

MIND and MEDITATION
International Level 2 Teacher Training in Kundalini Yoga

18-23 OCTOBER 2022 Warsaw / Poland



“Man jeetai jag jeet . . . Conquer the mind and you conquer the world.” —Yogi Bajan

Mind and Meditation, a KRI Level 2 course as taught by Yogi Bajan, is intended to illuminate the relationship between you and your mind. Through this powerful experience, you will explore how the mind works in relationship to yourself and others. You will begin to integrate fundamental concepts about the nature and dynamics of the mind into your life. Perhaps most important of all, you will deepen your meditative practice.

- Increase your awareness of the layers of the mind
- Understand, utilize and experience the negative and positive forces inherent in human nature
- Assimilate and balance the positive and negative minds
- Perceive, receive and project through the neutral mind
- Using the neutral mind as your guide, gain the ultimate freedom - the freedom to choose how you want to feel, what you want to create, and ultimately, your experience of reality
- Change the frequency of your psyche to prepare for the changes of the Aquarian Age
- 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

The workshop is open for those who are not kundalini yoga teachers and want to deepen their meditation practice in kundalini yoga tradition.

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 Polish translation.

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

Investment::Programme (6 workshop days/ 62 hours, English manual, certification for KY teachers) 2470 PLN net with reservation and advance payment before August 31st, 2022.

After 31 August 2022 – the programme is 2850 zł net.

Advance payment: the reservation is guaranteed by the payment of an advance of 700 PLN within 3 days of receiving booking confirmation.

Accommodation + vegetarian meals: 1275 zł net , to be paid on arrival.

Booking: please send an email to: anna.mostowicz@durantavirya.pl . If the places are available – you will receive a booking confirmation together with the bank account number to transfer the advance.

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 Bhajan 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.