

Costs:

Course costs start at 2,000 euros, plus 490 euros of administrative costs. (The cost is calculated on a minimum number of 16 participants).

Course costs will increase for enrollments after April 15th (see payment method form)

The cost includes:

The four modules of the course, deposit and registration fee, exam fee, certificate, administrative costs, course manuals, any translations, all breakfasts after the morning sadhana, yogi tea and snacks available during the course.

The cost does not include:

All that is not specified in "The cost includes".

Note - Students may incur some additional costs, as to complete the training they are required to participate in or to have participated in at least one day of White Tantric Yoga organized by White Tantric Yoga (if you have already participated in one of these courses it will not be necessary to do another one) and to attend at least 20 Kundalini Yoga classes held by KRI certified teachers during the course year.

Accommodation and meals:

We will suggest different options to vary the residence expenses according to the needs:

1. For the two modules that will take place in Orvieto

Special arrangements have been made with hotels and restaurants.

There is also the option of hospitality in Orvieto in the homes of other Messaie yoga center practitioners.

Use of the yoga center with your own sleeping bag.

(Prices vary from 80 euros per night in a single room, up to a free contribution in the meditation room.)

2. For the two modules that will take place in the countryside

Different types of accommodations are available, from single rooms to shared rooms up to a maximum of 5 people.

(Prices vary depending on the option chosen. The option that will offer the best margin of possibility will be chosen. At the moment we budget a maximum of 100 euros per night up to a minimum of 35. But we are evaluating other options that give the possibility of sleeping in a tent or in the meditation room with a minimum contribution.)

Meals

We are considering the option of organizing a common fund and cooking meals ourselves, or with the help of a chef. This will allow for lower costs as well as allow us to create a specific course menu and share meals. The contribution in these cases will generally vary from 10 to 20 euros per day.