



Sat Nam,

we invite you to the breakthrough 21 STAGES OF MEDITATION course in November:

👉 with i-SKY founders : Guru Dharam and Darryl O'Keeffe

👉 **with modern , open -minded i-SKY approach to kundalini yoga and meditation**

👉 in a spirit of openness, acceptance and freedom, in a welcoming community of practitioners.

🏠 **in a picturesque and cosy "Fairy-Tale Farm" near Warsaw, Poland**

Below please find all the details, and don't hesitate to ask us anything you need to know :)

And this is the link: <https://fb.me/e/1AhIhMNdD>

Other upcoming international teachers' courses with i-SKY are:

Vitality and Stress Level 2 , 8-13 October 2024 with Andrea Bhavdeep and Darryl O'Keeffe

Conscious Communication Level 2, - 11-16 March 2025 with Guru Dharam and Andrea Bhavdeep

21 STAGES OF MEDITATION – AN INTENSIVE KUNDALINI MEDITATION COURSE LEVEL 3 TEACHER TRAINING

19-24 November 2024

👤 The 21 stages of the meditation course provides the tools and experiences to deepen your own practice and profound understanding of yourself.

It is a 3-stage journey to the pinnacle of meditative awareness, to connect with the Pulse of Infinity. The course is conducted in a spirit of acceptance, tolerance, openness and support.

👤 **WHO IS INVITED?**

The course is for:

- teachers of yoga or meditation on different paths
- practitioners of yoga or meditation on different paths
- people who want to have a deep, unique meditation experience
- people who want to learn effective, proven techniques for working with the mind

👤 **WHAT CAN YOU EXPECT?**

- a unique meditation experience

- 21 STAGES - THREE journeys - each journey consists of seven stages, leading step by step to deeper levels of awakening and realisation.
- moving through the basic skills of meditation to deeper levels of awareness and integration, to identity, projection and connection with the INFINITE PULSE OF CREATION.
- live contact with charismatic teachers in a safe, and at the same time very profound way, leads you through the highs and challenges of the practice.

🧘 It is a profound meditative experience, led by Guru Dharam and Darryl O'Keeffe of the I-SKY School in UK (www.i-sky.net), in a spirit of openness, acceptance and freedom, in a welcoming community of practitioners.

This course is truly a journey to explore the depths of what meditation can give you.

The meditations in this course are designed to give you a journey to self realization by following the natural structure and qualities of each stage of meditation.

The benefit of each practice stands on its own; but the added benefit of fulfilling the 21 stages of meditation is the embodied depth of experience in the progression from one state of consciousness to the other.

☐ The goal is clear: to be able to understand our mind and the tools necessary to reach a state happiness.

☐ Understand and define: the nature of meditation by refining the mind and elevating your awareness.

☐ The path is open: deepen your meditation through each of the 21 Stages of Meditation in order to reach that intangible quality we call realization.

🧘🧘🧘 The course is also part of a development path for kundalini yoga teachers and belongs to the Level 3 Kundalini Yoga Teacher Training .

This workshop is open to non-kundalini yoga teachers who wish to upgrade their practice through in-depth insights, meditation and group work.

🏡 VENUE: Bajkowa Zagroda by Radzymin, near Warsaw, accommodation in 2-4 person rooms www.bajkowazagroda.pl , with delicious vegetarian / vegan meals.

The course is taught in English, with live translation into Polish.

You can order the English-language textbook 21 STAGES OF MEDITATION for the course.

We collect orders till September 30th for the paper version - the price is about 45 USD.

You can also buy the manual yourself, also as an e-book.

e.g. here: <https://www.amazon.com/21-Stages-Meditation.../dp/1934532770>

🏠 Investment:

The course fee (6 days workshop/ 62 hours , certificate of attendance) :

2750 PLN netto when you book and pay the deposit by 30 September 2024.

After 30 September 2024 – cours fee is 2990 PLN.

Accommodation & food: 1590 PLN / 1490 PLN depending on the room (with or without private bathroom). You can book additional nights before and after the course.

📧 Application: send your details (name, surname, telephone, information whether you are a KY teacher, choice of room) by email to: iskypolandyogak@gmail.com and after receiving confirmation that there is a place, within 3 days please pay the deposit of 800 zł (we will email the account number).

!!NOTE: The place is reserved ONLY by paying the deposit within 3 days of notification by e-mail. The organization and atmosphere of the course is supervised by Anna Mostowicz and Małgosia Amanbir Pawłowska - teachers/graduates of Levels 1 & 2 of with the i-Sky school.

The Trainers:

Guru Dharam Singh Khalsa has been teaching Kundalini Yoga since 1979. As director of Kundalini Medicine, he developed the International Kundalini Yoga Therapy Training. He is one of the few authorized Master Teachers taught directly by Yogi Bhajan. A trainer of KY Level 1 and 2 trainings, he is the author, along with Darryl O'Keeffe, of the textbook "Kundalini the Essence of Yoga." Aka The Kundalini Yoga Experience. For more information: <http://www.kundalinimedicine.com/about>
Darryl O'Keeffe - lead trainer/trainer of level 1 and 2 teacher trainings at the i-SKY Poland school is a practically minded spiritual teacher and healer with a down-to-earth approach and a great sense of humour. Originally trained as a teacher at the Royal Central School of Speech and Drama in London, he consciously chose a non-denominational spiritual path, initially promoting spiritual healing through the National Federation of Spiritual Healers (UK) and then training healers from various countries, before taking up yoga kundalini as a particularly effective therapeutic tool. Darryl has led Sacred Tours around the world and has been teaching kundalini yoga since the mid 1980s. He was a founding member of the 3HO IKYTA Global Teachers Council, and Mentoring Lead Teacher Trainer (levels 1 and 2) at the Aquarian Trainer Academy (Kundalini Research Institute) and is co-author of the book "Kundalini - the essence of yoga" (with Guru Dharam Singh).

If you have questions - we are available: iskypolandyyogak@gmail.com, +48 603 781 098

Love & Light,

Małgosia Amanbir Pawłowska & Anna Mostowicz