



# Level 2 Teacher Training Course Conscious Communication

January & February, 2011

Friday, Saturday and Sunday on two weekends

January 28, 29, 30; February 11, 12, 13

8:30 AM—6:00 PM

**Location: Baba Siri Chand Yoga Center, on 18 beautiful acres at  
Guru Ram Das Ashram, 368 Village Street, Millis, MA 02054**

The 50-hour Level 2 courses (approved for accreditation by Yoga Alliance as well as KRI) provide an opportunity to explore your depths and connect with others on a level of soul – through meditation, kriya, interactive exercises and discussions, and powerful video classes with Yogi Bhajan. In the cozy and transformative environment of Baba Siri Chand Yoga Center at Guru Ram Das Ashram you will be inspired by **experienced trainers, Guru Singh Khalsa of LA (also a noted musician); and Dr. Krishna Kaur Khalsa of CA, (a trainer and therapeutic counselor who also serves on the KRI Board)**, as well as fellow teachers of Kundalini Yoga taking their next steps toward our collective evolution as teachers, leaders and healers in the Aquarian Age. Share strengths, overcome weaknesses, and grow to your excellence as a Kundalini Yoga and Meditation Teacher - ready, willing and able to share priceless tools of elevation with students, friends, and family.

During this *Conscious Communication* Level 2 course, we will explore the connection between meditative listening and conscious communication, examine hidden personas and patterns of communication which challenge us, and increase our ability to communicate effectively, compassionately, and fearlessly as individuals and teachers – even as a presence, without words! Come to a deeper experience of sound, mantra and stillness as it relates to our internal and external vibrational modes; and understand the frequencies (chakra vibrations) of others. We will validate our ability to communicate with the Infinite, and learn to change our innermost vibratory frequency in order to refine and define our communication skills. Make plans now to join us for this in-depth, fun adventure in learning, personal growth and group consciousness!

**Course Fees:** include your Conscious Communication Manual & Study Guide, Yogi Bhajan DVDs; snacks & Yogi Tea each day. A home-made vegetarian lunch is available for a \$10 donation on Friday & Saturday. On Sundays you are invited to join us for our community meal.

**Early Bird Registration** (paid in full by October 1<sup>st</sup>): \$1,045

**Pre-Registration** (paid in full by November 1<sup>st</sup>): \$1,145

**Registration** and payment after December 1<sup>st</sup>: \$1,245

**Special Rate for Ashram Teachers & Members:** \$995



**“Communication . . . does not mean to win or lose. Wherever in your life you talk to win and lose, you will break the relationship. That's the law you cannot change. Whosoever will lose will be angry. Whosoever will win will be an egomaniac. Both will be unhappy.**

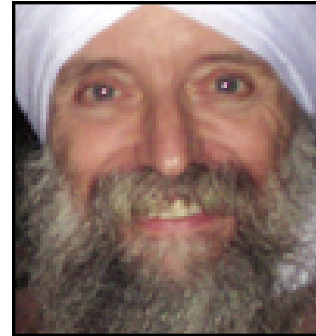
**Communication . . . is only for understanding.”**

**--Yogi Bhajan, May 28, 1988**

The Trainers for Conscious Communication are uniquely qualified with experience as teachers, counselors and the teachings of Yogi Bhajan.



Dr. Krishna Khalsa has practiced Kundalini Yoga and Meditation for over 30 years. She studied with the master of Kundalini Yoga, Yogi Bhajan and has been a certified KRI teacher trainer since 1995. Dr. Krishna has taught Kundalini Yoga to hundreds of students in a variety of venues (e.g. workshops, health centers, Board of Education, international 3HO Yoga Centers). For the past 15 years, Krishna and her husband, Hari Darshan Singh has specialized in training teachers of Kundalini Yoga. As certified Lead trainers, they deliver both Level I and Level II K.R.I. Kundalini Yoga Teachers' Training programs in Toronto, Canada, Sacramento, CA and Reno, NV.



Guru Singh, DD, MSS, is a third-generation yogi and internationally known teacher of Kundalini Yoga. He is also a musician, composer, author, and minister of Sikh Dharma with a doctorate of divinity. Most important to him, he is a family man who teaches globally with his wife, Guruperkarma Kaur. He was born in Seattle into a yogic household where he was introduced to Krya Yoga at the age of five. In January of 1969, he met Yogi Bhajan, a master of Kundalini Yoga, and began daily study toward such mastery. His over-arching vision and mission is to reach humanity intimately while teaching globally. [www.gurusingh.com](http://www.gurusingh.com)

*This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. There are three levels of Kundalini Yoga Teacher certification: KRI Level One: Foundations and Awakening – Instructor; KRI Level Two: Transformation – Practitioner; KRI Level Three: Realization - Teacher.*

*In order to participate in a Level 2 course, you must be a Level One certified Kundalini Yoga instructor.*

*KRI Level Two is **Transformational**, comprised of five modules required for KRI International Level Two Certification: Conscious Communication; Mind & Meditation; Authentic Relationships; LifeCycles & LifeStyles; and Vitality & Stress. Fifty hours of classroom time and twelve hours of home study after the course are required. KRI requires that participants attend all classes, pass the exam and complete home study assignments which take place over a 90-day period after the course.*