

AQUARIAN TEACHER TRAINING
LEVEL 2, GREECE 202

MIND AND MEDITATION

INFO PACK



KARAM KRIYA SCHOOL

POWERED BY SUNGALAA



AQUARIAN TEACHER TRAINING

International program in Kundalini Yoga, as taught by Yogi Bhajan®,
certified by the Kundalini Research Institute

MIND and MEDITATION

Greece, Pelion, September 28 - October 3, 2023

Trainers:

Shiv Charan Singh & Sohan Kaur



Organisers:

Jiwan Shakti Kaur

Hari Anand Kaur

CONTENT

1. Welcome!
2. Course Fees
3. Registration & Payment
4. Accommodation & Food
5. Certification Requirements
6. Disclaimer
7. Tutors
8. Schedule
9. Arrival

1. WELCOME!

SAT NAAM

The **Karam Kriya School & SunGalaa** are happy to welcome you to the **KRI-certified** module “**Mind and Meditation**” of the **Level 2 Aquarian Teacher Training in Kundalini Yoga**.

To allow a deep and unforgettable experience, the course takes place on the beautiful peninsula of **Pelion, Greece**. **Pelion is an absolute natural paradise!** A mountain dotted with picturesque traditional villages and fringed by mesmerising beaches. **Greece as you never have seen it.**

This special place is **reachable by public transport directly from Volos, Athens and Thessaloniki International Airports** (*see below, point 9*).

The retreat will be held at the **Pelion Homes Retreat Centre**. An idyllic space undisturbed and surrounded by deep green vegetation. The **perfect location, providing peace and quiet for our Kundalini Yoga Training**.

All of the **villas** are a few minutes walk from the retreat space.

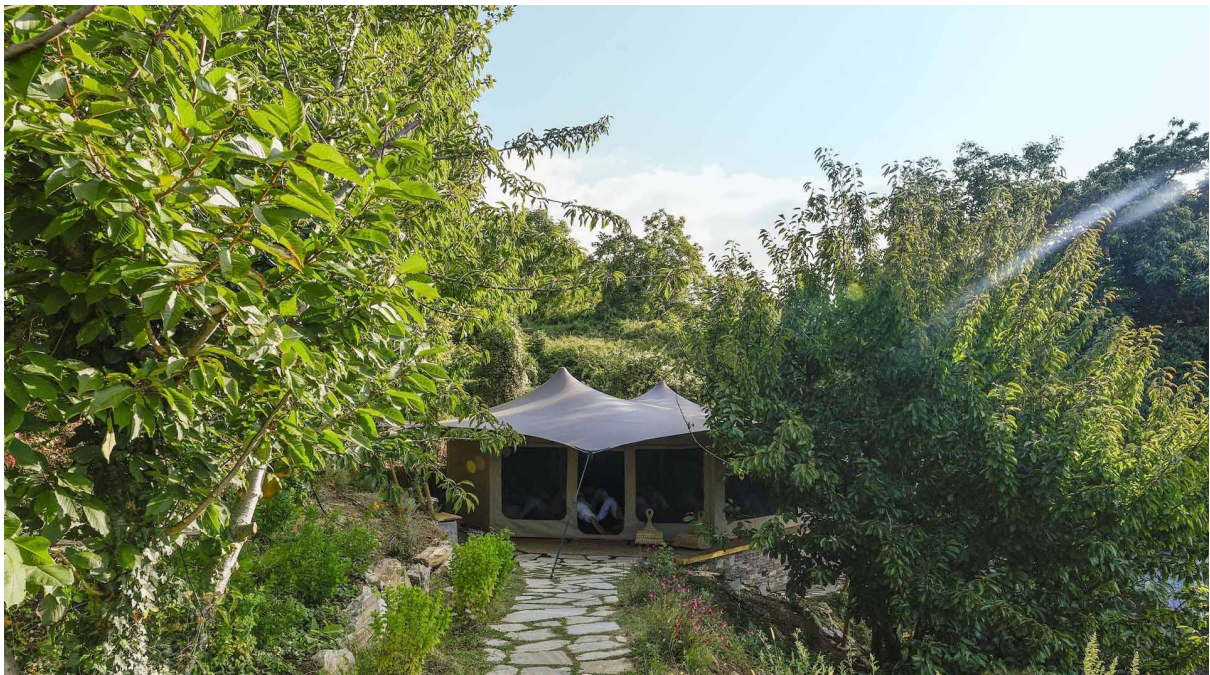


Daily meals, lunch and dinner, will be served in the communal space next to the retreat centre. The seating area has a balcony overlooking the mountainside and at night it is the perfect place to relax and enjoy time in nature.

Each villa has a fully equipped kitchen. Everyone will be able to invite their study group for a peaceful breakfast after sadhana, for example, in order to become better acquainted with their peers and to apply directly what we learn about yogic style life too.



The yoga space is within a unique and wonderful bedouin tent. Fitted with mosquito netting, lighting, ceiling fans, and heating for temperature control.



We warmly embrace you and are ready to welcome you for living this amazing experience in **Pelion**. Book in advance for your early bird discount and best flight fares (*see below, point 9*)!

2. COURSE FEES

The fee includes: all teaching fees (*tuition, license to KRI*), a comprehensive Level 2 manual, a study guide with lectures of Yogi Bhajan and the accompanying meditations, registration fee of 100.-€ (*not refundable*), all local costs for the organisation, marketing, logistics and rent.

- ❑ The early bird price is 595.-€, due until May 31st, 2023
- ❑ The full price is 680.-€, after May 31st, 2023

The fee does not include: your journey to Greece and any extras outside the description in this information.

3. REGISTRATION & PAYMENT

Send an email to kundaliniyogagreece@sungalaa.com to register.

You will receive a confirmation of your registration upon which you transfer 595.-€ (*early bird*) or 680.-€ (*full price*) for the teachings fees, manuals, administration and organisation to the following account:

Account holder:	C. Silvestrelli
Bank:	Banca Etica
IBAN:	IT55 D050 18032 000000 1720 7036
BIC:	ETICIT22XXX
Reference:	L2 Greece 2023 and your name, in case is not you who is doing the bank transfer

As soon as the amount is credited, your registration is successfully accepted.

Terms & Conditions:

With the payment of the teaching fee, you accept this document (*info pack*) as part of the contract.

Teaching fees paid by the customer for this training are non-refundable except for:

- The training is cancelled by the organiser: The full fee will be refunded to the customer.
- The customer cancels the reservation with 7 days' notice or more: a 50% refund is provided by the organiser.
- In case of cancellation of the training due to governmental measures against the Covid-19 pandemic, the full fee will be refunded to the customer.

If the training is repeated in the future and the customer wishes to postpone the reservation, the fee paid will be held and the above applies.

A cancellation has to be communicated in writing (*email: kundaliniyogagreece@sungalaa.com*). Of course, you may provide a replacement for whom the same conditions apply.

Please make yourself familiar with the terms & conditions of Pelion Homes regarding food & accommodation.

4. ACCOMMODATION & FOOD

The price includes: accommodation and food for lunch and dinner (*a Greek-inspired vegetarian diet with fresh vegetables, many of them organic and homegrown, prepared with lots of love & dedication only for us...*), served in the dining area.

For breakfast you have a fully equipped kitchen available in your house in which you will find everything you need for a continental breakfast.

Price per person, full board and 6 nights (27.09 - 02.10) with all comforts:

EARLY BIRD until May 31, 2023:

- ☐ €499 Twin
- ☐ €599 Private
- ☐ €685 Private En-suite

FULL PRICES after May 31, 2023:

- ☐ €570 Twin
- ☐ €690 Private
- ☐ €780 Private En-suite

Please **book your accommodation by filling out the Pelion Homes Google form**, the sooner the better (*please click on*): **[Sungalaa 2023 Registration form](#)**.

Or contact Nicholas: **nicholas@pelionhomes.com**

This cost does not include: Additional food & beverages and the local tax of 3.-€ per person per night.

