Teacher Training level 2 certified by the Kundalini research institute (KRI)

finally the level 2 in person in Switzerland

Kundalini Yoga

AUTHENTIC RELATIONS

Teacher Training
level II
2022 - 2023

sahej.org - Hari Har Ji

Teacher Training level 2 certified by the Kundalini Research Institute (KRI)

Authentic Relationships

The first sutra of the Aquarian Age is:
"let us recognise that the other person is us!"

Yoga is the relationship of our infinitely small self to our infinitely large self.

Love is the recognition of our self;
Let us know ourselves by relating to our higher self,
by living in the present so we know the other.

A unique opportunity **to evolve your life** with a residential retreat in an inspiring and peaceful setting on the shores of Lake Neuchâtel - a week of exploration and self-discovery.

What is an authentic relationship?
How do we build and maintain good relationships?
What is our relationship with ourselves?
What is our relationship to others, to our community, to the world, to the infinite?

Let's learn to develop true self-love.

Long-term relationships are challenging and transformative if we can stick with them and not run away!

Let's discover the interplay of the masculine and feminine within us.

An opportunity to establish a new relationship with the Self and thus with our whole life.

We offer you a KRI certified Kundalini Yoga training with a modern approach, based on the true teachings and adapting them to our times. After all, there are no limits, only **possibilities**.....

Dates of the modules
From December 3rd to December 8th 2022
The four modules will follow 'Mind & Meditation', 'Stress & Vitality' and 'Conscious communication', 'Life cycles' until 2024.

The investissement
First of all you and your time.
Teaching 765 CHF/ module
Accommodation & food 720 CHF/ module

- The courses will be given in English with translation into French if desired.
- Healthy and energizing meals - often from the Bied vegetable garden.
- A small group
- Charming rooms
- Ishnaan, morning bath in the lake: an invigorating experience
- Personal development within a group group that respects confidentiality giving constructive and caring feedback.

L I M I T E D P L A C E S

REGISTER EARLY

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Hari Har Ji is a KRI certified Kundalini Yoga teacher, registered with KYTA UK and IKYTA, the national and international associations of Kundalini Yoga teachers.
She has over 25 years experience in teacher training and mentoring with the Aquarian Training Academy (ATA).
She has trained teachers in Germany, Switzerland, Austria, Russia and China for many years and delivers her own intensive workshops in the UK and Europe. Her clarity and empathy give her a depth of understanding and quality of teaching that touches many hearts. With associates, she founded the Sahej Academy to open a space where people can find answers, peace and joy in a world that can often seem stressful and senseless.

Hari Har Ji Kaur, UK - KRI Mentoring Lead Teacher Trainer - sahej.org