



KUNDALINI YOGA TEACHER TRAINING, LEVEL TWO:

LIFECYCLES & LIFESTYLES

4.-9.12.2025 FINLAND

Understand the rhythms of life, and you will align with the flow of the universe. Our habits, choices, and cycles shape our experience, yet within them lies the key to transformation. This training offers an in-depth exploration of yogic lifestyles, the natural cycles of life, and how to navigate them with awareness and grace. Learn to recognize your own patterns, embrace conscious living, and develop the wisdom to guide others toward balance and fulfillment. Understanding life's cycles provides the means to move through transitions with strength, clarity, and purpose.

THIS COURSE WILL HELP YOU TO:

- Tap deeper into the wealth of Kundalini Yoga teachings
- Be part of a community and nourish the inspiration to offer others the chance to learn and grow together
- Strengthen your connection to the Golden Chain
- Build a greater sense of belonging among your peers
- Take the teachings into the world on a deeper level
- Excellence is aligning with the rhythms of life and guiding others to do the same
- Recognize and honor the natural cycles of life—daily, seasonal, and personal transitions
- Cultivate conscious habits that support your spiritual, mental, and physical well-being



YOUR GUIDES AND TRAINERS ON THIS TRIP: Hari Krishan Singh (Lead Trainer; Germany/Netherlands) and Charanpal Singh (Professional Trainer; Finland). Hari Krishan is a very experienced trainer, who is a professional in bringing the teachings to real life. His light, yet profound way of delivering the teachings is unique combination of good sense of humour and deep wisdom. Charanpal has a charismatic presence and a deep connection to mantras and Naad, sound current. Charanpal's strength lies in a deep understanding of both people and the practice. Both of the Trainers bring knowledge, wisdom and experience that makes it easy to apply the teachings to everyday life. And most of all, they sincerely strive to create an experience of safety, inclusion, community and growing group consciousness.

VENUE: The venue is Knipnäs Center for Wellbeing in Ekenäs, Tammisaari, Southern Finland. About 100 km from Helsinki airport. More info about the venue: <https://knipnas.fi/en/center-for-wellbeing/>

This environment guarantees us a peaceful and close-to-nature space for our practice and learning process.

PRICE: 1.390 euros including Teaching, Manuals, Food & Accommodation (in shared rooms with 2-3 beds) and Vat.

ENROLMENT & INFORMATION: Please contact Kavalya Priti Kaur (Linda Lönnqvist): kavalyapritikaur@gmail.com for more information and enrolment.

BINDING ENROLMENT latest by the 11 of November (11.11.) 2025 .

Welcome!

SAT NAAM.