If you have special food requirements, please contact **info@pelionhomes.com** upon your registration.

5. CERTIFICATION REQUIREMENTS



An important message in Yogi Bhajan's Teachings is the practical concept of **Self-Initiation**. This means that trainers, administrators and directors of the KK School or SunGalaa will not be chasing, policing or parenting you. Rather, it shall be assumed that **you are motivated and able to self-direct and take responsibility** for understanding the requirements that are being communicated to you and take appropriate and timely action towards fulfilling the tasks required.

Level Two is open to KRI Level One Certified Instructors. The 300-hour/2-year certification program consists of five 60-hour modules and fulfils the Yoga Alliance 500-hour requirement. Graduates of Level Two earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®.

Level 2 consists of five modules. Each module has to be finished successfully, then a confirmation letter will be issued by the Karam Kriya School / SunGalaa.

As soon as you have received five confirmation letters, one for each module, you apply to **KRI** for your certificate.

The confirmation letter for this module will be issued after you have passed the exam. Other homework will be specified during the module.

Requirements:

- ☐ Attendance at all teaching sessions
- ☐ Handing in your exam latest **90 days** after the end of the course (*January 6, 2024*) to: kundaliniyogagreece@sungalaa.com
- ☐ A passing grade of 75% or better in the KRI Exam
- ☐ Full payment of course fee

Even if you do not yet have a certificate for Level 1, you can participate and receive the confirmation letter for 1 of the 5 modules of Level 2 (*same requirements for certification as above*).

6. DISCLAIMER

The Karam Kriya School and SunGalaa, their staff, volunteers and directors, assume that:

- A. You acknowledge and are fully aware of all the implications and possible risks involved in your participation in workshops, seminars, classes, counselling, training and all other activities (*"the activities"*) provided by the Karam Kriya School (*"the School"*) and SunGalaa (*"the Organiser"*) and that the School or the Organiser does not give any guarantee or warranty whatsoever regarding your health and safety of your property during your participation in the activities.
- B. You declare that your participation in the activities is entirely voluntary and that the School and the Organiser will have no legal liability towards you or any other person in respect of your participation therein.
- C. To the best of your knowledge, there is no physical or psychological medical reason which prevents you from partaking in courses run by the Karam Kriya School or SunGalaa and fulfilling its course requirements.
- D. You understand that the teachings of Yogi Bhajan© and Kundalini Yoga do not constitute medical advice.
- E. You are motivated to learn how to lead yourself rather than be led.
- F. You accept the invitation to take responsibility for all the consequences that you experience from being present and participating in this KY teacher training.
And that you free others of this responsibility.
- G. Karam Kriya School and SunGalaa do not take responsibility if students get hurt in the venue of the training (*including and not limited to the yoga room, houses, gardens*).
- H. It is assumed permission to use pictures taken with you in the space of the training.

In line with this, the Karam Kriya School, SunGalaa, and its directors, staff and volunteers, fully assume responsibility for all the consequences that we experience through offering this training and accepting you on this course.

7. TUTORS



Shiv Charan Singh is a renowned teacher of Kundalini Yoga and Karam Kriya, the Science of Applied Numerology, throughout the world since the early 80s. He travels extensively teaching Kundalini Yoga and Karam Kriya and sees people daily in his practice as a counsellor. Besides 'Let the Numbers Guide You' he is the author of five more books, including a poetry book. He is the co-founder of the Karam Kriya School with Satya Kaur.

Sohan Kaur, co-founder and director of SunGalaa, is a Lead trainer for Level 1 and Level 2 and 21 Stages of Meditation. As a Karam Kriya trainer, Hypno Therapist and counsellor, she invites us to re-establish an authentic connection with the guiding true Self inside. This powerful and healing experience is the reminder that all we search outside already awaits us inside - ready to unfold and blossom.

Both **Shiv Charan Singh** and **Sohan Kaur** offer a limited number of **consultations**. Please book ahead of time: kundaliniyogagreece@sungalaa.com. Thank you.

8. DAILY SCHEDULE

The course starts on September 28th in the morning and finishes on October 3rd, 2023 in the afternoon.

