

# Karam Kriya for Kundalini Yoga

With Cherdi Kala Yoga and the Karam Kriya School  
3-8 February 2022 online



A 6-day course that let's you dive deep into the magical world of numbers.

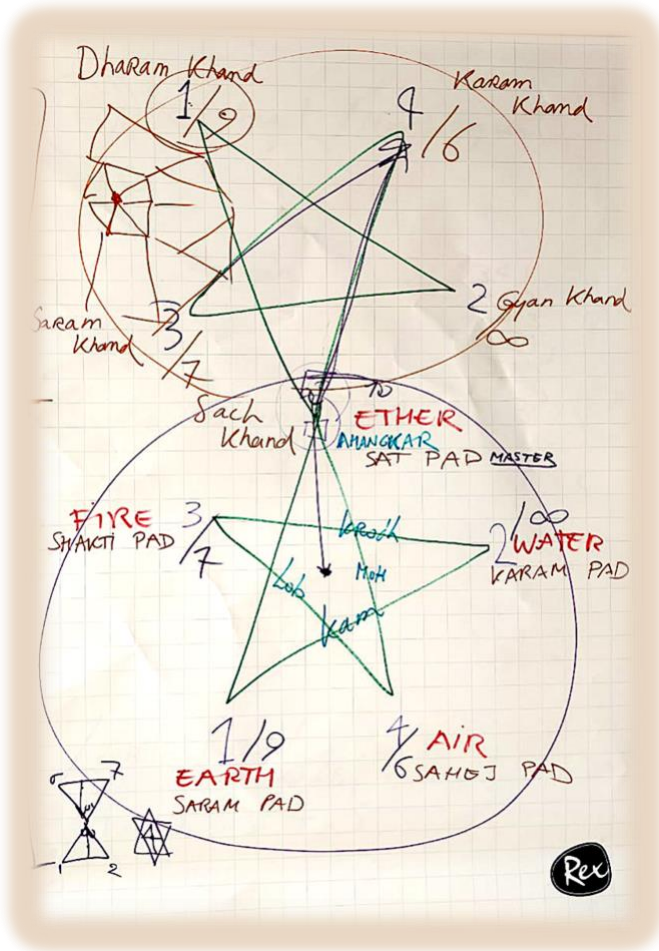
## ONLINE

THIS TRAINING IS ORGANISED BY CHERDI KALA YOGA INTERNATIONAL [www.cherdikala.eu](http://www.cherdikala.eu) and  
[www.yogafamily.one](http://www.yogafamily.one)



AS PART OF THE INTERNATIONAL KARAM KRIYA SCHOOL

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



We say in Karam Kriya knowing numbers through life and life through numbers. Kundalini Yoga will teach you about Karam Kriya and vice versa. For example you are made of 3 Gunas, 5 Tattvas, 7 Chakras, 10 Spiritual Bodies. Ever thought about the numbers in your make up? What could it mean, that there are 3 Gunas, but 5 Tattvas? Is it just a coincidence that you have 7 Chakras? Perhaps the universe is trying to tell you something? Numbers are the code of universal principles. This course offers you the opportunity to de-code universal principles within Kundalini Yoga and to understand spiritual dynamics in reference to your 1, 2, 3,4,5,6,7,8,9,10 spiritual bodies. Understand the sequences happening in the background and deepen your understanding of the teachings of Kundalini Yoga and enhance the experience of your yoga practice.

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**COURSE GOALS**





Karam Kriya for Kundalini Yoga offers you the potential to deepen your experience with Kundalini Yoga through Karam Kriya and the universal wisdom in numbers. Numbers are the last building block of the universe, the most abstract language, the blueprint of the cosmos. Studying Karam Kriya is like understanding the code of the Divine Sublime Intelligence.

This course is open to all teachers and students of Kundalini Yoga who wish to deepen their understanding and experience of the practice and teachings of Kundalini Yoga by exploring the universal principles embedded and expressed through the numbers.

Each day of this 6 day course includes exploring the numbers, one at a time, through the lens of Kundalini Yoga teachings. You will build up an experiential and holographic understanding by exploring numbers through the teachings of the 10 spiritual bodies, the 9 (plus 1) virtues, the Mul Mantra, nature and geometry.

Each day of the training includes at least one Kundalini Yoga Kriya (during Sadhana) and meditation (during teaching sessions) to experience the number in your own 10 bodies, 5 senses, 3 gunas, 5 tattvas, 7 chakras, 10 organs....and all the rest!

