

# Karam Kriya for Kundalini Yoga

With Karam Kriya School in Engen/Germany near Lake  
Constance, 14 – 19 May 2020



**KK4KY**  
INTERNATIONAL KARAM KRIYA SCHOOL

**KARAM KRIYA FOR KUNDALINI YOGA**

Deepen Your Experience of the Teachings of Kundalini Yoga through Karam Kriya and the Wisdom of Numbers

Vertiefe Deine Erfahrung von den Lehren des Kundalini Yoga durch Karam Kriya und die universelle Weisheit der Zahlen

**A 6 day course: Ein 6-Tages Kurs:**

14 - 19 May 2020 in South-Germany  
1,5 hrs by train from Zürich Airport

14 - 19 Mai 2020 in Süd-Deutschland  
1,5 hrs Zugfahrt von Zürich Flughafen

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

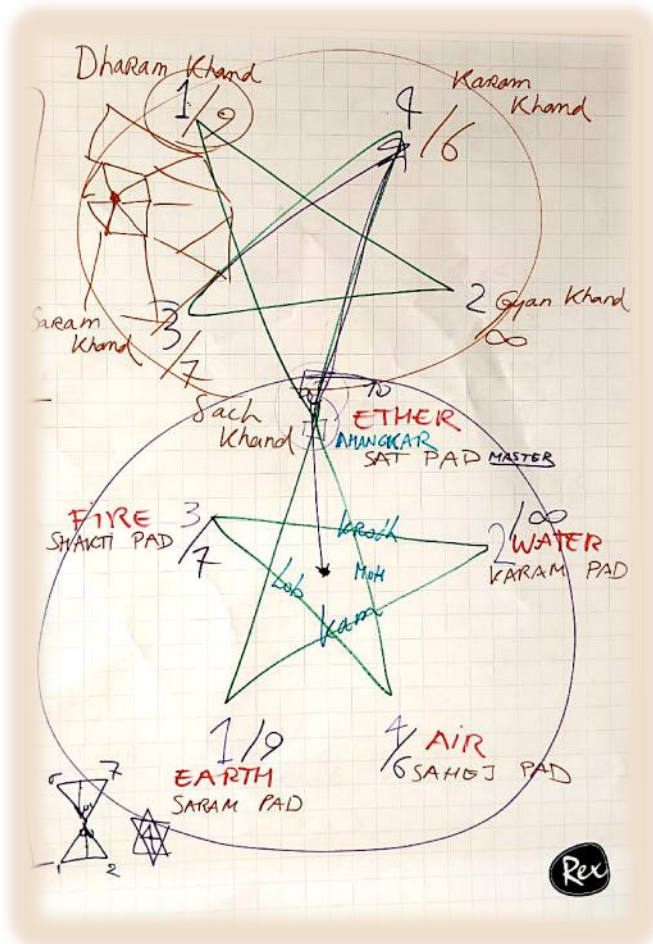
In english and german with respective translation

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) and [www.karamkriya.org](http://www.karamkriya.org)



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 and meditation 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 and German with respective translation.

**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, accomodation, vegetarian food during the course in Yogahouse Prasaad .

### **Early Bird Discount:**

Full course fee is EUR 875,00 if registered before 1.04.2020. All fees & services EUR 600,00 and food and accomodation EUR 275,00. .

With registration after 1.04. the full course fee is EUR 925,00.

### **Deposit**







A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 675,00 resp. 725,00 is due latest two weeks prior to start of the course.

## TRAINER TEAM

A german and 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.



**Atma Singh (D)** is Kundalini Yoga and Karam Kriya Trainer and consultant. He has been studying Karam Kriya with his spiritual teacher Shiv Charan Singh for the last 13 years. Currently he lives with his wife and two little daughters in Göttingen and teaches europewide. In 2013 he founded the *Kriya Schule Göttingen* as a platform to offer trainings in Karam Kriya.



## LOCATION

Yogahouse Prasaad  
Almenstrasse 11  
78234 Engen-Anselfingen  
Germany

Near Lake Constance; ca. 1,5 Hours from Zurich airport.

