



# *LifeCycles and LifeStyles*

## **Kundalini Yoga Teacher Training Level 2 August 14, 15 & 16 / September 5, 6 & 7, 2009 Atlanta, GA**

Through the direct guidance of Yogi Bhajan, the Aquarian Teacher Training program has been divided into three stages:

KRI Level 1: Foundations and Awakening – Instructor

KRI Level 2: Transformation – Practitioner

KRI Level 3: Realization – Teacher

Level 2 consists of 5 separate modules that can be taken in any order, by KRI Level 1 certified instructors. It is our goal to offer one module each year in Atlanta. Each is a 60-hour course with 48 classroom hours and 12 hours of independent study. They are:

- Conscious Communication
- Mind and Meditation
- Vitality and Stress
- Authentic Relationships
- LifeCycles and LifeStyles

Level 2 – Transformation is the second stage of training and personal development. It is fundamentally different from the first stage, Level 1, in which you established the foundations for becoming a teacher and for a lifetime of personal practice.

The second stage is about the transformation and deepening of your own core capacities, character and consciousness. The essence of this stage is about establishing the ability to use your applied mind, applied intelligence and applied awareness.

This gives you the opportunity to apply the ideas, habits and techniques to yourself, both in your own life, and to a broad range of different classes and students.

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In this 6 day course you will learn and have the experience of:

- What are the cycles of consciousness, intelligence and life
- The soul's purpose throughout each stage of life and the habits and patterns that support that purpose
- Meditations and kriyas to clear out the accumulations of each stage
- Meditations and kriyas to streamline our passage through these stages
- The secret to living a purpose-filled life

continued...

*"Life is a comparative study. If you have caliber and you have intuition, that gives you grit and stamina, and you can make it anywhere."*

*~ Yogi Bhajan*

## ABOUT THE INSTRUCTORS:



*Mukta Kaur and Dr. Gurusahay Singh Khalsa* have been students and teachers of Kundalini Yoga since 1972 and are certified by the IKYTA. Their studies include intensive training in yoga and the ancient healing arts with Kundalini Yoga Master Yogi Bhajan, and attendance at teacher-training courses at semiannual yoga retreats throughout the United States since 1973.

**Mukta Kaur** has taught Kundalini Yoga to thousands of students since 1974 in a variety of classroom settings including colleges, universities and private studios. She received a B.A. from Smith College in Eastern Religion and a minor in Education. Her knowledge of the body is enhanced by her 15 years of practice as a Licensed Massage Therapist. She holds the 500 hour Registered Yoga Teacher (RYT) Certification having taught over 5000 hours of yoga.

**Dr. Gurusahay Singh** is a chiropractor and acupuncturist, practicing at the GRD Healing Arts Clinic in Atlanta since 1978. He studies, practices and teaches varied healing arts including chiropractic, massage therapy, yoga therapy, herbal therapy, acupuncture, and nutritional counseling. He regularly lectures on health and healing and has taught hundreds of yoga, meditation and teacher training courses.

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## Course Details:

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### **Kundalini Yoga Teacher Training Level 2**

**August and September 2009  
Atlanta, GA**



*Location:* The home of the Khalsa's: 155 Classic Cove, Atlanta, GA 30350

*Dates:* Friday, August 14                      Saturday, August 15                      Sunday, August 16, 2009  
Saturday, September 5                      Sunday, September 6                      Monday, September 7, 2009

*Times:* 8:30am-5:30pm each day

*Cost:* Pre-registration paid in full by Wednesday, July 15: \$895  
Full price after Wednesday, July 15: \$995

*Certification Requirements:*

Forty eight hours of classroom time and twelve hours of home study after the course are required. KRI requires that participants attend all classes, pass the exam and complete home study assignments which take place over a 90-day period after the course.

*Registration:* Contact: Mukta Kaur  
Phone: 770-512-0558  
Email: [yogateacher@bellsouth.net](mailto:yogateacher@bellsouth.net)  
Overnight accommodations available