



LifeCycles & LifeStyles



KRI Level Two Certification program in
Kundalini Yoga as taught by Yogi Bhajan®

“There’s a 3-cycle ring in you. This 3-ring circus goes on without you. If your intelligence, your consciousness and your life are not in that proportion, you are a living mess, or a proportional mess thereof.”

Yogi Bhajan

Join us for this unique six-day course (one of five Level 2 Modules) and learn about yourself and your relationship to your destiny cycles: the 7-year cycle of consciousness, the 11-year cycle of intelligence, and the 18-year cycle of energy.

In this course you will:

- *Cultivate promoting habits that are in balance with the natural stages and rhythms of your life
- *Invite success by defining your purpose for yourself rather than having it defined for you by fate.
- *Practice a powerful form of re-birthing so that your true character can be reflected and projected.
- *Learn to steward your sexuality to keep it potent and vital over your life span.
- *Become aware of how to live and die consciously.
- *Continually clear your subconscious so that you can act intentionally with grace and purpose.

Each day we study with the Master, Yogi Bhajan, in a DVD class with meditation. We work both individually and in groups, exploring key concepts and ideas. In addition, we experience kriyas and meditations as well as other processes to put aside the constant whirl of our life for the stillness and intuitive sensitivity of our consciousness.

This is a 60 hour course, 48 hours of class time and 12 hours of practice, study and group meetings during the 90 days after the class time.



Shakta Kaur is a Level 1 & Level 2 Lead Trainer, a Level 3 graduate and a Breathwalk Instructor Trainer. She runs Kundalini Yoga in the Loop (KYL), in downtown Chicago. Shakta teaches in the USA and internationally. She represented KRI on the Yoga Alliance (YA) Board of Directors. Her two DVDs, the Lunar Woman and the Invincible Woman, remind us of the beauty, power and strength of the Divine Feminine. Shakta especially enjoys working with Kundalini Yoga teachers.



Karta Purkh Kaur is a Level I Lead Trainer and Co-Founder of Kundalini Yoga Crestone, a center located in the mountains of Southern Colorado. She trained with Yogi Bhajan in the Master’s Touch Teacher Certification Program. Karta Purkh Kaur was instrumental in establishing the first on-going Kundalini Yoga Teacher Training held in Colorado. She teaches with palpable grace and infectious enthusiasm wherever she is invited to share Kundalini Yoga as taught by Yogi Bhajan.

Location:

Dancing Cranes Imports, **673 E. Simpson Ave. Salt Lake City, Utah**

Dates and Times:

February 16-18, 2019 (Saturday-Monday) 8 am - 5 pm

March 15-17, 2019 (Friday-Sunday) 8 am - 5 pm

Support Team: Khushbir Singh, Guruprasad Singh, Kellie Scheffres

Register: www.3houtah.org

Information: Kellie Scheffres (801) 633-3910

Course Fees:

\$999 - if pre-registered by January 15, 2019

\$1,099 - after January 15, 2019

\$499 – deposit by January 15, 2019 to reserve pre-registration price for course, \$500 balance due by the start date of 2/16/19

\$499 - to retake the course for prior graduates

Deposit nonrefundable.

\$500 refund for cancellation within first weekend

No refunds after first weekend of course