



School of Kundalini Yoga  
 34 Culver Road. Newbury. Berkshire. United Kingdom  
 Tel: 01635 523900 Mobile: 07885 625398 Email: uk@i-sky.net

now is the time....

**K<sup>2</sup>** . **SKY** the School of Kundalini Yoga *together with the Karam Kriya School*  
 now offer the five new KRI Level 2 modules in the UK  
 tutored by Shiv Charan Singh, Guru Dharam Singh and Darryl O'Keeffe.



## Transformation through Practice

### Conscious Communication

We are our words; we uplift (or not) through the frequency of our communication. The power of the word is a direct path to mastery.

### Life Cycles and Life Styles

When we can follow the flow of life we are renewed with each breath as we reveal the mystery and find mastery through all the cycles of life.

### Authentic Relationships

Love is not what you think love is. To be authentic as individuals, and to experience love fully, we embrace our identity and refine our projection.

### Mind and Meditation

Conquer the mind and you learn to conquer the world. Acquiring the means to be still, intuitive, meditative and creative allows us to explore the structure of the mind and learn how to apply it constructively.

### Vitality and Stress

Change is a stress requiring our capacity to respond and adapt. Vitality is the capacity of our nervous and glandular system to adapt. Calibre is the consequence which will inspire others through life's challenges.

**K<sup>2</sup>** is offered as two modules each year in the UK, one in Spring administered by the Karam Kriya School and one in Autumn administered by SKY.

All **K<sup>2</sup>** modules will be co-taught by Shiv Charan Singh and/or Darryl O'Keeffe and/or Guru Dharam Singh.

**K<sup>2</sup>** aims to heighten the awareness and deepen the experience of kundalini yoga instructors but, as each module is complete within itself, modules may be attended in isolation, as 5 day advanced yoga retreats, by anyone with suitable experience. A student may do any number of modules, at any time and in any order.

Each module carries 20 Continued Education Units for KYTA/IKYTA members.

The upcoming **K<sup>2</sup>** modules in the UK are:

### **Mind and Meditation 9<sup>th</sup> – 14<sup>th</sup> April 2009**

as a non residential course at the Kriya Centre in London.

*Please contact Adi Kaur at Karam Kriya to book or for other information about this module.*

email: [adikaur@karamkriya.co.uk](mailto:adikaur@karamkriya.co.uk)

### **Vitality & Stress 23<sup>rd</sup> – 29<sup>th</sup> October 2009**

as a residential course at Ufton Court near Reading, Berkshire.

*Please contact Darryl at SKY to book or for other information about this module.*

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#### ENTRY CRITERIA

Ideally applicants will hold a KRI Instructor Certificate in Kundalini Yoga (KRI Level 1). Experienced Kundalini Yoga students or yoga teachers of other disciplines may apply and will receive a certificate of attendance upon completion. Only Level 1 Instructors may be certified as Level 2 Practitioners.

*This course is transformative in its nature and participants should be grounded in a recognisable perception of reality. We reserve the right to defer further instruction at any time, and indefinitely, in the interests of your own well-being.*

#### HOURS

To become a KRI certified level 2 Practitioner you must complete 300 hours of advanced training, which includes 240 hours of classroom instruction in the five level 2 modules and 60 hours of additional requirements to be completed outside of classroom time and which will include take home "open book" exams.

#### CERTIFICATION

K<sup>2</sup> is certificated by KRI as the "Practitioner" Level 2 of the Aquarian Teacher Course prescribed by Yogi Bhajan. This 300 hour Level 2 *advanced* course may be added to the *basic* 200 hour Level 1 course to meet the criteria for registration with the Yoga Alliance as a 500 hour RYT (Registered Yoga Teacher).

#### INSURANCE

Students who teach on the training modules will be covered by the insurance of the tutor during actual course hours. Teachers insurance or Teachers Association membership of KYTA and/or IKYTA is not a course requirement but is recommended. The training fee does not include insurance for unsupervised teaching or KYTA/IKYTA membership.

#### K<sup>2</sup> COURSE COSTS 2009

An optional pre-registration fee of £250 secures a place on all five modules at the Pre-registered price.

##### Cost per module

Non Residential (Spring)

Inclusive of course material/manual and lunch each day.

Pre-registered £380

Non-registered £490

Residential (Autumn)

Inclusive of course material/manual, all food and accommodation

Pre-registered £560

Non-registered £690

All fees paid are non-refundable.

*The upcoming K<sup>2</sup> modules in the UK are:*

### **Conscious Communication Easter 2010**

as a non residential course in London.

Please contact Adi Kaur at Karam Kriya to book or for other information about this module.

email: [adikaur@karamkriya.co.uk](mailto:adikaur@karamkriya.co.uk)

### **Lifecycles and Lifestyles late October 2010**

**Lifecycles and Lifestyles Autumn 2010**

as residential courses at Ufton Court near Reading, Berkshire.

Please contact Darryl at SKY to book or for further information about these modules or K<sup>2</sup>

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