



## LEVEL 3

# 21 STAGES OF MEDITATION



## INFO PÄCK

powered by:



# KRI AQUARIAN TEACHER TRAINING

International training program in Kundalini Yoga,  
certified by the Kundalini Research Institute

## 21 Stages of Meditation

Assisi, Italy  
October 12-17, 2023

with:

**Sohan Kaur & Jiwan Shakti Kaur**

*Make meditation the art of life.  
Make meditation the science of life.  
Because only with that, and with that only,  
can you can develop intuition.*  
YB

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## 1. WELCOME!

### SAT NAAM

Welcome to the **KRI-certified** Training for the 21 Stages of Meditation, hosted by **SunGalaa**.

We invite you to participate and have a **profound and unforgettable** experience. This course is **open to all** students and teachers from contemplative traditions.

The course will take place in Italy, in the **heart of Umbria, in Assisi**, the peaceful birthplace of San Francis, where mysticism abounds. **Assisi** is a place to discover for the first time or return to with pleasure. It can be easily reached by public transportation from the international airports of Perugia, Rome, Florence, and Bologna, as well as by train from major Italian stations or by car (see point 10 for arrival information).

The training will be held at **Le Case Residenza di Campagna**, an eco-agriturismo located in Assisi's Monte Subasio Park. This idyllic and serene location is surrounded by greenery, offering the perfect ambiance for finding the **peace and tranquility** necessary for our Meditative Kundalini Yoga Training.



Le Case is an **authentic country residence**, structured like a small village. The **rooms** are **welcoming**, equipped with all **modern amenities**, and furnished in the typical Italian style of the area.

**The food** served at Le Case is vegetarian, **organic**, and mostly **self-produced**, as the location is a certified organic farm. Carefully prepared, the meals are served in a spacious, traditional dining room.



Our practice sessions will be held in a **spacious and comfortable yoga room**, which offers a **picturesque view** of the surrounding woods. Additionally, there are **magical outdoor areas** amongst the gardens and in the woods, providing a natural and meditative environment.



We extend a warm invitation for you to participate and look forward to welcoming you to this extraordinary experience in Assisi.

To take advantage of the discounted price and best fares for flights, trains, and more, please book in advance (see point 10 for arrival information).

## 2. COURSE CONTENT



This experiential course is designed to facilitate **self-transformation** and is one of the most profound courses available. It's a deep **immersion** into the 21 Stages of Meditation, and you will have the opportunity to deepen your contemplative and meditative capacity in a community of practitioners.

In a beautiful environment, you will broaden your understanding of what meditation is and open new doors of perception in your life and practice.

Throughout this course, we will engage in a three-part meditative journey:

- Part 1: The **Crystallised Self**  
Recognise and experience your true Self.
- Part 2: The **Expressive Self**  
Learn how to express your true Self in both action and stillness.
- Part 3: The **Transcendent Self**  
Experience your Self as a realised human being.

Each part of this journey takes you to a deeper level of **awakening and realisation**. We will move from the basic skills of meditation to deeper levels of awareness and integration, ultimately leading to a merging of identity with the infinite pulse of creation.

The 21 Stages of Meditation provides you with tools and experiences that enable you to deepen your meditation practice and develop a profound understanding of yourself.

### **First Journey: The Crystallized Self**

The primary focus of the first journey is to recognize, experience and crystallise your Self. The first four stages present blocks to your progress: upset, boredom, irritation, and frustration. Once you gain a sense of your Self that is distinct from all the commotions, emotions, and sensory impulses, you begin to recognize a still point, a nucleus within that is the Self. This crystallised sense of Self is necessary for consciousness to work.

### **Second Journey: The Expressive Self**

In this second journey, the initial challenge is to develop sensitivity to your Self as you engage in relationships and participate in life. When you take the seed of your Self and project it into the world, it expands. In this journey, you cultivate the meditative skill to merge with your projection yet still distil your Self from the various roles you play. This journey prepares you to maintain your integrity in action and ultimately to find stillness within every action.

