

LifeCycles and LifeStyles



Information & Registration:

sdkyi.com

info@sdkyi.com

619-454-4295

Course Pricing:

\$1,095 paid by December 1, 2018

\$1,195 after December 2, 2018

About The Course:

In this training you will explore and recognize:

- The biorhythms of life and understand how the cycles are affecting you
- Recognize your habits and look into your approach to change
- Death and dying – what is your relationship to it?
- Rebirth – in this lifetime, with a healthy relationship to the past
- Growing up, Maturing, Aging - with grace and purpose

LifeCycles and LifeStyles a KRI Level Two Certification program in Kundalini Yoga as taught by **Yogi Bhajan®**, is one of five required for KRI Level 2 Practitioner certification and is open to all Level 1 Kundalini Yoga teachers. This 62-hour course of classroom hours and independent study uses carefully chosen meditations, kriyas, and readings presented in a highly interactive learning environment to give help you discover your purpose and destiny for living an extraordinary life.

Two Weekends
Friday, Saturday & Sunday

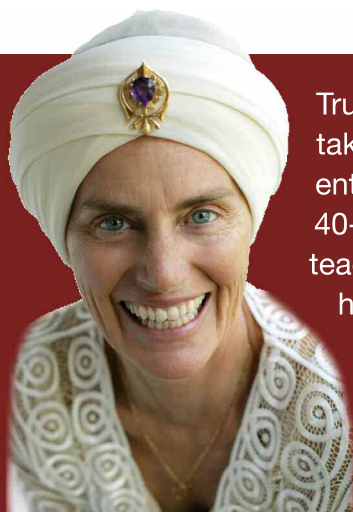
8am to 6pm

January 18-20, 2019

February 8-10, 2019

Course Location:

1238 Upas Street
San Diego, CA 92103



True to her name, **Gurutej** takes you to the light with her enthusiasm and love. In her 40-year role as a founding teacher of Kundalini Yoga, she has created yoga centers, books, DVDs and yogic products, specializing in elevation for couples, women, and children.
www.Gurutej.com

GuruMeher Singh

has taught techniques for growth, change and happiness for over 30 years. He offers transformational Kundalini Yoga teacher trainings worldwide. He is a professional Life Coach, and creator of Senses of the Soul, a system of emotional self-therapy, offering private coaching, live workshops and web courses at SensesOfTheSoul.com

