

Life and Life Cycles Styles

KRI Level Two Certification program in
Kundalini Yoga as taught by Yogi Bhajan®

“There’s a 3-cycle ring in you. This 3-ring circus goes on without you. If your intelligence, your consciousness and your life are not in that proportion, you are a living mess, or a proportional mess thereof.”

Yogi Bhajan



Join us for this unique six-day course (one of five Level 2 Modules) and learn about yourself and your relationship to your destiny cycles: the 7-year cycle of consciousness, the 11-year cycle of intelligence and the 18-year cycle of energy.

In this course you will:

- Cultivate promoting habits that are in balance with the natural stages and rhythms of your life
- Invite success by defining your purpose for yourself rather than having it defined for you by fate.
- Practice a powerful form of re-birthing so that your true character can be reflected and projected.
- Learn to steward your sexuality to keep it potent and vital over your life span.
- Become aware of how to live and die consciously.
- Continually clear your subconscious so that you can act intentionally with grace and purpose.

Each day we study with the Master, Yogi Bhajan, in a DVD class with meditation. We work both individually and in groups, exploring key concepts and ideas. In addition, we experience kriyas and meditations as well as other processes to put aside the constant whirl of our life for the stillness and intuitive sensitivity of our consciousness.

This is a 60-hour course. Fifty hours are spent in the classroom with 12 hours of home study to be completed 90 days after the course concludes.

Lead Trainer - Hari Simran Singh Khalsa DC



... has taught Kundalini yoga and meditation for over 30 years, as well as directing Kundalini Yoga Teacher Training programs in Berkeley and Santa Rosa, CA, Phoenix, AZ and Kauai, Hawaii. He has pioneered therapeutic applications of Kundalini yoga and meditation in clinical settings. He was a faculty member at Life Chiropractic College West and the International Holistic Institute. He is a healer utilizing Kundalini Yoga, Chiropractic and Sat Nam Rasayan in his clinical practice.

Course Administrator - Shakta Kaur



...is a Level 1 Lead Trainer, Breathwalk Instructor Trainer, and Administrator for this course. From 2004 to 2008 Shakta represented 3HO on the Board of Directors of Yoga Alliance as Board Chair and Interim CEO. She combines her 20+ years of experience in the business world, along with her passion for the teachings of Yogi Bhajan, in serving the Midwest community.

Course Location: Downtown Chicago - Kundalini Yoga in the Loop
410 S Michigan Ave - Suite 514 - Chicago, IL 60605

Course Dates: 2016 - Sep 30, Oct 1, Oct 2 / Oct 28, 29, 30

Administrators: Kundalini Yoga in the Loop - Shakta Kaur and Hari Dev Singh

Information: (312) 922-4699 www.ShaktaKaur.com

Course Fees:

\$ 500 - Prior LCLS Graduate

\$1,099 - KYL Level 1 or 2 Alumni

\$1,199 - IKYTA Member

\$1,299 - Regular Rate

Discount of \$100 if registration with
\$500 deposit received by June 30, 2016