### **Third Journey: The Transcendent Self**

In this final journey, you recognize all that you are as the formless presence of the infinite Self. You open to the dimension of your Transcendent Self. This journey requires you to go beyond differences and similarities and into reality and unity. By forging an elevated identity with your infinite Self within your finite self, you become spontaneous, creative, and flexible. You excel in this infinite game of the soul. Love, compassion, and kindness become the core of your experience. At the peak of this journey, you become the nothing within the centre of all that is. The Mystery is now mastery. The sacred space opens up to intuitive presence, which serves innocence, loves life, blesses all, and praises the Infinite, the all within All. You become you, nothing more, nothing less. In this final journey, you become a realised human being.

## **3. COURSE FEE**

- **Early Bird Price:**  
Book by August 20, 2023 and get the discounted price of **595.-€**.
- **Full Price:**  
After August 20, 2023, the full price of 680.-€ will apply.

The course fee covers all teaching fees, including tuition and KRI licence, as well as a non-refundable registration fee of 100.-€. Additionally, it covers all local costs for organisation, marketing, logistics, and rent.

Please note that travel expenses to Italy and any extra costs not mentioned in this information are not included in the course fee.

If you choose the normal price, you have the option to **pay in two instalments**. The first instalment of **300.-€** is due **by August 20, 2023**, and the second instalment of **380.-€** can be paid in cash directly in Assisi on the first day of the training or by transfer before the start of the training.

## **4. REGISTRATION & PAYMENT**

Please send an email to [kundaliniyogaitaly@sungalaa.com](mailto:kundaliniyogaitaly@sungalaa.com) to register for the training. Upon receipt of your bank transfer for the teaching fees, administration, and organization (595.-€ for early bird or 680.-€ for full price) to the following account, you will receive a confirmation of your registration:

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

**Please note that your registration will be considered successful once the amount has been credited to the account.**

### **Terms & Conditions:**

By paying the teaching fee, you agree to the terms and conditions outlined in the information pack, including the non-refundable nature of the teaching fee, except for certain circumstances:

- If the organiser cancels the training: the full fee will be refunded to the customer.
- If the customer cancels the reservation with at least 7 days' notice: the organiser will provide a 50% refund.

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 conditions will apply.

If you need to cancel, please do so in writing (email: [kundaliniyogaitaly@sungalaa.com](mailto:kundaliniyogaitaly@sungalaa.com)). Please note that a replacement may be provided, subject to the same conditions.

**Be sure to familiarise yourself with the terms and conditions of Le Case Residenza di Campagna regarding food and accommodation.**

## **5. FOOD & ACCOMMODATION**

### **Early bird until August 20, 2023:**

Full board per person per day:

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

### Full price after August 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](mailto:lecaseresidenza@gmail.com)

**The cost of the retreat includes** accommodation, three meals a day (breakfast, lunch, and dinner), and snacks during two breaks. The meals are vegetarian and include fresh vegetables and delicious local dishes served in the common area.

**Please note that the cost does not include** additional food and drinks or the tourist tax of €1.50 per person for the first three days, which must be paid in cash directly to Le Case.

If you have any special dietary requirements, please inform the organisers at  
[lecaseresidenza@gmail.com](mailto:lecaseresidenza@gmail.com)  
when you register.

## 6. CERTIFICATION REQUIREMENTS



An important message in Yogi Bhan's Teachings is the practical concept of **Self-Initiation**. This means that trainers, administrators, and directors of the SunGalaa and YogAssisi 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.

In order to receive the **Confirmation of your Participation** here are the **Requirements**:

- Attendance at all teaching sessions
- Full payment of course fee

## 7. DISCLAIMER

**SunGalaa and YogAssisi, 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 SunGalaa ("*the School*") and YogAssisi ("*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 SunGalaa or YogAssisi 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 these 21 Stages of Meditation.. And that you free others of this responsibility.
- G. SunGalaa or YogAssisi 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, SunGalaa, YogAssisi, 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.

