



Kundalini Yoga teacher training

in Varberg, Sweden

The Aqurian Teacher, KRI Level 1

Presented by Dagsås Yoga Mangalam in association with i-sky.net

Led by Guru Dharam Singh Khalsa, Darryl O'Keeffe & Pavlou Landraagon, Autumn 2010

Real knowledge makes us aware that we are more than how we usually perceive ourselves to be. Through the practise of Yoga we calm the mind, sharpen its functions and gain discernment to recognise the real, to hear the inner word, to follow the impulses of the heart and the path of truth.

This teacher training program is for those who wish to become a certified Yoga teacher but is also suitable for those just wish to deepen their personal experience of Kundalini Yoga. This course gives you a lifelong foundation for a transformative Yoga practice.



KRI level 1

In this 220 hour Level 1 program you can become a Yoga Instructor and gain a deep understanding and experience of the core science of Kundalini Yoga. You will develop the skills to instruct students in Kundalini Yoga Kriya and Meditation. You will experience the powerful transformational energy of Kundalini Yoga; practice teaching Kundalini Yoga in a practicum setting; participate in regular early morning Sadhana (spiritual practice). Most importantly, you will work on your self and learn how to meet the challenges of life whilst remaining conscious of your true self.

The program is to the syllabus prescribed by Yogi Bhajan and developed by KRI to exceed the Yoga Alliance 200 hour certification standard. Guru Dharam Singh Khalsa, Darryl O'Keeffe & Pavlou Landraagon have offered this program world wide since 1996. They are amongst the most experi-



enced of Yoga teacher trainers and will be the core teaching team at Dagsås Yoga Mangalam. To keep the teaching quality high and maximize the group experience as well as the individual students development, this program is working with a limited number of 20 students. For the same reasons the program is conducted in a residential format where the students live together as a community during the teaching modules. To support the development and experience of a yogic lifestyle you will be served delicious organic, vegan food, cooked by divine chefs, and live music will be a part of the Sadhana.

The course includes 180 hours of classroom instruction. The teaching is spread over 8 months and contains 7 modules ranging from 3–5 days . Between modules the students are required to devote time daily to personal Yoga practise.

Teaching team

KRI Certified Lead Trainer Levels 1 & 2:

Guru Dharam Singh Khalsa BACh RCHM: Guru Dharam has taught Kundalini Yoga since 1980 and practised Oriental medicine since 1988 and is the founder of the Lotus Healing Centre, an international Healing and Yoga practice based in London. He is one of the most experienced lead trainers for Kundalini Yoga in the world. 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 to a healthier and happier life. Guru Dharam is Associate Director of the Institute of Medical Yoga, Stockholm, training Yoga teachers and health care professionals to apply the principles of Kundalini Yoga and Meditation in a therapeutic context for challenging modern conditions.

KRI Certified Lead Trainer Levels 1 & 2:

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. Prior to encountering Kundalini Yoga he trained spiritual healers and facilitated Sacred Tours across the world. He has taught Kundalini Yoga since 1988, is co-founder of i-sky.net and co-author of “The Kundalini Yoga Experience” with Guru Dharam Singh.



KRI Certified Professional Trainer:

Pavllou Landraagon BA (Hons) LRPS CPpm: Pavllou Landraagon has travelled extensively, from Tibet and China to the jungles of Mexico, working with indigenous healers and teaching Kundalini Yoga, Meditation and Shamanic practice in many countries. She also specializes in Feng Shui & Nine Ki Astrology and Shamanism and has written and recorded a CD called “Spirit Journey: A Shamanic practice”.

Trainers in training

Emma Öberg is classically trained in both the Hata Yoga tradition and the Spiritual art of Kundalini Yoga. She is a certified level 1 teacher and Yoga therapist. She is trained by teachers such as Daniel Strausser from the lineage of Yogacharya Vishesananda, Guru Dass Kaur and Bhai Himat Singh, students of Yogi Bhajan, and Akasha Ji Chaitanya. She is a follower of Vedanta and studies together with Swami Vagishananda Saraswati. She has also been a student of Akasha Ji Chaitanya and through living and practicing Yoga daily she has gained deep understanding of the practices. She is the owner of Dagsås Yoga Mangalam and runs it as a retreat center with focus on Yoga.

Clara Nestor is a certified level 1 teacher and enrolled in the level 2 program. She has been teaching Kundalini Yoga since 1997. Her speciality is Yoga for pregnancy and health & stress management at work. She is also trained in KBT and counsels people. She runs her own Yoga center. www.Yogastudion.com.

There is nothing more beautiful, more worthy or more conscious than you. You are full and complete in this moment. Yoga gives you the tools, the technology to awaken the awareness of your true self. This Kundalini Yoga teacher training is a special and rare opportunity to do your training in a small group and in a residential format with experienced teachers that are committed to guiding you throughout your transformational process. You will be welcome to join us on this special journey!



Fotografier: Lotta Andersson

Syllabus and schedule

- 15-17 Oct.** Sadhana & Personal Practice The journey is rooted in your personal practice.
- 12-14 Nov.** Yogic Anatomy & Physiology The body and its subtle energetics provide the map for the journey.
- 6-10 Dec.** Teaching Talking & Training 1 The fundamental requirements to become a Kundalini Yoga Instructor.
- 18-20 Feb.** Awakening through the Word The importance of Shabd Guru, sound and mantra in Kundalini Yoga.
Awakening through the Body The correct practice and instruction of Asana in Kundalini Yoga.
- 18-20 Mars** Teaching Talking & Training 2 Review of progress toward becoming a Kundalini Yoga Instructor.
- 11-15 April** Awakening through the Mind The importance of mind and meditation in Kundalini Yoga.
Humanology Basic understanding of the broader teachings of Yogi Bhajan.
- 20-22 May** Practicum and Coursework Examination and Observation of student teaching practice.

For enquiries and Application Form contact

Emma: +46(0)761456913 or info@mangalam.se

Applications can be submitted until 1 August 2010 but as we only accept a maximum of 20 students the earlier you apply the more likely there will be a place for you.

The cost of the course is 44 000 SEK in total. The price includes full board, three meals a day of delicious, organic, home cooked, vegetarian yogi food, and accommodation in fresh dormitories at Dagsås Yoga Mangalam.

If you book early and pay the course in full before the 17 September 2010 you get a 15% discount and pay only 37 400 SEK in total including vat.

When you are accepted on the course you will pay a non refundable booking fee of 4000 SEK to ensure your reservation. The course directors reserve the right to make changes, due to circumstances beyond our control, to the program price, dates, teaching team etc.

Dagsås Yoga Mangalam is a retreat center, just outside Varberg, beautifully located in the beech forest on the west coast of Sweden. It takes 1 hour by car to reach the centre from Gothenburg; 2 hours from Malmö; and the direct train from Stockholm takes less than 4 hours. Dagsås Yoga Mangalam is also situated within 1-3 hours of both Gothenburg's airports and the airport in Copenhagen. Read more about the centre at www.mangalam.se

i-sky.net has grown out of SKY the School of Kundalini Yoga – established in 1996 by Guru Dharam Singh and Darryl O'Keeffe as the first Kundalini Yoga training course in the UK and one of the first approved by KRI across the world.

i-sky has become an extended family of inclusive yogic practitioners committed to creating a more "Aquarian" community by taking yogic teachings into ever more diverse areas. www.i-sky.net

"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