




LEVEL 2
KUNDALINI YOGA
INTERNATIONAL CERTIFICATION

MIND AND MEDITATION
with Sadhana Singh in Madrid

Training price:
5 Full days of training
530€ Training with certification + books
480€ Training without certification + books

Full board accommodation:
6 days and 5 nights
323€ in a shared room for 3/4 people
Rooms include private bathroom
Single/double rooms available with supplement

Descuento socios

Dates: from October 29th to November 3rd (6 days and 5 nights)

Deepen your meditation practice, understand the relationship with your thoughts and clear your mind. This is vital to develop your potential, act efficiently, recognize your true identity and align with your purpose. The training focuses on learning to use the functional minds, understand the influence of the impersonal minds, cultivate a space of shunia (silence), apply intuition and intelligence with flexibility.

International certification from the Kundalini Research Institute (K.R.I.) is for:

- Kundalini Yoga teachers with Level I certification.
- Kundalini Yoga teachers who are studying Level I and wish to advance their Level II training
- People who have already taken this module and wish to repeat it (reduced price)
- People interested in learning and expanding the understanding and application of the mind from a yogic perspective

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

Location: Ashram Valdeiglesias. San Martín de Valdeiglesias, Madrid.

- Vegetarian food (includes eggs and dairy).

- Rooms for 3/4 people with bathroom. Options of double and single rooms.

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

Prices:

- Training:
 - o 5 full days of teachings: 530 € (includes books and support group after the training) – the same price for classroom and online format with certification.
 - o Training without certification 480 €
- Accomodation full board in shared room 6 days and 5 nights: 323€

Contact: info and reservations: 669 40 79 40 / ramjapsingh@gmail.com