or higher on the Exam
- Attendance at **all** 48 hours of classroom study
- Completion of 12 hours of home study assignments by July 17th, 2012
- Previous completion of a Kundalini Yoga level 1 teacher training course

Home Study:

- At least 6 hours of reading Yogi Bhanan transcripts, watching the videos and practicing the meditations given in the videos
- At least 6 hours of study group meetings or conference calls
- At least 40 days of journaling
- Completion of 90 days of the assigned meditation for the course
- Completion of the exam questions

Cost:

- \$975.00 per person on or before February 15th 2012
- \$1,125.00 per person on and after February 16th, 2012.

The course fee includes 48 hours of instruction, a student handbook, a series of Yogi Bhanan DVDs, home study and a home study guide.

Course costs include a vegetarian lunch each of the 6 days of the course.

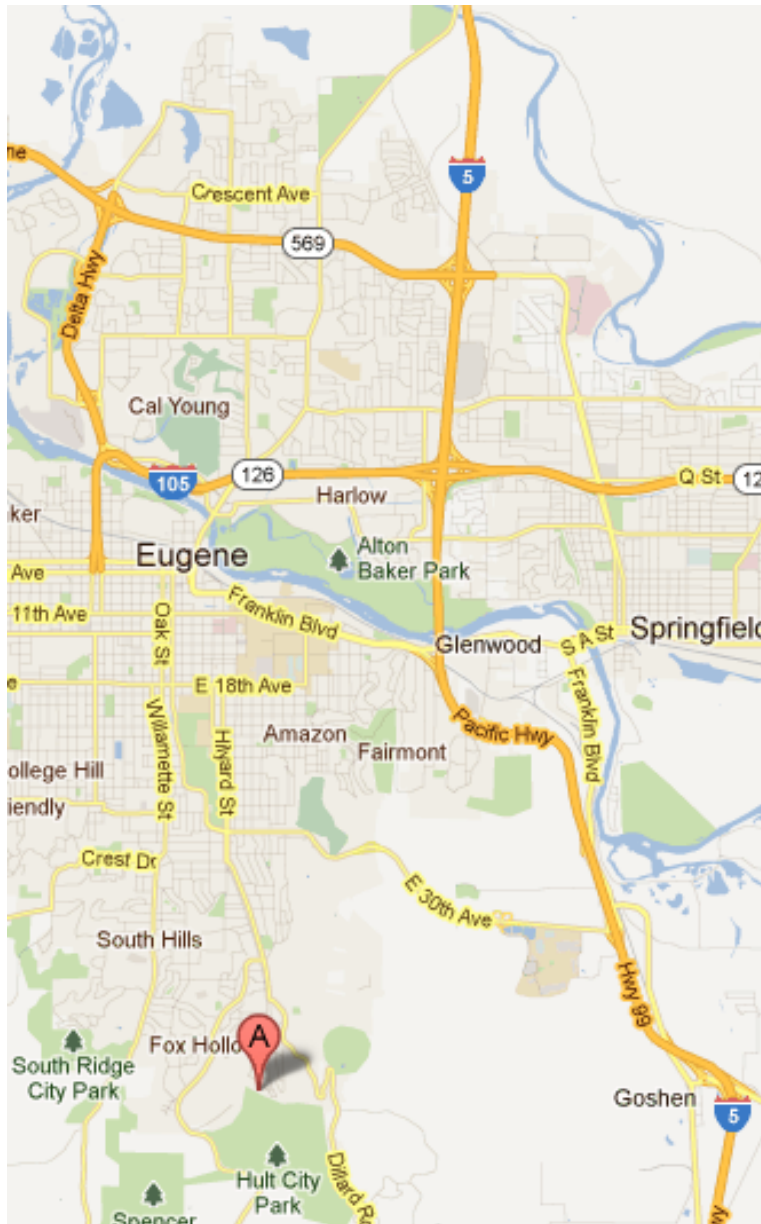
Refunds (minus a \$ 75.00 Administration Fee) are available up to March 15th, 2012. No refunds are given after the course commences.

Minimum Registration: 10 students.
Maximum Registration: 30 students.

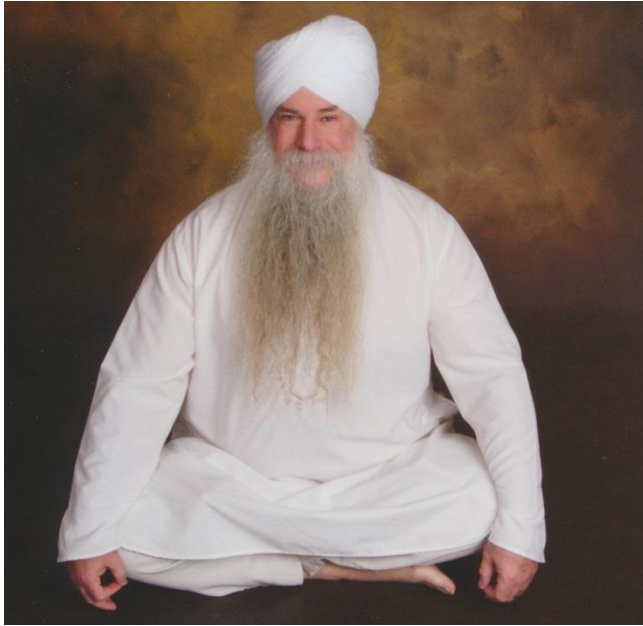
Location

Avalon Retreat Center
5210 Canyon Dr, Eugene Oregon 97405

Avalon is located in a beautiful meadow surrounded with tall trees and wetlands on a secluded estate in South Eugene.



