

KUNDALINI YOGA

TEACHER TRAINING 2012

Adelaide



“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

Program Overview

Kundalini Yoga or the “yoga of awareness” was brought to the West in 1969 by Yogi Bhajan, the Master of Kundalini Yoga and White Tantra. Before this time Kundalini Yoga was practised in India and Tibet but was a secret practice only passed down selectively and verbally from a master to a chosen disciple.

Kundalini Yoga Teacher Training is a unique and experiential yoga certification program. You will explore your own potential, challenge yourself, and touch your soul.

2012/2013 Schedule

Training will be held at 4 retreats over 8 months. All retreats are fully residential (textbooks, accommodation & food is included in tuition fee).

Retreat Dates: 1 to 5 September 2012

8 to 12 December 2012

16 to 20 February 2013

27 April to 1 May 2013

You will also be required to attend White Tantric Yoga in Sydney and we are hoping to include the cost of the one day meditation in the training package. Cost of training will be approximately \$4,200 and will be confirmed by end of January 2012.

Please register your interest ASAP as there will be limited spaces contact Balwant on 8431 0419 or email info@rarestgem.com.au