

Life Cycles and Lifestyles

kundalini yoga training

**Guru Dharam
& BenJahmin**

**14 - 19
November**

**Bajkowa Zagroda
Poland**



Life Cycles and Lifestyles 14-19 November 2023 Poland, Bajkowa Zagroda/ Warsaw

The course is one of the five modules of the Level 2 Kundalini Yoga Teacher Training.
The course is also available to non-teachers.

The Life Cycles and Lifestyle module provides a fascinating insight into the stages of human life, showing what can be done with our psyche as we go through our life experience.

When we are able to go with the flow of life, we are reborn with each breath, discover the mysteries and master all the cycles of our lives.

See your life story in a way that will free you from the past and turn lead into gold.

Learn to harmonize life cycles, of 7, 11 and 18 years.

Create your future projection so that the flow of prosperity becomes a natural consequence of your rhythm.

Take the next step on the practical path of transforming your life, moving from styles that degrade the soul to styles that support it.

It is a deeply transforming workshop led by Guru Dharam and Benjahmin Steele from the I-SKY school in London (www.i-sky.net), in the spirit of openness, acceptance and freedom, in a friendly community of practitioners.

Live contact with charismatic teachers allows you to proceed safely and at the same time very effectively and work through our difficult and important issues and areas.

Bajkowa Zagroda is our Polish "Home of kundalini yoga", a cosy place next to a beautiful forest, with home atmosphere and delicious sattvic food.

Languages: the course is conducted in English with translation into Polish.

When: November 14-19, 2023

The course starts on Tuesday at 10.00 am, and finishes on Sunday by 16.00pm.

Where: Bajkowa Zagroda near Radzymin, 25 km from Warsaw, a short drive from both Warsaw airports.

Investment: PLN 2990.

Accommodation and meals: PLN 1275. These are net prices.

It is possible to book additional nights and/or meals.

The place is booked with a non refundable deposit of PLN 700.

Registration by e-mail: anna.mostowicz@durantavirya.pl

In response to the e-mail, we will provide the account number for payments.

If you have any questions – we will be happy to assist you:

anna.mostowicz@durantavirya.pl, iskypolandiyogak@gmail.com, tel. + 48 603 781 098

Love& Light,

Małgosia Pawłowska & Ania Mostowicz