



Understand from the heart • Own your own development • Teach others

KUNDALINI YOGA TEACHER TRAINING 2019

with Amrit Nam Sarovar International Kundalini Yoga School in London and France

www.harnalkaur.co.uk

www.amritnam.com

Journey into Kundalini Awakening

The Amrit Nam Sarovar Kundalini Yoga Teacher Training Level 1 is a programme for personal growth and teacher certification. This course is the opportunity to commit to positive change and to connect with others willing to do the same. The course will give you a foundation for a solid yoga practice, which is your base for being a teacher – for yourself and for others. You will gain the knowledge and self-confidence to make a difference in yourself and the world around you.

The training is open to everyone. You will be given all you need to practice and teach Kundalini Yoga: 200 hours of teaching, a personal or group interview with Karta Singh, 40-day yoga sets and meditations to develop your own spiritual discipline, home assignments to reinforce your knowledge and a team of qualified trainers and staff who will help guide you through the process.

Course content

the ANS Level 1 Training Programme includes:

- dynamics of Kundalini Yoga
- philosophy of Yoga
- oriental Physiology
- Chakras
- 7 energy bodies
- mind and meditation
- mantras
- karma
- universal laws
- yoga lifestyle (Humanology)
- KRIYAS
- pranayama
- SOUL Journey

For continuous support and guidance through the whole training there will be regular 'Mentoring sessions' These will be lead by your trainer and held online.

Course Intentions : 'Soul Develpoment' & 'Consciouness Training'

This is an adventure in your consciousness that helps you meet with YOU - identify what you need at this present moment, your intentions, your blocks and resistances, your life situations, why they occur to you, and how you can possibly change them. And what's even more important - to discover and connect to your unique inner gift.

Tools :

- Kundalini Yoga : to access your inner strength and develop your nervous system so you can face whatever comes across your path. Be intouch with your unlimited Self
- group consciouness : to access universal consciouness you have to go through the group consciouness. reflect to each other how we grow. Stand for what happens to us.
- Sharing circlces : learning how to become the observe , the witness of your life. To be personaly impersonal.
- Self reflection, journaling : recognizing the other is you and learning what this means
- support and guidance from qualified mentor teachers - who transfer the masters touch. transfer the prana. transfer our connection to the sourse

Amrit Nam Sarovar mission statement

We are an inspired community

Dedicated to serve the great awakening of humanity

We welcome the transformation though experience with support and love

So each one may discover and deliver their soul purpose

Together we manifest the new

About Amrit Nam Sarovar

Amrit Nam Sarovar's motto is: To Teach To Learn To Serve

Karta Singh, founding director of Amrit Nam Sarovar (ANS), first crossed paths with Yogi Bhajan in the mid-1970s and immediately recognised him as the teacher he had been looking for: not merely a man of intellect and applied philosophy, but a true spiritual master. Karta followed Yogi Bhajan in his vision of building a global community founded on the principle of spirit and a common bond between all mankind. He made it his mission to help people realise their full human potential, and to this end pioneered the first ever Kundalini Yoga teacher trainings, creating programmes in France, Belgium, England, Russia, Austria and Switzerland.

When Yogi Bhajan left his physical body in October 2004, Karta had already started building a space on his land at Le Martinet in the French Alps that could serve as a foundation for living the teachings. This is Amrit Nam Sarovar – a learning community, the largest Kundalini Yoga school in Europe, and a worldwide network of Kundalini Yoga practitioners.

Amrit Nam Sarovar invites its students to cultivate an attitude of permanent learning and to abandon what needs to be let go. Experience is the door to understanding; sharing is the path. Through a unique multi-level mentoring system students embark upon a learning process in which they will be tested, inspired and challenged by a vortex of traditional wisdom and teachings transferred through experience from teacher to student. Life becomes yoga.

The London-based modules take place within the dynamic of a smaller group, while the international summer week at Le Martinet is a larger-scale experience, with hundreds of students attending from across Europe and beyond.

Commitment of participation

Attendance throughout the whole course is a prerequisite for qualification. Throughout the course you will be given assignments of kriyas and meditations to practice between teaching weekends. Karma yoga (also called Seva), including food preparation and cleaning, is also an integral part of the course.

