



Kundalini Yoga  
Teacher Training Level 2  
**Conscious communication**

*Shiv Charan Singh and Sat Mitar Kaur*

14-19 february 2019

The teacher training Level 2 develops our excellence as teachers and supports our inner growth process. Building on the foundation of Level 1, Level 2 is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher. In this level, the Instructor cultivates the yogic capacities of intuition, neutrality and self-assessment within the five mirrors of consciousness (5 modules of 6 days):

### **Conscious Communication, Mind and Meditation, Authentic Relationships, LifeCycles and LifeStyles**

#### **About conscious communication module:**

Hold the teacher's voice. Empower your speaking. Deepen your listening. Sounding from the navel. Pitching from the chakras. Projecting & defending. Prayerful communication. Communication blocks; fear/anger. Hidden self, shadow self & the mask. Uplifting others through the frequency of your communication is a direct path to self-mastery.

### **Teachers :**

The team includes Shiv Charan Singh and Sat Mitar Kaur who will co-teach this module, Ram Singh who will translate and Siri Kar Singh.

### **Dates**

From 14-19 february 2019

Arrival 13rd evening departure 19th afternoon

### **Place**

L'Arche de Saint Antoine (Saint Antoine l'Abbaye 38160)

[www.arche-de-st-antoine.com](http://www.arche-de-st-antoine.com)

It is around 1h30 driving from Lyon. The closest airport is Lyon Saint Exupéry.

### **Price and registration**

810€ if registration before 31st december, 860 € after

Price includes teaching fees, accomodation, manuals and DVDs

For registration, please send the registration form (ask for it by email or see on Narayan website) and 200€ of account by bank transfer to Association Narayan

IBAN : FR7613825002000877157611990

BIC: CEPAFRPP382

**Informations and registration :** Munpreet Kaur - +336 85 39 23 44 - [munpreetkaur11@gmail.com](mailto:munpreetkaur11@gmail.com)

**Specific request:** Sat Mitar Kaur (local training manager) - +336.83.17.15.76 - [maria\\_sat5@yahoo.fr](mailto:maria_sat5@yahoo.fr)

<http://www.kundalyon.org>

