

✨ Sat Nam

We encourage you to participate in the Kundalini Yoga VITALITY AND STRESS training, with international teacher Sadhana Singh from Italy, from October 28 to November 2 in a natural place on the outskirts of Madrid.

Learn to identify the stress cycle, manage emotional fatigue and recognize the source of energy, finding relief and relaxation.

👉 “Stress is the cause of our reduced sensitivity and perception towards ourselves, others and the environment. The consequence is a lack of understanding of inner and outer reality. In the desperate attempt to cope with circumstances, a protective and reactive personality appears; we stop being ourselves. When we counteract the action of stress by raising our vitality and projecting it, we can act consciously and be authentic at the same time. We maintain emotional flexibility, the ability to embrace life as it is, allowing life to affect us and also affecting it.” Sadhana Singh.

👉 Course Affirmation

I cultivate my core vitality to honor and take advantage of the opportunities that present themselves with each breath, to receive them as a gift. I recognize the value of my physical and energetic bodies and take steps to maintain them.

I thrive under stress and challenges; I am a spiritual warrior who leads, elevates, and delivers effective decisions. I practice a lifestyle that incorporates ongoing preventative habits for vitality and victory. I have the mental and spiritual stamina to navigate through every crisis and be a beacon to navigate and excel in the Age of Aquarius.

👉 This Level II module with international certification from the Kundalini Research Institute (K.R.I.) is aimed at:

- Kundalini Yoga teachers with Level I certification or in training.
- People who have already completed this module and wish to repeat it (reduced price).
- People interested in learning and expanding their understanding and application of vitality and stress from the perspective of Kundalini Yoga.
- Yoga and meditation teachers.
- Therapists, psychologists, health personnel, educators.

The training will be taught entirely by Sadhana Singh in English, with simultaneous translation into Spanish by Sahiba.

→ Since SADHANA SINGH met Kundalini Yoga in 1994 and Yogi Bhajan in Rome in 1995, she has dedicated her life to practicing, studying and sharing this sacred science, maintaining the commitment to train new teachers and expand the teachings.

<https://es.sadhanasingh.org/anter-vidya>

 ASHRAM Valdeiglesias (San Martín de Valdeiglesias, Madrid).


- Ovo-lactic vegetarian food.
- Rooms for 3/4 people with bathroom, with double and single room options with supplement.

 INFORMATION:

 From October 28 to November 2. 6 days and 5 nights.


→ ON-SITE FORMAT with SADHANA Singh in Madrid and ONLINE option.

 PRICES:

 5 full days of Teachings: €600 (includes books and support group after the training)

Same price for in-person and online format.

 Full board accommodation in a shared room for 6 days and 5 nights: €350

 Contact, +info and reservations: (+34) 669 40 79 40 / ramjapsingh@gmail.com