[info@prasaad.de](mailto:info@prasaad.de)    [prasaad.de](http://prasaad.de)    +49 7733-9965 995 or +49 170 5521 796

Accommodation is Ashram-Style in bedrooms of 3-6 beds. There is also the possibility of camping in the big garden/orchard.

Vegetarian Food.



Bachitar Kaur & Hari Krishan Singh  
Manager Yogahouse Prasaad



Yogahouse Prasaad

## SCHEDULE AND DATES

Arrival 13. May in the afternoon. Departure 19. Mai in the evening or 20. May in the morning.

Daily Program at Yogahouse Prasaad

5:00 Aquarian Sadhana  
8:00 Breakfast  
9:30 Teachings  
13:00 Lunch  
14:30 Teachings  
18:30 Dinner  
20:00 Evening Program/Study group (on some evenings)

## QUESTIONS?

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



## IMPRESSIONS







## SEVA

A part of the training is also to do seva (selfless service, or Karma Yoga), which might consist of helping prepare or cook food, cleaning up and some light cleaning at the accommodation.





## REGISTRATION

### KARAM KRIYA FOR KUNDALINI YOGA (PAGE 1 OF 2)

This training includes a minimum of 54 hours of classroom instruction taught in a 6-day-residential



#### Dates 14 – 19 May 2020

Arrival May, 13 in the afternoon. Departure May, 19 in the evening or May 20 in the morning.



#### Loaction

Yogahaus Prasaad – Almenstrasse 11 – 78234 Engen-Anselfingen

#### Coursefee

Full course fee is EUR 875,00 if registered before 1.04.2020. All fees & services EUR 600,00 and food and accomodation EUR 275.,00. With registration after 1.04. the full course fee is EUR 925,00.

A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 675,00 resp. 725,00 is due latest two weeks prior to start of the course.

Please mark the correspondant with a cross:

I have paid the course fee of EUR 875,00 resp. EUR 925,00 into the following bank account: Cherdikala Yoga International, ING Bank, IBAN: NL50 INGB 0003456006 BIC: INGBNL2A. I have named the payment in the subject line „KK4KY“.

I have paid the registration fee of EUR 200,00 into the following bank account. I will transfer the remaining course fee of EUR 675,00 resp. 725,00 until 30.4.20:

Cherdikala Yoga International, ING Bank, IBAN: NL50 INGB 0003456006 BIC: INGBNL2A. Please name your payments in the subject line „KK4KY“.

**I understand that my place can only be reserved with payment of the registration fee.**

Family Name \_\_\_\_\_ First Name \_\_\_\_\_

SpiritualName \_\_\_\_\_ DoB \_\_\_\_\_

Adresse \_\_\_\_\_

Adresse \_\_\_\_\_ Mobile \_\_\_\_\_

E-Mail \_\_\_\_\_

Place/Date \_\_\_\_\_ Signature \_\_\_\_\_







## REGISTRATION

### KARAM KRIYA FOR KUNDALINI YOGA (PAGE 2 OF 2)

In emergency contact

Name \_\_\_\_\_ Relation to you \_\_\_\_\_ Mobile \_\_\_\_\_

Address \_\_\_\_\_

#### Disclaimer

To the best of my knowledge there is no physical or mental medical reason why I should not do this course. I understand that the teachings of Yogi Bhajan do not constitute medical advice.

Do you give Cherdī Kala permission to use your data for:

- Identify and contact you before and during the event in case of need
- To contact your emergency contact if needed during the event
- To add your email address to our database in order to send our newsletter and occasional announcements
- Issuing you with an invoice/receipt

SIGNED (by applicant).....Date .....

**Thank you for registering. We are looking forward to welcoming you. Sat Nam.**

**Please send this form to**

bachitar@karamkriya.de or

Bachitar Karle-de Hommel – Almenstrasse 11 – 78234 Engen-Anselfingen



Cherdī Kala Yoga International is registered in the Netherlands: KvK No. 57426015

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