5:30h	Sadhana
8h	Breakfast
9:30h	Morning session
13:30h	Lunch
15h	Afternoon session
19h	Dinner

9. ARRIVAL

Please plan your arrival on September 27th, 2023 and your departure on the evening of October 3rd, 2023.

For later departure, please check the availability of accommodation with **Pelion Homes**:
info@pelionhomes.com

You can arrive by plane to Athens or Thessaloniki or Volos with international and national airlines, e.g. [Aegean Airlines](#) or [Ryanair](#). Buy your tickets in advance to profit from cheap fares!

How to arrive at Pelion Homes:

a) By car:

Participants can travel to Pelion by bus or car. Volos is 3.5 hours away from Athens and about 2,5 hours from Thessaloniki. In order to reach PELION HOMES you need to pass the city of Volos and on the way to Argalasti via Agria and Lehonia. Then you will come across a junction to the left towards Agios Vlassis, Agios Georgios Nilias and Pinakates villages. On your way up the mountain after the village of Agios Vlassis and just before entering the village of Agios Georgios Nilias you will see a sign with directions to Taxiarchon Monastery to the left. Driving towards the monastery you should see a narrow uphill dirt road to your right hand with a small sign pointing towards the houses. Take this road 150m ahead and you will reach your destination.

b) By public transport:

1. Those who arrive in Greece flying to **Athens International Airport** can take the bus **X93** (just out of the arrival zone, turn on the right and you will see the bus stop) direction ΑΕΡΟΛΙΜΕΝΑΣ ΑΘΗΝΩΝ - ΣΤ.ΥΠΕΡ.ΛΕΩΦ. ΚΗΦΙΣΟΥ to **Bus - Station Liosia** (1 hour)

For info, timetable and tickets, please click [HERE](#)

From the **Bus - Station Liosia** there is a bus to **Volos** (5 hours)

For the timetable, info, and tickets, please click [HERE](#)

Then It is possible to reach **Pelion Homes** from **Volos** (20 km) by taxi (please, ask Pelion

Homes for more info).

1.2 Taxi. Athens International Airport - Pelion Homes (*3hs and a half*)

2. Those who arrive in Greece flying to **Thessaloniki International Airport** can take a **taxi** to **Thessaloniki Bus Station** (*20 mins*) and then a **bus** to **Volos** (*2 hours and 20 mins*).

For info, timetable and tickets for the bus, please click [HERE](#).

Then It is possible to reach **Pelion Homes** from **Volos** (*20 km*) by **taxi** (*please, ask Pelion Homes for more info*).

2.2. Taxi. Thessaloniki International Airport - Pelion Homes (*2hs and a half, please, ask Pelion Homes for more info*).

c) By private minivan/bus organised by Pelion Homes:

Pelion Homes can organise a **private minivan/bus** for us from/to Athens Airport and/or from Thessaloniki Airport at set times and at an affordable price, depending on the number of participants:

- **El. Venizelos Athens Airport - Agios Georgios / Pelion Homes** (*one-way transfer*)
MiniBus 8-14 people 630.- € inc VAT (78.-€ / 45.-€ per person more or less)
MiniBus 15-20 people 700.-€ inc VAT (46.-€ / 35.-€ per person more or less)
- **Thessaloniki Airport - Agios Georgios / Pelion Homes** (*one-way transfer*)
MiniBus 8-14 people 520.-€ inc VAT (65.-€ / 38.-€ more or less)
MiniBus 15-20 people 600.-€ inc VAT (40.-€ / 30.-€ more or less)

If you are interested in one of these options, please, when booking, **communicate your choice** so we can organise the transfer accordingly and ahead of time.

The LOCATION:

PELION HOMES

Agios Georgios Nilias, Pelion | Greece

t: +30 210 9216779,

e: info@pelionhomes.com

www.pelionhomes.com

For YOUR REGISTRATION,

Please send an email to kundaliniyogagreece@sungalaa.com.



God only lives in cosy homes.

Yogi Bhajan



Educational Institute
for Yoga and Good Life