



Conquer the mind and you will conquer the world.

The mind is the problem yet within it is the solution. This is the opportunity for an indepth exploration of the mind, its functions, facets and projections. Learn to recognize your own tendencies and experience the meditations that transform the mind into a truly great and helpful servant of your soul. The meditative mind provides the means to be still, intuitive and creative.

In Level 2, through your personal practice, group process, deep interactive discussion, intense meditations, you will go through a transformation that will help you to deepen your own direct perception of the teachings. It will also serve to improve your ability to create and maintain the Sacred Space of a Teacher.



Level 2 Mind and Meditation Stockholm/Värmdö 13-18 June 2019

Price: Early-bird before 31st of March 8 300 SEK. After the price is 8 900 SEK. Books and material is included.

Place: Värmdö Yogacenter in Gustavsberg, Värmdö.

Beautiful location near the water.

More information: www.yogahuset.se



Dharma Singh, Arne Raat

Kundaliniyoga teacher since 35 years. Dharma is also a great musician, playing the guitar. He is Leadtrainer level 1 and 2, and is also running a spiritual funeral home in Freiburg in Germany. Together with Karta Purkh Kaur he has founded the Prana Jio school.

www.pranajio.com

Teaches in easy and clear English.

Karta Purkh Kaur, Carola Mehl

Is a KRI Leadtrainer Level 1 and 2 and a cofounder of the Yogatherapie Training in Germany. She has worked for many years as a physiotherapist and social worker.

Teaches in easy and clear English.



Värmdö Yogacenter is a beautiful yoga location by the water in Gustavsberg.

Mind and Meditation :- **Conscious Communication**
Authentic Relationships :- **Lifecycles and Lifestyles**
Vitality and Stress

There are 5 moduels in Level 2 and you can take them in any order you like and with any Level 2 teacher you like.

Level Two is open to KRI Level One Certified Instructors. The 300-hour/2-year certification program consists of five 62-hour modules and fulfills the Yoga Alliance 500-hour requirement. Graduates of Level Two earn the title of Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®.

Join us for a transforming course with Dharma Singh and team.