



Sat Nam,

would you like to take Vitality & Stress with us?

♥ with i-SKY Trainers : Andrea Bhavdeep and Darryl O'Keeffe

♥ with modern , open -minded i-SKY approach to kundalini yoga

♥ 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 :)

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

*21 Stages of Meditation 19-24 November with Guru Dharam and Darryl*

*Conscious Communication Level 2 - 11-16 March 2025*

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 VITALITY & STRESS  
 LEVEL 2 KUNDALINI YOGA COURSE  
 8-13 October 2024

Link: <https://fb.me/e/cp2R6Swwc>

☺ The changes that are our daily reality are a challenge that requires us to react and adapt  
 Our body is a temple - a miracle made up of complex processes, energy channels, physical and subtle organs.

How is our body, which is constantly subject to so many internal and external stresses, supposed to remain strong and radiant?

Vitality is the ability of the nervous and endocrine system to respond and adapt.

Vitality is also the result of harmonious coexistence with the universe and its laws.

Stress can be a field for developing these capacities, but it can also lead to their annihilation.

☺ During the course, we will practice the crucial skill of recognising stress in ourselves and others these days and develop tools to transform stress and balance it through conscious relaxation. This course is an opportunity to take a close look at how we react, and develop and refine our vitality.

Deep healing and acceptance, tolerance, openness and support - this is what you will receive on this course.

### ♥ WHO IS INVITED?

The course is for everyone who:

- want to understand the essence of vitality and develop it;
- want to learn about the mechanisms of stress and how to transform it;
- love yoga as technology to manage themselves;
- can be teachers of kundalini yoga or other techniques working with the body and mind.

♥ This is a practical workshop led by Darryl O'Keeffe and Andrea Bhavdeep from the I-SKY School in London ( [www.i-sky.net](http://www.i-sky.net) ), in a spirit of openness, acceptance and freedom, in a welcoming community of practitioners.

The course is one of the five modules of the Level 2 Kundalini Yoga Teacher Training Course. This workshop is open to non-kundalini yoga teachers who wish to explore issues of Vitality and Stress through in-depth yoga practice, meditation and group work.

🏠 VENUE: Bajkowa Zagroda by Radzymin, near Warsaw, accommodation in 2-4 person rooms [www.bajkowazagroda.pl](http://www.bajkowazagroda.pl) , with delicious vegetarian / vegan meals.

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

### 🏠 Investment:

The course fee (6 days workshop/ 62 hours , manual in English, course certification for kundalini yoga teachers) :

2560 PLN netto when you book and pay the deposit by 31 July 2024.

After 31 July 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: [iskypolanddyogak@gmail.com](mailto:iskypolanddyogak@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:

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 co-author of the book "Kundalini - the essence of yoga" (with Guru Dharam Singh ).  
Andrea Bhavdeep - psychologist, teacher trainer of the i-SKY school.

She has been practicing yoga since 2004. She started with Hatha yoga and Ashtanga yoga, then trained as a Kundalini Yoga Teacher at i-SKY in the UK and founded i-SKY Cologne in Germany in 2009. She became a yoga therapist in 2010. She is a qualified Professional Teacher Trainer at level 1 and 2.

As a psychologist, she is able to maintain a safe and kind space for transformational processes, that can occur during classes, workshops and trainings. She has also been a communication coach for more than 20 years, supporting people to broaden their perspective, challenge their belief systems, organize their thoughts and overcome fears and anxiety. Andrea also works as a supervisor and mediator.

If you have questions - we are available: [iskypolandiyogak@gmail.com](mailto:iskypolandiyogak@gmail.com), +48 603 781 098

Love& Light,

Małgosia Amanbir Pawłowska & Anna Mostowicz