



Vitality + Stress

In this six-day course (which is one of five Level 2 Modules), we will cultivate the core skill for this coming age—our own vitality—the ability to recognize stress in our self and others and be able to transform it and balance it with its polarity, conscious relaxation. This course is our chance to look closely at how we react to, cope with and master our vitality.

- We will build our core vitality, mental endurance and spiritual clarity.
- We will identify our stress personality.
- We will explore the process, effects and downsides of too much stress.
- We will identify strategies to cope with stress and cultivate conscious relaxation.

Each day we will study with the Master, Yogi Bhajan, in a video class and meditation. In addition we will work individually and in groups, exploring the nature of our stress identity as individuals and cross-culturally; we will use kriyas and meditations as well as other processes to identify our stressors and provide tools to balance and uplift ourselves and others.

At the close of this course, each participant should be able to affirm:

“ I cultivate my core vitality to honor and use the opportunities that come with each breath—to receive them as a gift. I recognize the value of my physical and energetic bodies and take steps to maintain them. I thrive under stress and challenge; I am a spiritual warrior who leads, uplifts and delivers effective decisions. I practice a lifestyle that incorporates continuous preventative habits for vitality and victory. I have the mental and spiritual endurance to cross every crisis and be a beacon to navigate and excel in the Aquarian Age.”

“The great pressures of modern society . . . can be relieved by this science of the whole person which is known as Kundalini Yoga”

— Yogi Bhajan

Lead Trainer - Gurucharan Singh Khalsa, Ph.D., LPCC



Dr. Khalsa is an expert in Kundalini Yoga as taught by Yogi Bhajan, and has been the interpreter and compiler of his teachings since 1969. He serves as the International Director of Teacher Training for the Kundalini Research Institute, which he co-founded in 1972.

Course Location: Downtown Chicago - Cenacle Conference Center
513 Fullerton Parkway - Chicago, IL 60614

Course Dates: September 18-20 and October 9-11, 2009

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

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

KRI Level 2 Vitality & Stress – Sept. 18-20 and Oct. 9-11 – 9 AM to 6 PM

Legal Name / Spiritual
Street
City / State / Zip
Phones
Email
Credit Card Number <input type="checkbox"/> Will Pay by Check
Name on Card
Expiration Date Security Code
Signature for Card <input type="checkbox"/> Check Box to Sign

Please Register Me For:

- \$1,199 - Regular Rate (pay by check)
 \$1,235 - Regular Rate (pay by credit card)

Deposit of \$350 is required to secure this rate.
 Rates will increase on July 1, 2009.

Tuition includes 3 meals daily.

Optional Request Housing (subject to availability):

- +\$480 - Shared Room (\$80 per night)
 +\$600 - Private Room (\$100 per night)

Payment Plans Available (call)

Lovely, inexpensive sleeping accommodations are available on-site to make this a unique residential course! Reserve early as sleeping accommodations are limited and based upon the date of receipt of your deposit and registration form. Check-in is Thursday night prior to the course; check-out is Sunday morning. No discounts for those fasting or bringing their own food; indicate special dietary needs below.

Held at the historic Cenacle Conference Center in Chicago's Lincoln Park neighborhood (513 Fullerton Pkwy - Chicago, 60614). Tuition fee includes three vegetarian meals daily. Meals begin with Thursday evening dinner (6-7 pm) and continue through Sunday lunch.

Refund Policy: To withdraw from the course before it begins we must receive your request in writing by August 1, 2009, and you will forfeit your \$350 deposit. To withdraw from the course after August 1, 2009, we must receive your request in writing and you will forfeit your deposit plus \$50 (total \$400). Once the course begins there are no refunds.

Fine Arts Building - Suite 514
 410 S Michigan Avenue
 Chicago, IL 60605

(312) 922-4699 voice
 (312) 431-1469 fax
www.ShaktaKaur.com



Full Payment is due by August 1, 2009. Non-refundable deposit of \$350 is due with this registration form. Price shown is via cash or check, credit card payments are 3% higher. Tuition fee increases on July 1, 2009. Call for Payment Plan option.

Please Complete This Survey:

Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Housing: <input type="checkbox"/> None <input type="checkbox"/> Private Room (+\$600) <input type="checkbox"/> Shared Room (+\$480)
If Housing is Requested: You plan to Arrive - <input type="checkbox"/> Thursday Night <input type="checkbox"/> Friday Morning <input type="checkbox"/> N/A
Preferred Roommate: <input type="checkbox"/> Open <small>{same sex}</small> OR Name of Roommate <input type="text"/>
Dietary Needs: <input type="checkbox"/> None <input type="checkbox"/> No Dairy <input type="checkbox"/> No Wheat/Gluten <input type="checkbox"/> No Nuts
<input type="checkbox"/> Other (describe): <input type="text"/>
Notes:

Meals: Vegetarian meals - with dairy, no eggs - served buffet style (special meals available for those with dietary concerns). Meals are available for **one hour** only: Breakfast 8 am / Lunch 12:30 pm / Dinner 6 pm.

Housing Check-In: From 3 to 9 pm (late arrivals are OK). Your date of arrival at Cenacle will be Thursday night September 17 and Thursday October 8. If you arrive before 7 pm on Thursday night you may have dinner (dining room closes at 7 pm).

Parking: Limited parking is available at The Cenacle Center at no additional charge. If space is unavailable, you may park four blocks away at Children's Memorial Hospital for \$6 daily (with voucher from Cenacle). When parking at the Cenacle please register your car with the front desk.

Please complete this registration form, one form per person, then return it via e-mail, snail mail or FAX. You may send your deposit by check to the address shown above, payable to Kundalini Yoga in the Loop. Payment plans are available by calling Hari Dev Singh at (312) 922-4699.