## 8. TRAINERS



**Sohan Kaur** is a Lead Trainer for all Kundalini Yoga teacher trainings. She discovered Kundalini Yoga in 1999 while studying economics and mechanical engineering. She has a background in adult education, where she has given seminars on labor and social law and on political education.

In 2002, Sohan began a Karam Kriya counseling training and has since completed several professional trainings in psychological counseling, working for people with physical, mental, and emotional impairments for over 10 years. In 2016, Sohan furthered her education in hypnotherapy, which sparked her interest in neuroscience. She began exploring the connection between meditation, habits, behavioural patterns and neural connections.

**Jiwan Shakti Kaur** is a KRI-certified Lead 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, including the use of the brain in a proper way by controlling our biochemistry and the use of meditation.

A scientific approach combined with an innate communicative talent led her to teach throughout Europe, North Africa, Argentina.



## **Consultations**

Both **Sohan Kaur** and **Jiwan Shakti Kaur** offer a limited number of **consultations**. Please book ahead of time: [kundaliniyogaitaly@sungalaa.com](mailto:kundaliniyogaitaly@sungalaa.com). Thank you.

## **9. DAILY SCHEDULE**

The course starts on **October 12th** in the morning and finishes on **October 17th, 2023** in the afternoon.

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

## **10. ARRIVAL**

**Please plan your arrival on October 11th, and your departure on the evening of October 17th or later.**

For later departure, please check the availability of accommodation with **Le Case: [lecaseresidenza@gmail.com](mailto: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 get 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](http://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](http://www.adr.it) (Airports of Rome Fiumicino and Ciampino), Bologna [www.bologna-airport.it](http://www.bologna-airport.it), Florence [www.aeroporto.firenze.it](http://www.aeroporto.firenze.it).

#### **The LOCATION:**

##### **Le Case Residenza di Campagna**

Via Santa Maria di Lignano, 42

06081 – Assisi (PG)

ITALY

[www.lecase.biz](http://www.lecase.biz)

Tel: +39 075 802261

E: [lecaseresidenza@gmail.com](mailto:lecaseresidenza@gmail.com)

For **YOUR REGISTRATION**,  
please send an email to [kundaliniyogaitaly@sungalaa.com](mailto:kundaliniyogaitaly@sungalaa.com)

## **11. WHY THIS COURSE?**

### **Is this program for me?**

We've got a lot of questions about who can come—and the answer is anyone!

### **May I come even if I don't have any experience with yoga or meditation?**

Yes, you can.

### **I have just started practising Kundalini Yoga. Can I take this course?**

Yes, you can participate in this course. This program is beneficial to deepening one's understanding of meditation, the meditative mind, and the experience of the Self.

### **I am a Kundalini Yoga teacher. Will this course help my journey?**

This program will deepen your practice and give you new perspectives and techniques to pass on to your classes.

### **I practice a different style of meditation and yoga. Can I still participate?**

This program will broaden the scope of what you understand meditation to be and open new doors of perception in your life and in your practice.

### **I have been practising and teaching Kundalini Yoga for years. Will this course help me?**

This program will reawaken your passion for the practice and provide the groundwork for a new understanding and relationship with your Self.

### **Do I have to take the Journeys in order?**

No. This program is designed to be taken repeatedly as you continue on your journey of meditation and contemplation. You may take the journeys in any order and retake them as often as you like.

### **I've taken this course before, should I take it again?**

Yes! Each time you approach these powerful meditative practices you are in a different place in your life and will have different experiences and insights. This is a program that is meant to be repeated.

*Quiet the mind and the soul will speak.  
Buddha*



We are all looking forward to seeing you in Assisi!!

*When you don't go within,  
you go without.*

**YB**

**SAT NAAM**