We say in Karam Kriya – knowing numbers through life and life through numbers. Kundalini Yoga will teach you about Karam Kriya and Karam Kriya about Kundalini Yoga. Understandings and personal and impersonal insights gained through this course can be taken into your own practice, teaching and understanding of your self and others. The depth of knowing may also have other more unforeseen effects in your life as engaging ourselves with numbers in itself has a transformational effect. This short training is also an excellent foundation for the full 3 year training in Karam Kriya Consultancy.

**Language:** The course will be taught in English.

**Equal Opportunities Policy:** While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Cherdi Kala reserves the right to refuse entry to any students on grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.

## COURSE FEE KARAM KRIYA FOR KUNDALINI YOGA

The course fee includes the following costs of the training:  
Teaching fee, registration, administration and services.

**Early Bird Discount:** Full course fee is EUR 235,00 if registered before 15.01.2022.

With registration after 15.01.2022 the full course fee is EUR 255,00.

Daily drop-in fee: €45,00

Fee per Number for drop-in: €25,00

### Deposit

A deposit of EUR 150,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 85,00 resp. 105,00 is due latest two weeks prior to start of the course.





## REGISTRATION

For your registration, please click here to be forwarded to our online registration form: <https://forms.gle/tG6WcoWwytisuRXm6>

## TRAINER TEAM

An international Trainer Team is looking forward to sharing these inspiring and profound teachings with you:

### **Hari Krishan Singh (NL)**



Teaches Kundalini Yoga since 2003, is qualified Karam Kriya Trainer and Consultant and Lead Trainer for KY Teacher Training Level 1 & 2. He is co-founder of the international Training School *Cherdi Kala* and together with his wife he manages *Yogahouse Prasaad* in South Germany. Hari Krishan organises Teacher Trainings in different countries and teaches worldwide. He is an experienced trainer and his compassion and sense of humour bring both, depth

and lightness into the teaching space. He creates an atmosphere where you can feel safe to go deeper and deeper into Kundalini Yoga and dive into the experience of your Self.

**Bachitar Kaur (D)** is Lead Trainer in Kundalini Yoga and Karam Kriya and teaches since 2005 in Europe, Australia and Asia. She is a mother of 2 sons, co-founder of the international training school *Cherdi Kala* as well as the *Divine Woman Program* and manages *Yogahouse Prasaad* near Lake Constance, where she lives with her family. She is a strong advocate of female solidarity and community building. Her passion for a more humane world is reflected in the enthusiasm with which she teaches.



**Kirpal Singh (D/F)** Martial arts, theater, clowning and spirituality, are part of Kirpal Singh's upbringing in West-Germany. From 1985 he concentrated on Kundalini Yoga, which accompanied him through his life in the film industry and finally brought him to the Teachings of Sacred Numerology - Karam Kriya. Since 1988 he has been living in France. He also teaches in Italy, Germany and England. He has studied western and Indian music. For many years he has explored transmitting the Teachings through song. In 1992 Kirpal Singh met his teacher Shiv Charan Singh. Under his guidance he became a Kundalini Yoga

teacher and trainer Level 1 and 2, as well as a teacher, trainer and consultant in Sacred Numerology - Karam Kriya. In 2012, together with Ishwara Kaur, he founded *Ik Saran Dhian - International School of Sacred Life*.







## SCHEDULE AND DATES

### Daily Program

05:00 – 07:30 Aquarian Sadhana (open to all)  
08:30 – 10:30 Teachings  
10:30 - 11:00 Break  
11:00 – 13:00 Teachings  
Afternoon/Evening: self-initiated study group

### Schedule

#### *Thursday 3 February*

Sadhana \* 5.00-7.30  
Number 7 \* 8.30-10.30 & 11.00-13.00

#### *Friday 4 February*

Sadhana \* 5.00-7.30  
Number 5 \* 8.30-10.30 & 11.00-13.00

#### *Saturday 5 February*

Sadhana \* 5.00-7.30  
Number 1 \* 8.30-10.30  
Number 2 \* 11.00-13.00

#### *Sunday 6 February*

Sadhana \* 5.00-7.30  
Number 3 \* 8.30-10.30  
Number 4 \* 11.00-13.00

#### *Monday 7 February*

Sadhana \* 5.00-7.30  
Number 6 \* 8.30-10.30  
Number 8 \* 11.00-13.00

#### *Tuesday 8 February*

Sadhana \* 5.00-7.30  
Number 9 \* 8.30-10.30  
Number 10 \* 11.00-13.00

## QUESTIONS?

For questions please contact Bachitar Kaur [bachitar@cherdikala.eu](mailto:bachitar@cherdikala.eu) or +49 (0)170 5521 796

