

# 21 STAGES OF MEDITATION AND HIKING

A JOURNEY TO THE SELF

Online or On Location, also for single days!

With Bachitar Kaur and Hari Krishan Singh

In English (optional German translation)

You can also  
join single days  
or Online!



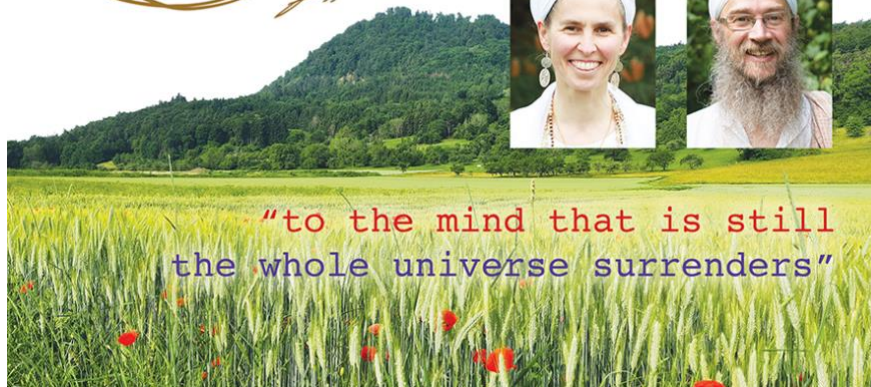
THE 21 STAGES OF  
MEDITATION

11-18 May 2022  
Yogahouse Prasaad  
South-Germany



*and Hiking*

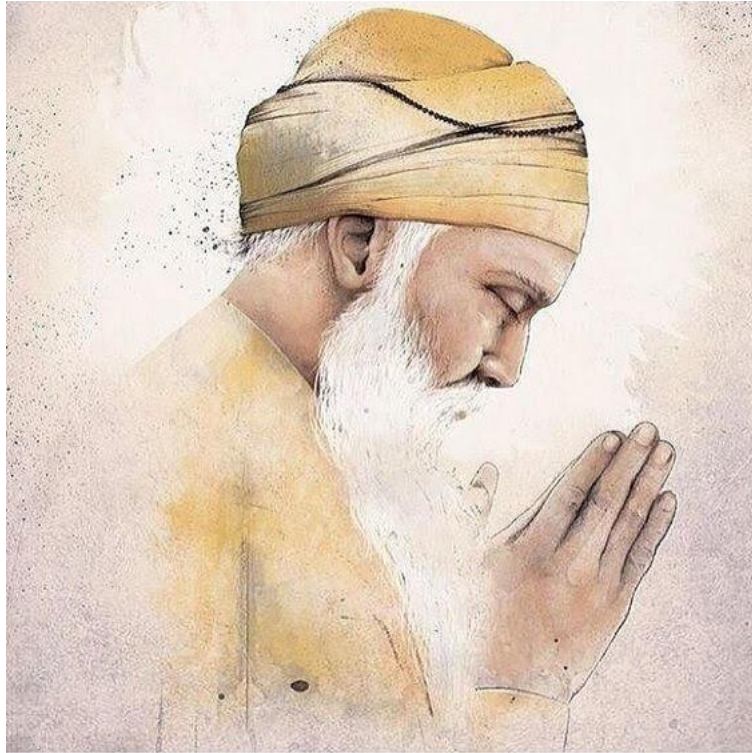
With  
Bachitar Kaur &  
Hari Krishan Singh



"to the mind that is still  
the whole universe surrenders"

This training is organised by Cherdikala Yoga International

[www.cherdikala.eu](http://www.cherdikala.eu) and [www.yogafamily.one](http://www.yogafamily.one)



*“Man Jeetai Jag Jeet” – “Conquer Your Mind and Conquer the World”*

- Guru Nanak Ji, Japji Sahib





## THE 21 STAGES OF MEDITATION

are divided into 3 phases:

**Self Crystallisation | Self Expression | Self Transcendence.**

Each Phase is a journey through 7 steps. We will lead the journey through the 3 phases in 6 teaching/meditation days with 2 relaxation/hiking days in between which allows time for sharing and deep reflection on the nature of each phase. This course is open to all.

**Please note :** This 21 Stages of Meditation program in Kundalini Yoga as taught by Yogi Bhajan® is licensed by KRI and contributes to level 3 certification within The Aquarian Teacher™ Training Program. If you wish to obtain a receipt of participation valid for the level 3, you have to attend all 3 stages.

### COURSE FEE

#### Early Bird Discount:

Full course fee Online is EUR 395,00 if registered before 1.05.2022.

With registration after 1.05.2022 the full course fee is EUR 450,00.

On Location costs for Accommodation and Food are EUR 456,00 (8 days & nights, 3 meals a day)

#### Deposit

A deposit of EUR 150,00 is required with your application. This is only refundable within 14 days of your transaction, unless the training starts within 14 days of your transaction as the deposit is non-refundable from the moment the training starts (11.5.22). The remaining amount of EUR 245,00 resp. EUR 300,00 is due latest one week prior to start of the course (11.5.22) or as soon as possible if you register within a week from the start

### REGISTRATION 21 STAGES OF MEDITATION





## LOCATION

Yogahouse Prasaad. Almenstrasse 11, 78234, Engen, Germany [www.prasaad.de](http://www.prasaad.de)

Retreats  
Trainings  
Yoga Classes  
Workshops  
Yogic Lifestyle  
Work Exchange  
Nature Reserve  
Big Garden  
Orchard  
Camping  
Holidays  
Hiking

www.prasaad.de  
info@prasaad.de

Bachitar Kaur  
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Almenstrasse 11  
78234 Engen  
Germany

**Yogahouse Prasaad**  
in Engen - South Germany, near the Black Forest, Lake Constance and the Alps  
Medium size retreat centre in the tradition of Kundalini Yoga and Karam Kriya  
1,5 hrs by train from Zürich International Airport

## TRAINERS



**Hari Krishan Singh** (NL) Dutch but resident in Germany, is co founder of Cherdi Kala International Kundalini Yoga School along with his wife Bachitar Kaur. He travels and teaches in Europe and Australasia as a Lead level 1 & 2 Trainer and is a Karam Kriya consultant and trainer. He is responsible for establishing many training programs around the world in cooperation with the Karam Kriya School. With profound understanding and insight into the teachings and an abundant sense of humor, Hari Krishan's infectious presence naturally puts people at ease. He brings the teachings across in a way that is both light and deep and facilitates deep processes of change and personal growth. He lives with his family in South-Germany in Yogahouse Prasaad, their retreat center near Lake Constance.





**Bachitar Kaur (D)** is Trainer in Kundalini Yoga and Karam Kriya. She is a Lead Trainer for Level 1 Programs and teaches and consults since 2005 europe-wide, in Australia and in Asia. She is mother of two boys, co-founder of the international Kundalini Yoga and Karam Kriya School Cherdi Kala, co-initiator and trainer of the Divine Woman Program and directs together with her husband Yogahouse Prasaad in Germany, where she is living with her family. She is a strong advocate of female solidarity and community building and her passion for creating a more humane world is reflected in her enthusiasm with which she teaches.



## Deepen your meditation and come to a profound understanding of your Self

### SCHEDULE

If you are participating online you will receive the ZOOM links for each training day latest one day in advance. Log on at least 10 minutes before the start of the day or sadhana. Create a FREE account at [www.zoom.us](http://www.zoom.us)

#### Day 1&2: Journey 1 – Self Crystallisation

**Day 3:** Reflect, integrate, rest and walk. Either at home if you participate online, or you enjoy Yogahouse Prasaad and it's natural surroundings to relax in a hammock and go on a hike. You might even want to go for a swim in Lake Constance!

#### Day 4&5: Journey 2 – Self Expression

**Day 6:** Resting and hiking day

#### Day 7&8: Journey 3 – Self Transcendence

#### Daily Program

5:30-8:00	Optional Sadhana each day
9:30-10:00	Introduction to the day
10:30-13:00	Teachings   Meditation
13:00-14:30	Break and lunch
14:30-	Teachings   Meditation
17:00/18.30	End





## RECOMMENDED DIET DURING THE ONLINE COURSE

We recommend a light Yogic diet during (and optionally before/after) the course to support the meditative experience. Some options (can be done for less than the recommended days also):

### GREEN DIET

▶ A rebuilding diet, alkalinizes the body, for losing weight, clearing the skin, cleanses the liver, relieves toxic mucus conditions.

▶ 40 days of green foods: salads, steamed greens, avocados, sprouts, mung beans, green fruit. (Yogi Tea okay.)

▶ To end the fast, add fruit, then grains, then dairy.

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▶ A good cleansing diet that gives plenty of nourishment.

▶ Good for the kidneys, colon, and digestive organs, or when food is not being digested thoroughly by the intestines.

▶ Good winter diet.

▶ Eat only mung beans and rice for 30 days. Include lots of fresh vegetables cooked into it.

▶ May eat fruit in between meals as snack. Yogi Tea may also be taken.

### Golden Milk

This delicious hot drink is very good for the spine. It lubricates the joints and helps to break up calcium deposits.

*1/8 teaspoon turmeric*

*1/4 cup (65 ml) water*

*8 ounces (250 ml) milk*

*2 Tablespoons (40 ml) raw almond oil  
honey to taste*

Boil turmeric in water for about 8 minutes until it forms a thick paste. If too much water boils away, add a little more water. Meanwhile, bring milk to a boil with the almond oil. As soon as it boils, remove from heat. Combine the two mixtures and add honey to taste.

If you like, prepare a larger quantity of the turmeric paste. It will last up to 40 days if refrigerated.

- From 'The Aquarian Teacher' - Level 1 Kundalini Yoga Teacher Training Manual





### RECOMMENDED DURING THE COURSE IF YOU PARTICIPATE ONLINE

- Treat the training with the same level of commitment, attention and contribution as any in-person training, even though it will be different in many ways.
- Organize and agree in advance a space that you can dedicate yourself to for the training days, that will be respected by others and respectful of others (ie. not having people socialising around you, calling you out for tasks or conversations which will require discipline, especially if family are at home).
- You will be visible for some parts (unless you specifically don't want to be seen) of the online sessions. So prepare for any screen visibility in terms of what you want to be seen in the room you are in, etc.
- We will do some chanting and also we are in a spiritually conscious community, so you may want to dress and perhaps also cover your head as you would usually on a training weekend.
- Even though it's online, it doesn't mean that we can't call in the sacred when we start each day or prepare ourselves mentally and spiritually for connecting in this way.
- Keep your mobile phone off or on silent. Avoid using it unnecessarily.

### RECOMMENDED READING

The 21 stages of Meditation by Gurucharan Singh PhD obtainable by [www.satnam.eu](http://www.satnam.eu) or as e-book [HERE](#)

### QUESTIONS?

For questions concerning the Training, please contact us at [21stages@cherdikala.eu](mailto:21stages@cherdikala.eu)  
or +49 (0)170 5521 796

FB personal messages *will not* be answered





## OVERVIEW AND SUMMARY OF THE THREE LEVELS OF THE KRI KUNDALINI YOGA AQUARIAN TEACHER TRAINING PROGRAM

The Aquarian Teacher™ program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan® and is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification:

- a. a. KRI Level One: Instructor – Foundations
- b. b. KRI Level Two: Practitioner – Transformation
- c. c. KRI Level Three: Teacher - Realization

Level Two Teacher Training builds on the foundations of Level One, and is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher. Level 3 Teacher Training is about spiritual maturity which is developed through seva, meditation and community

### REGISTRATION 21 STAGES OF MEDITATION

Cherdi Kala Yoga International is registered in the Netherlands: KvK No. 57426015  
Turnhoutlaan 9 | 5628 RJ | Eindhoven | The Netherlands | +31 6 4143 0887