To successfully complete the ANS Level 1 Teacher Training Programme you will be required to:

- attend all the training modules: minimum 180 contact hours
- attend the online mentoring sessions between each module
- attend at least 10 Kundalini Yoga classes outside the training weekends.
- teach a Kriya to the required standard
- complete four Kriyas for 40 continuous days attend at least five morning Sadhanas.
- pass the written examination.
- attend one day of either: Karta Singh SOMA or Brahm Kvach Japa Retreat or White Tantric Yoga

Upon qualification you will be certified by Amrit Nam Sarovar as a Kundalini Yoga Teacher

Useful links

- ANS Kundalini Yoga Teacher Training London website: www.harnalkaur.co.uk
- Amrit Sarovar International Yoga School headquarters website: www.amritnam.com

Course dates 2019

Events	Dates	2019
Module 1	2 days	January : Saturday 5 (arrival 9.00 am) - Sunday 6 (leave 6.00 pm)
Module 2	4 days	February : Thursday 14 (arrival 9.00 am) - Sunday 17 (leave 6.00 pm)
Module 3	4 days	April : Thursday 18 (arrival 9.00 am) - Sunday 21 (leave 6.00 pm)
Module 4	2 days	June : Saturday 22 (arrival 9.00 am) - Sunday 23 (leave 6.00 pm)
International week in the French Alps		July : Saturday 22 (arrival 5.00–7.00 pm) - Sunday 28 (leave 8am)
Module 5		September : Sunday 8 (10.00 am - 5.00pm)
Written exam		Take Home

Venue for the London modules

The London-based modules will take place at Gilwell Park Conference Centre, Chingford, London E4 7QW. Gilwell Park is five minutes from Junction 26 of the M25 and 25 minutes from central London by train.

Getting there

- By rail: Chingford railway station offers a direct service to/from London Liverpool Street with a journey time of less than half an hour. Trains run every 15 minutes throughout the day.
- By road: Junction 26 of the M25 is less than five minutes by car from Gilwell Park. Gilwell Park has plenty of on-site parking free of charge.
- By tube: Take the Victoria Line to Walthamstow Central, then take the overground service direct to Chingford. The overground service from Walthamstow Central to Chingford takes around 10 minutes and Chingford is the last stop on the line.

Venue for the international week in France

The week in France will also be attended by ANS Level 1 Kundalini Yoga Teacher Training students from across Europe and, including Germany, France, Belgium, Switzerland, Austria, Spain and Egypt. The week is held at Amrit Nam Sarovar headquarters at Le Martinet in the French Alps. Teaching is in English with translation into other languages.

Financial commitment

The course fees for 2019 are £2,495 or £2,375 at discounted price

- This includes: all tuition fees, logistics and accommodation for the weekend modules and logistics for the week in France (accommodation in France is in your own tent).
- It doesn't include: transport to the weekend modules or to the week in France, attendance at Karta Singh SOMA and/or Brahm Kvach Japa Retreat and/or White Tantric Yoga

What to pay and when

Discounts available

£120 discount if you register and pay £1,400 of the course fees before the course starts. In this case you will pay:

- £1,400 deposit before the first weekend module
- £150 per 2 day module - £200 per 4 day module
- £275 (315 euros) at the week in France
- Total £2,375

£60 discount if you register and pay the £350 deposit by 30 November 2018. In this case you will pay:

- £350 deposit by 30 November 2018
- £350 per 2 day module - £580 per four day module
- £275 (315 euros) at the week in France
- Total £2,435

Standard payment

- £350 deposit before the first weekend
- £350 per 2 day module - £585 per four day module
- £275 (315 euros) at the week in France
- Total £2,495

Registration

To register for the course, please complete the registration form online www.harnalkaur.co.uk or the form on following page.

- Fill in the fields on-screen, save your changes and email the form to register@harnalkaur.co.uk.
- Or print out the form, fill it in and post it to Har Nal Kaur, 5 Shelley Road, Marlow, Bucks SL7 1LR.

Please include a short report outlining your motivation for participating on the course and your experience with Kundalini Yoga.

Pay your deposit of £350 by one of the following methods:

- by card at <https://www.harnalkaur.co.uk/register>
- by bank transfer to account no 50692832, sort code 40-47-87, account name H A Slater.
- by cheque payable to H Slater; send to Har Nal Kaur, 5 Shelley Road, Marlow, Bucks SL7 1LR.

Registration form for ANS London Level 1 Kundalini Awakening Training 2019

Name _____

Address _____

Tel _____

Email _____

Date of birth _____

Signed _____

If completing on-screen, type your name on the line above or paste in your signature image

Date _____

Deposit paid by Credit/debit card Cheque Bank transfer

"Excellence is your birthright, happiness is your birthright, life is your birthright."

Yogi Bhanan

