

# Italy intensive Level 1 Kundalini Yoga Teacher Training



**UMBRIA**  
**2019-2020**

THE COURSE WILL BE  
LED BY EXCELLENT  
INTERNATIONAL TEACHERS



**MESSAIE**  
Laboratorio di meditazione  
ed esplorazioni creative

**T**he Level 1 intensive is a full immersion into a yogic lifestyle and a great way to become a certified yoga teacher.

The training will take place in the spiritual heart of Italy, Umbria, in one of its most precious, artistic and historical cities, Orvieto.

The program of 220 hours, is concentrated into 4 modules of 7 days each (each module has 1 day of rest), and it is designed to deepen your knowledge and experience of yoga, by providing the theory, practice and experience needed to become a well-trained and professional teacher.

## **THE LEVEL1 INTENSIVE TRAINING IS FOR EVERYONE WHO LIKES TO**

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- Become a certified yoga teacher.
- Deepen your personal experience of Kundalini Yoga.
- Integrate yoga skills into your daily life and profession.

The Level1 Teacher Training is organized by *Messate, Laboratorio di Yoga e Meditazione Creativa* and is recognized by the KRI - Kundalini Yoga Research Institute and by Ikyta.

**During course Italian/English translation will be guaranteed**



### **What is yoga**

*Breath*

*Kriya*

*Mantra*

*Sadhana*

*Meditation*

*Relaxation*

*Postures*

*Anatomy*

*Chakras*

*Ten Bodies*

*Psychology*

*Humanology*

*Aquarium age*

*Golden Chain*

*Yogi Bhajan*

*Role of a teacher*

*Yogic diet*

*Yogic lifestyle*

## THE TRAINING

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The Level 1 program is designed to deepen your knowledge and experience about yoga; providing you the theory, practice and experience needed to integrate the yogic lifestyle into your daily life and become a well trained and professional teacher. The training is for anyone who is interested in healthy and conscious living. The training is offered in four modules of seven days (each module has 1 day of rest). We will start each day at 5am with a group Sadhana (a daily practice). The program integrates theory, lectures, discussion, study groups and the practice of Kriyas and Meditations. Through this experience ancient wisdom can become a living knowledge.

## INTENSIVE PROGRAM

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The intensive program is a unique opportunity to follow the Level 1 Teacher Training at a very special place in Italy. The concentrated set-up offers you an even deeper experience of the teachings and a chance to immerse yourself into the yogic lifestyle. The intensive program is a profound experience that may be used as a guide for the rest of your life. The teaching team, the beautiful city of art and the natural surroundings offers the perfect setting for immersing yourself in the teachings and within your own process.

## SUPPORT AND GUIDANCE

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This training involves a deep transformational process. You will receive the guidance of the trainers and the support of the team. Together with the group energy, it will allow an authentic learning experience to occur.

## LOCATION - ORVIETO /UMBRIA

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### **We will reside in the spiritual heart of Italy!**

The course will take place in the green heart of Italy, where the interconnection between nature and culture has shaped the way of many spiritual paths. The courses will take place in two locations, one in the historic center of the town, and one in the wonderful surrounding nature. In their free time, the participants will have the opportunity to experience the art and nature where the course takes place.

## MATERIAL

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The Aquarian Teacher Training Manual  
Jaji Sahib.

## CERTIFICATION

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This training is certified by KRI - Kundalini Research Institute (USA), and IKITA (Italia) After successful completion of the training You will receive the "International Kundalini Yoga Level 1 - Instructor" certificate.

## TEAM OF TEACHERS

The course will be led by excellent international teachers



**Gurudass Kaur**

Lead Trainer

She had the privilege of studying Kundalini Yoga directly with Yogi Bhajan from 1972. She co-founded the first Kundalini Yoga center in Barcelona. She offers Level I and II Kundalini Yoga Teacher Trainings all over the world. She is a musician and singer whose voice can be heard on many well known and loved mantra and song CD's, and a DVD called Mantras in Motion. Founder of a Children's Yoga program called Childplay Yoga, The Yoga of Fun! She is open-minded and open-hearted. Her commitment is to help students drop old belief patterns and open up to new perspectives.

[www.childplayyoga.com](http://www.childplayyoga.com)



**Ram Rattan Singh**

Doctor, surgeon, Kundalini Yoga teacher and creator of the Yoga and Health® project. For years he has dedicated himself to the use of Yoga and meditative disciplines as a support to traditional methods of treatment.

[www.yogaesalute.com](http://www.yogaesalute.com)



**Gurujiwan Kaur**

A direct student of Yogi Bhajan and his executive secretary in Rome for 10 years, he teaches Kundalini Yoga from 86. Director and educational coordinator of the Yoga Center Shakti YogaLab. Expert in '*Conscious Pregnancy*'. Co-founder and trainer of '*Yoging & Growing*' kundalini Yoga school for kids and teens.

[www.gurujiwankaur.com](http://www.gurujiwankaur.com)



**Sadhana Singh**

From 1994 he devoted his life to the practice, study and dissemination of this sacred science. Lead Trainer and Kundalini Yoga counselor known internationally. It brings the Master's mission to the general public, particularly in the educational and business environment. He is focused on that branch of Kundalini Yoga which deals with "The Science of Mind and Humanity for Leadership and Success". He is the author of several books. Always grateful to Yogi Bhajan.

[www.kundaliniyogaatheneum.com](http://www.kundaliniyogaatheneum.com)

## ORGANIZER:



**Prem Singh**

He has been teaching and practicing Kundalini Yoga since 1991 according to the teachings of Yogi Bhajan. Obtained the triennial diploma of the Yoga Dharma Community in January 2000 and founded the Messaie yoga center in Orvieto in Umbria. Devoted to serve the teachings of Kundalini Yoga, Prem Singh gives workshops and thematic intensives in Italy and around the world.

## Week One

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August 2019

**18 · 20 th**  
**22 · 24 th**

*Gurudass Kaur*  
Lead Trainer

## Week Three

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December 2019

**15 · 17 th**

*GuruJiwan Kaur*

**19 · 21 th**

*Gurudass Kaur*  
Lead Trainer

## COSTS:

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From **2.000 euros**, plus **480 euros** of Administrative costs. *(The cost is calculated on a minimum number of 16 participants. A lower number may require some price changes).*

## For detailed information

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The complete program of the course visit **[www.messaie.it](http://www.messaie.it)**

## Week Two

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October 2019

**14 · 16 th**  
**18 · 20 th**

*Sadhana Singh*

## Week Four

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February 2020

**23 · 25 th**

*Ram Rattan Singh*

**27 · 29 th**

*Gurudass Kaur*  
Lead Trainer

## The fee includes:

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Training course, the deposit and administrative costs, course materials, exam and certification, translation, breakfast after sadhana and yogi tea and snacks during the course.

## The fee does not include:

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Everything that is not specified in the fee includes.



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*The purpose  
of life is to do  
something which  
will live forever*

Yogi Bhanan

#### Course organization

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**MESSAIE**

Laboratorio di meditazione  
ed esplorazioni creative

#### Contact information

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**For detailed information**

**www.messaie.it**