About Your KRI Level 2 Trainers:



Viriam Singh Khalsa MS

523 Princess Avenue

Eugene, OR 97405

Home: 541-344-6496

Cell: 541-556-7688

Email: vkhal@uoregon.edu

Viriam started teaching Kundalini Yoga in 1973 after completing his first (of three) teacher training 40-day residential course in San Raphael California. Viriam has studied intensively with Yogi Bhajan in many venues, including one of the first Master's Touch teacher's training classes. Viriam started teaching teacher training 20 years ago in Eugene. In his teaching career Viriam has taught Kundalini Yoga in many settings, including Elementary, middle and high schools, Community colleges, many professional groups, seniors, retreats and workshops and many more. Viriam currently teaches 6-8 classes in Kundalini Yoga a week at the University of Oregon. He is a long time meditator.

In addition to teaching Kundalini Yoga, Viriam is married (33 years) with two teenage kids. Viriam also manages several youth programs at Lane County Youth Services, teaches in Human Service and Sociology at the University of Oregon and Lane Community College, volunteers with United Way of Lane County, and is the executive manager for the Eugene Sikh Dharma community council. Teaching and training is a strong thread in all that Viriam does.



Jai Kartar Kaur Davis

1300 Skyline Park Loop

Eugene, OR 97405

Home: 541-344-8332

Email: radiant@efn.org

Jai Kartar began Kundalini Yoga in 1994. She deepened her experience in the Northwest KY Training in Eugene in 1995, followed by the original Master's Touch Teacher Training with Yogi Bhajan in 1996. She returned annually to NM to study with Yogi Bhajan, including the 1997 course that gave rise to his book The Mind. She attended the "roll out" or first offering of all 5 Level 2 modules, and has also studied Postures, Bound Lotus, Yogic Numerology and Breathwalk. Jai Kartar has continuously taught 3 to 6 weekly classes at Yoga West Eugene, as well as courses at the University of Oregon, Holistic Healing Institute, conferences, retreats, and workshops. She is a Level 1 & 2 Lead Trainer and has served on the Board of KRI since 2007.

Jai Kartar has been a student of Sat Nam Rasayan, the yogic art of healing thru the Meditative Mind, since 1996. She is a Level 3 Candidate, certified to practice and teach this subtle modality. She regularly deepens her practice thru retreats in the US, Italy, and India, participating in the intensive Re Man Meditation 3 years. Sat Nam Rasayan has inspired and required Jai Kartar to develop a strong meditation practice as a key to healing, teaching and life.

About KRI Level 2 Programs:

This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. The Aquarian Teacher program is a journey of your development as a Kundalini Yoga Teacher.

There are three levels of certification:

- KRI Level 1: Foundations and Awakening – Instructor
- **KRI Level 2: Transformation – Practitioner**
- KRI Level 3: Realization – Teacher

The KRI Level 2 Module is Transformational and is comprised of five modules required for KRI International Level 2 Certification. The five modules are:

1. Conscious Communication
2. **Mind & Meditation**
3. Authentic Relationships
4. LifeCycles & LifeStyles
5. Vitality & Stress

The modules can be studied in any order. It is recommended to leave approximately 4-6 months in between modules in order to integrate the experience into your life and teaching. After successfully completing all 5 modules a student may apply to receive Level 2 certification. KRI requires this process to take a minimum of two years.

Each Level 2 module has 48 contact hours with a certified Level 2 Trainer. After the completion of the contact classroom hours, each student participates in the post-course integration process. This includes the practice of a 90-day meditation, conference call classes (or in person meetings if possible) and an exam and other homework assignments.

The post course work is vital to the integration of the material and experience offered during the course. The transformative nature of Level 2 is in the depth of experience during the course, and in integrating the professional development skills learned, living the values embodied, and participating in self commitment and enhancement developmental work.

“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 Bhajan.

**Course registration – Please print, then email or mail the following information.
Thanks.**

Name _____

Address _____

City _____, State _____, Zip _____

Phone _____

Email _____

Date and place you completed Level 1 training

Currently teaching Kundalini yoga? Yes____, No ____

Occupation _____

Please send payment (check, cash or money order) to:

Khalsa Associates
523 Princess Avenue
Eugene, OR 97405

Sat Nam, Thank you.