



AUTHENTIC RELATIONSHIPS

JUNE 25-30, 2021 Warsaw, POLAND

What is **LOVE**?

There is no simple answer ...

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.

Course Summary

Integrate authentic relationships into your life and your teaching. Explore and understand how we form, sustain and honor relationships. Our success as Kundalini Yoga teachers and as conscious human beings depends on our capacity to be authentic and respond from our hearts; our primary objective is to examine our relationships and improve our effectiveness, authenticity and awareness within them.

Key Topics

- Explore what an authentic relationship is and what it's not
- Relate to your soul as the foundation for authentic relationships

- Understand the special challenges that long-term relationships and marriage face in the Aquarian Age
- Identify the common ways we make relationships fail
- Develop self-love as a key to authentic relationships
- Identify our core paradox and transform it from problem to opportunity
- Create a conscious relationship with your own masculine and feminine energies
- Develop Sacred Community

The course run by senior Trainers of i-SKY school of yoga enables everybody to experience openness, acceptance and freedom in a friendly community. The presence of charismatic leaders allows the participants to safely and deeply work on difficult and crucial areas.

The course is one of the five modules of Kundalini Yoga Teacher Training Level 2, and it is also available for non-teachers willing to learn the course through deeper practice of yoga and meditation.

Course Trainers: Guru Dharam Singh and BenJahmin Steele from I-SKY school of yoga, UK (www.i-sky.net)

Location: Bajkowa Zagroda near Warsaw, a beautiful place next to a picturesque forest; accommodation in rooms 2-4 pers. , www.bajkowazagroda.pl

Close to Warsaw Modlin Airport (50 min) , approx 1 hour drive from Warsaw Chopin Airport.

Language: English, with simultaneous Polish translation.
Guru Dharam will be teaching in person 25-27.06, and BenJahmin Steele will be teaching online 28-30.06.

Info : anna.mostowicz@durantavirya.pl tel. +48 603 781 098.

Investment:

Programme (6 workshop days / 62 hours , English manual, Course certificate for kundalini yoga teachers) 2200 PLN netto when booking by 7 June 2021

After 7 June 2021 – 2400 PLN netto.

Accommodation and meals: 885 PLN netto (2-4 pers. rooms)

The prices do not include local taxes.

Booking: please send an email to: anna.mostowicz@durantavirya.pl and as soon as you get the confirmation that we have places - please pay the advance to the below stated bank account.

Advance payment: the reservation is confirmed and guaranteed by the payment of an advance of 600 PLN to bank account:

Frog Project Piotr Pycha

Bank account: PL 57 1140 2004 0000 3902 8003 9254 , write” Authentic Relationships”

About the trainers:

Guru Dharam Singh Khalsa has taught Kundalini yoga since 1979. He founded the Lotus Healing Centre, a multi disciplinary holistic facility, in London in 1989 and served as the Vice Principal of the London Academy of Oriental Medicine until 1997. As a Keynote speaker on matters of health, vitality, emotional intelligence for Association of Chief Executives in the UK, 2002-2005, he served as an educator to the business and corporate community. His formal qualifications have been complemented by intensive post graduate interdisciplinary study of the esoteric; Kabbalah, Mesoamerican Shamanic Dreaming, West African healing practice and many years study of Tibetan medicine (the Mastery Path, White Lotus healing, Black Hat Feng Shui and the Red Thread empowerments).

Since 1980 Guru Dharam has developed a practical system of Yogic Therapy, applying the science of Kundalini, mantra and visualization, helping to empower many thousands of people toward a healthier and happier life.

As Director of the Kundalini Medicine initiative Guru Dharam has developed the International Kundalini Yoga Therapy Training as a safe, effective and therapeutic complement to the mechanics of western medical practice.

Guru Dharam is recognised as a one of the few Master Teachers taught directly by Yogi Bajan and travels the world as such, sharing classes and workshops as well as maintaining a consultative therapeutic practice in London, New York and Sweden, where he is now resident.

Guru Dharam is registered as a Mentoring Lead Teacher Trainer (Levels 1 & 2) with the Aquarian Trainer Academy (Kundalini Research Institute U.S.A.) and is the co-author of The Kundalini Yoga Experience with Darryl O'Keeffe

BenJahmin Steele is a Teacher Trainer of Kundalini Yoga with I-SKY (International School of Kundalini Yoga), a musician and trained in Shakti Dance with Sara Avtar Olivier. He is also a qualified Kundalini Yoga Therapist under the guidance of Guru Dharam Singh Khalsa and with his love of the Shabd Guru , music and singing, brings a devotional and poignant energy to his sharing of the Sacred Sciences that are Shakti Dance and Kundalini Yoga. His intuitive, compassionate and courageous approach to life aims to give the student, patient or listener an empowering, nurturing and inspirational healing experience.