



Reawakening of Yourself

Kundalini Awakening Training *Kundalini Yoga Teacher Training Level 1*

We want and wish and dream. We work, we make money and we pile things up. Today we try to find peace, happiness and meaning through temporal, material goals. We want to avoid pain and discomfort and be "positive". Often because life puts a lot of pressure on us. But is that all?

How can we find happiness in it without committing to our own consciousness and life? How can we find meaning without considering and leaving behind our own beliefs, reactions and limitations? How can we find peace without the chaos?

It is possible for each of us to transform and to awaken and establish a deeper relationship with oneself and with life in our own experience. From this place we can initiate changes that make us shine and live.

The Kundalini Awakening Training (together with the Amrit Nam Sarovar School) is an invitation to stay there. You can go on your very own journey of discovery to learn and grow in the community. To find out what is still hidden in you, in life and in the universe. To find out what is allowed to grow through daily presence, practice and care and how life is the highest yoga. This year is an invitation to people, to you, who would like to teach yoga themselves and / or have a powerful personal experience.

Scheduling

March 12-14, 2021 - Orientation & Origin

April 23-25, 2021 - Mind & Meditation

June 10-13, 2021 - Intensive days with Kriya, Health & Healing

Immersion Week in Le Martinet, France: 17.07.-25.07.2021 (expected)

September 17-19, 2021 - Guruchela & Teacher's role

Procedure

The weekends (March, April, September) start on Fridays at 1 p.m. and end on Sundays around 5 p.m. The intensive days start on June 10th. presumably at noon and ends on June 13th. late afternoon.

Compensation

The tuition compensation for the training amounts to a total of € 1,750. A compensation of € 350 will be made upon registration. The remaining amount of € 1,400 is transferred in full or over six months (February-September) with € 175 per month. In the event of full compensation up to two weeks before the start of the training, the compensation amounts to € 1,650 and is fully transferred in advance. If you see a financial challenge for you, please contact me personally.

In addition, the following settlements apply:

- 95 € in cash every weekend for food & logistics
- approx. € 200 in cash for the intensive days for food & logistics
- € 315 in cash for food & logistics before the immersion week in France
- individual travel expenses to France

Training

This training (over 200 hours as a recognized yoga teacher training) offers you the basics of solid yoga practice and personal development to become a yoga teacher and / or as a personal impetus. It is an invitation to people who get involved in a personal development process and want to expand their awareness of their spiritual dimension.

Requirements (during the training)

- Participation in all weekends, intensive days and the intensive week
- Seva and Sadhana (on the weekends and in our own yoga practice)
- Letter of motivation (before the start of the training)
- SOMA, Japa or White Tantra
- 21 yoga classes with Kundalini yoga teachers and other traditions
- regular internet meetings between the weekends
- final exam



Registration Form

Please fill out the form completely and return it to me signed with the following content:

- a brief explanation of why you want to do this training
- the complete registration form
- a picture of you (or digitally to namterath@namterath.com)

Last Name, First Name:

Adress:

Phone:

E-Mail:

Date of Birth:

The tuition compensation for the training amounts to a total of € 1,750. A compensation of € 350 will be made upon registration. The remaining amount of € 1,400 is transferred in full or over six months (February-September) with € 175 per month. In the event of complete compensation up to two weeks before the start of the training, the compensation amounts to € 1,650 and is transferred in full in advance.

If you see a financial challenge for yourself, please speak to me personally.

In addition, the following settlements apply:

- 95 € in cash every weekend for food & logistics
- approx. € 200 in cash for the intensive days for food & logistics
- € 315 in cash for food & logistics before the immersion week in France
- individual travel expenses to France

If a course is canceled on my part due to unforeseen circumstances, the compensation will be refunded. If you are unable to participate, there will be no refund. Please contact me if you cannot attend a weekend. The tuition compensation is to be paid even if the training is discontinued. Compensation made will not be reimbursed.

With your signature you confirm that you are responsible for your health and well-being yourself are responsible and you have no health restrictions in terms of Do practice of Kundalini Yoga. I am not responsible for any damage. With your signature you also confirm the binding registration, Terms, conditions and my data protection (available on my website at www.namterath.com/en/privacy-policy).

Place, Date, Signature:
