



Reawakening of Yourself

Kundalini Awakening Training *Kundalini Yoga Teacher Training Level 1*

We are living in one of the most exciting phases of humanity's evolution. We are being asked to raise our consciousness to a higher frequency that allows us to speak, act and live in peace, compassion, acceptance and love. Yet we still experience the pressure of the "old", which forces us to do the splits.

How can we see new opportunities in all these challenges? How can we start with ourselves and look at, expand and heal our own beliefs, reactions and limitations? How can we find balance in the current chaos to contribute to the change and growth of our society? How can we recognise who we really are in this?

It is possible for each one of us to do this in order to awaken and establish a deep relationship with ourselves and life in our own life. We are allowed to initiate changes from this place that let 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

April 01-03, 2022: Orientation & Initiation

May 13-15, 2022: Origin & Being Human

June 24-26, 2022: Kriya, Meditation & Mind

Immersion Week in Le Martinet, France: July 23-31, 2022

September 16-18, 2022 – Health & Healing

November 04-06, 2022 - Guruchela & Teacher's role

December 10, 2022 – Online Closing Day

Procedure

The weekends start on Fridays at 18 p.m. and end on Sundays around 5 p.m.

Compensation

The compensation for the training amounts to a total of € 1,950. A compensation of € 600 € will be made upon registration. The remaining amount of € 1,350 is transferred in full or over six months (March-October) with € 225 per month. In the event of full compensation up to two weeks before the start of the training, the compensation amounts to € 1,800 and is fully transferred in advance. If you see a financial challenge for you, please contact me personally.

In addition, the following settlements apply:

- € 110 in cash every weekend 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: _____

Address: _____

Phone: _____

Email: _____

Date of Birth: _____

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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: _____