

KRI AQUARIAN TEACHER TRAINING
LEVEL 2, ITALY 2023

VITALITY AND STRESS

INFO PACK



KARAM KRIYA SCHOOL

POWERED BY SUNGALAA



KRI AQUARIAN TEACHER TRAINING

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

Vitality and Stress

Assisi, Italy, May 25-30, 2023

Trainers:

Shiv Charan Singh & Jiwan Shakti Kaur



Organisers:

Jiwan Shakti Kaur

Agiapal Kaur

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1. WELCOME!

SAT NAAM

The **Karam Kriya School, SunGalaa, and YogAssisi** are happy to welcome you to the **KRI-certified** module “**Vitality and Stress**” of the **Level 2 Aquarian Teacher Training of Kundalini Yoga as taught by Yogi Bhajan®**.

To allow a profound and unforgettable experience, the Course takes place in a site historically considered "blessed": **Assisi**. In the heart of green **Umbria**, in the peace of its hills that underline the mystical depth of the town that was the birthplace of **San Francesco**.

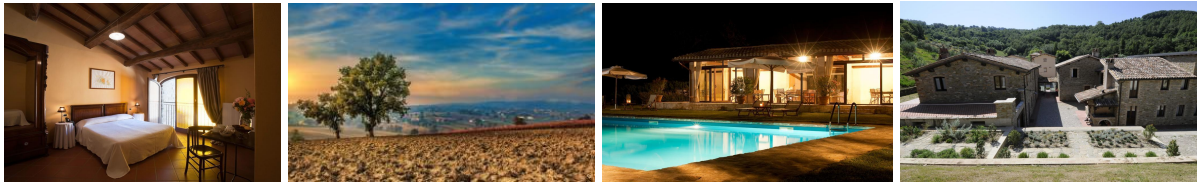
This special place to discover for the first time or where to return with pleasure **can be reached by public transport** directly from the international airports of **Perugia, Rome, Florence, and Bologna**. **By train from the main Italian stations, and by car** (*see below, point 9*).

The Course will be held at **Le Case Residenza di Campagna, Eco-Agriturismo in Assisi - Monte Subasio Park**. An idyllic, **silent place, surrounded by greenery**. In a perfect position to find the **peace and tranquillity** necessary for our Kundalini Yoga Training.



Structured like a **small village**, Le Case is a real country residence. The rooms are welcoming, equipped with all comforts, and perfectly furnished in the typical Italian style of the area. Like the swimming pool magically inserted in the garden, among the paths bordered with lavender plants.

The food, vegetarian, **organic** (for the most part self-produced as **Le Case is a certified organic farm**), and artfully cooked, will be served in the large dining room.



We will practice in the large and **comfortable yoga room overlooking the woods**, and **magical outdoor areas** in the gardens and/or in the woods in front of us will welcome you, accompanied by the warming sun of May.



We warmly invite you to participate and we are ready to welcome you to live this extraordinary experience in **Assisi**.

Book in advance to take advantage of the discounted price and the best fares for flights, trains ... (see below, point 9)!

2. COURSE FEES

Teachings fee:

- The early bird price is 595.-€, by March 20, 2023
- The full price is 680.-€, after March 20, 2023

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

This cost does not include: your journey to Italy and any extras outside the description in this information.

The normal price offers the possibility to pay in 2 instalments: 300.-€ by March 20, 2023, and the rest (380.-€) also in cash directly in Assisi on the first day of the Training or by transfer before the start of the Training.

3. REGISTRATION & PAYMENT

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

You will receive a confirmation of your registration once we will receive your bank transfer of 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 Italy 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: kundaliniyogaitaly@sungalaa.com*). Of course, you may provide a replacement for whom the same conditions apply.

Please, make yourself familiar with the terms & conditions of Le Case Residenza di Campagna regarding food & accommodation.

4. FOOD & ACCOMMODATION

Early bird until March 20.2023

Full board per person per day:

- Triple and Quadruple Room 75 . -€
- Double Room 85 . -€
- Single Room 105 . -€

Normal after March 20.2023

Full board per person per day:

- Triple and Quadruple Room 88 . -€
- Double Room 99 . -€
- Single Room 125 . -€

Book your accommodation directly with Francesca at Le Case as soon as possible:
lecaseresidenza@gmail.com

This cost includes: accommodation and breakfast, lunch, dinner and 2 breaks (*vegetarian diet with fresh vegetables, delicious local dishes...*) served in the common area.

This cost does not include: additional food and drinks, the tourist tax of € 1.50 per person for the first 3 days (*to be paid in cash directly to Le Case*).

If you have special dietary needs, please contact lecaseresidenza@gmail.com when you register.

5. CERTIFICATION REQUIREMENTS



An important message in Yogi Bhanjan'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 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 (*August 30, 2023*) to kundaliniyogaitaly@sungalaa.com
- Passing grade of 75% or better in the KRI Exam
- Full payment of course fee

** Even if you yet do not 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

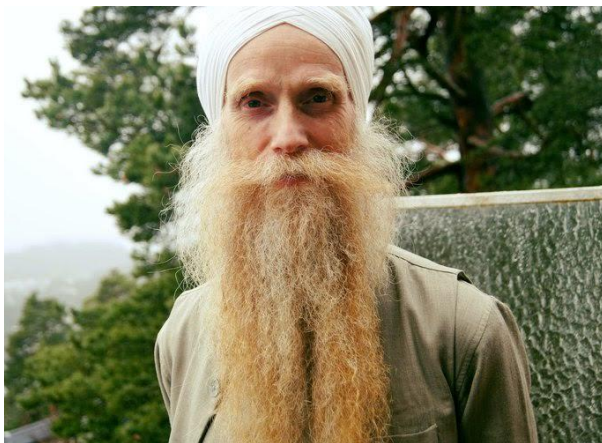
The Karam Kriya School and SunGalaa, their staff, volunteers, and directors, assume that:

- 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, and 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.

Jiwan Shakti Kaur is a well-known teacher and trainer for Level 1, Level 2, and the 21 Stages of Meditation. Since our life, on this planet, is a "human" experience, the centre of her studies has always been the "human body". From different angles, yogic and otherwise. A scientific approach combined with an innate communicative talent led her to teach throughout Europe, North Africa, Argentina. She is the Creative Director and co-founder (along with *Sohan Kaur*) of SunGalaa.



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

8. DAILY SCHEDULE

The course starts on May 25th in the morning and finishes on May 30th, 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 May 24th, and your departure on the evening of May 30th or later. For later departure, please check the availability of accommodation with **Le Case**: lecaseresidenza@gmail.com

You can arrive in Perugia, Rome, Florence, and Bologna by plane with flights from national and international companies. Buy tickets in advance to take advantage of cheap fares!

To getting to Le Case Residenza di Campagna:

a) **By car:**

Use the satellite navigator only up to Assisi - Piazzale Matteotti to avoid being on dirt roads.

From Florence: A1 motorway, Valdichiana exit, then Bettolle-Perugia freeway. From Perugia highway towards Spoleto-Terni, Assisi Santa Maria Degli Angeli exit. Enter Assisi and follow the road that climbs up to Piazzale Matteotti, in front of the Carabinieri barracks, go straight on towards Gualdo Tadino, exit at "Porta Perlici" one of the gates of Assisi, then continue on state road 444 towards Gualdo Tadino. At km 26 of the state road to travel (pay attention to the signs on the left side of the road that indicate every km of the state road) turn right and carefully follow the punctual signs "Az. Agr. Le Case" / Madonna dei Tre Fossi Sanctuary / Chilean Bandita Locality (blue sign).

We are 1km above the sanctuary "Madonna dei 3 Fossi".

From the North: A14 motorway (Bologna-Rimini) Cesena Nord exit, then E-45 highway towards Perugia. Continue towards Assisi-Foligno-Spoleto and exit at Assisi Santa Maria Degli Angeli. Enter Assisi and follow the road that climbs up to Piazzale Matteotti, in front of the Carabinieri barracks, go straight on towards Gualdo Tadino, exit at "Porta Perlici" one of the gates of Assisi, then continue on state road 444 towards Gualdo Tadino. At km 26 of the state road to go (pay attention to the signs on the left side of the road that indicate every km of the state road) turn right and carefully follow the punctual signs "Az. Agr. Le Case" / Madonna dei Tre Fossi Sanctuary / Chilean Bandita Locality (blue sign). We are 1 km above the sanctuary "Madonna dei 3 Fossi".

From the South: A1 motorway, Orte exit, then Orte-Cesena highway. Continue towards Assisi-Foligno-Spoleto and exit at Assisi Santa Maria degli Angeli. Enter Assisi and follow the road that climbs up to Piazzale Matteotti, in front of the Carabinieri barracks, go straight on towards Gualdo Tadino, exit at "Porta Perlici" one of the gates of Assisi, then continue on state road 444 towards Gualdo Tadino. At km 26 of the state road to go (pay attention to the signs on the left side of the road that indicate every km of the state road) turn right and carefully follow the punctual signs "Az. Agr. Le Case" / Madonna dei Tre Fossi Sanctuary / Chilean Bandita Locality (blue sign).

We are 1km above the sanctuary "Madonna dei 3 Fossi".

b) By public transport:

1. Train. Most of the Intercity and Regional trains coming from the major Italian cities stop at Assisi, Santa Maria degli Angeli station.

1.2 Taxi. From the Assisi Santa Maria degli Angeli station (the only reference station) is possible to take a taxi with special arrangements: Giombini. Cost of the ride 40.- €. Tel. +39 3356686736

2. Airplane. The closest airport to Assisi is Perugia (12 km), reachable by direct flights from Cagliari, Lamezia Terme, Palermo, Catania... and from a number of European and non-European cities.

2.2. Bus. From Perugia airport, you can reach Assisi by bus (Bus Italia, lines E422 and E007). The ticket cost 3.- € by buying it at the airport, 4.- € if you buy it directly on the bus. Check the timetables on: www.fsbusitalia.it.

2.3. Taxi. From Perugia airport, it is possible to take a taxi to Assisi - Le Case: RadioTaxi Perugia +39 075 5004888.

3. Airplane, other airports. It is possible to consult the timetables of the other airports closest to Assisi on the corresponding web pages: www.adr.it (Airports of Rome Fiumicino and Ciampino), Bologna www.bologna-airport.it, Florence www.aeroporto.firenze.it.

The LOCATION:

Le Case Residenza di Campagna

Via Santa Maria di Lignano, 42

06081 – Assisi (PG)

ITALY

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Tel: +39 075 802261

E: lecasesidenza@gmail.com

For **YOUR REGISTRATION**,
please send an email to kundaliniyogaitaly@sungalaa.com.



God only lives in cosy homes.

YB

