

The i-SKY TEACHER TRAINING Team

GURU DHARAM SINGH KHALSA BAcC RCHM:

has taught Kundalini yoga since 1980. He founded the Lotus Healing Centre, a multi disciplinary holistic facility, in London in 1989 and served as the Vice Principal of the London Academy of Oriental Medicine until 1997. His formal qualifications have been complemented by intensive post graduate interdisciplinary study of the esoteric; Kabbalah, Mesoamerican Shamanic Dreaming, West African healing practice and many years study of



Tibetan medicine (the Mastery Path, White Lotus healing, Black Hat Feng Shui and the Red Thread empowerments). Since 1980 Guru Dharam has developed a practical system of Yogic Therapy, applying the science of Kundalini, mantra and visualization, helping to empower many thousands of people toward a healthier and happier life. As Associate Director of the Institute of Medical Yoga, Guru Dharam has developed the curriculum of this course to be a safe, effective, therapeutic complement to the mechanics of modern western medical practice. Guru Dharam founded the School of Kundalini Yoga in the UK in 1996 (with Darryl O'Keeffe his co-author of 'The Kundalini Yoga Experience') which evolved into the International School of Kundalini Yoga in 2007, training yoga teachers in the USA, the Middle East, South East Asia, and Scandinavia as well as Europe and the UK. He is registered as a Lead Teacher Trainer (Levels 1 and 2) with the Kundalini Research Institute.

DARRYL O'KEEFFE is a much travelled and practically minded spiritual teacher and healer with a down to earth approach and ready sense of humour. He originally trained as a Teacher at the Central School of Speech and Drama in London and taught all ages across the conventional subject spectrum before consciously choosing to follow a spiritual path, promoting spiritual healing across the world with the National Federation of Spiritual Healers (U.K.) and other respected institutions. He facilitated Sacred Tours to a variety of countries for a decade and has taught kundalini yoga since the 1980's.

Darryl is a founder member of the 3HO IKYTA Global Teachers Council and a Lead Teacher Trainer (Levels 1 & 2) in the Aquarian Trainer Academy (Kundalini Research Institute).

PAVLOU LANDRAAGON BA(hons) LRPS CPpm:



is a ATA KRI Professional Trainer. She is also a qualified graphic designer a photographer and further specializes in Feng Shui, Energetic medicine, Colourpuncture and Tibetan Mind Mapping. Pavlou has travelled globally, from Tibet and China to the jungles of Mexico, working with indigenous healers and teaching Kundalini Yoga, Meditation and Shamanic practices.



The Aquarian Teacher
*KRI Level 1 220 hour Kundalini
Yoga Teacher Training Program*



Anand Kundalini Yoga Centre
(the old library) Avenue Road
Leamington Spa CV31 3PR
www.anandky.org.uk

www.i-sky.net



Our comprehensive 220+ hour course comprises 180 hours of classroom instruction and 40 hours of home study as required by the international Yoga Alliance (USA) standards and includes:

- How to use breath, posture, sound, and meditation to awaken & train mind & body.
- Kundalini and Yogic philosophy.
- Yogic and Western Anatomy;
- Developing a clear calm meditative mind
- Utilising mantra and sacred sound
- Developing a daily yoga practice;
- Following a yogic lifestyle;
- Teaching Kundalini Yoga.
- The ethics, role and conduct of a teacher.

KRI CERTIFICATION REQUIREMENTS:

- Attendance and participation in all sessions
- Timely payment of all course fees
- Satisfactory teaching practice assessment
- Passing grade on the KRI written exam
- Attend 20 KY classes outside the course
- Creation of 2 yoga class curricula
- Attending 1 day White Tantric Yoga Course
- Participation in a minimum of 5 full early morning Aquarian Sadhana
- Completion of assigned 40-day yoga kriya
- Satisfactory completion of all coursework
- Course and trainer evaluation feedback
- Upholding the teachers code of conduct



The international School of Kundalini Yoga (iSKY) is the longest established Kundalini Yoga training in the UK (1996) and was amongst the first KRI certified Programs across the world.

iSKY is committed to spreading the safe practice and understanding of Yoga and recognise Yogi Bhajan as a modern master of Kundalini Yoga. iSKY seeks to create competent and confident practitioners and instructors of Kundalini Yoga through example, challenge and encouragement; and to inspire those teachers to enthuse a new generation of students through this age-old technology of personal transformation.

During this course you will:

Learn the Ancient Science of Kundalini Yoga. Challenge yourself. Confront self-imposed limits. Touch your soul. Experience your highest, purest consciousness. Gain the knowledge & confidence to build a more peaceful and creative life.

This Instructor Training Program in Kundalini Yoga as taught by Yogi Bhajan is suitable for:

- Students of Kundalini Yoga
- Students of other paths of yoga
- Teachers from all traditions of yoga
- All seeking to deepen a yogic experience
- ***Kundalini Reconnect: a KY teachers rate to repeat all or part of the course.***

*“If you want to learn something, read about it.
If you want to understand something, write about it.
If you want to master something, teach it.”*
Yogi Bhajan

UK Midlands Course Dates 2010:

29-31 May*	25-27 Jun*
24-25 Jul	20-22 Aug
25-26 Sep	30-31 Oct
27-28 Nov	19-20 Feb
	19-20 Mar*

*Courses begin with open weekends & end with an open to all retreat led by the graduates.

FEES

£1950 (£1700 prepaid) includes professional membership, insurance and course manuals.

Booking enquiries & local info from:



inderjit@anandky.org.uk

07717 188655

www.anandky.org.uk

***Kundalini Reconnect:
half price to repeat a training***

Receive regular i-SKY info by joining our eletter Update at www.i-sky.net

Further general information from:

uk@i-sky.net

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A Rare, Life-Transforming Experience

