

Teachers

Avtar Kaur

Student of Yogi Bhajan since 1987.
Founder of the discipline and school of
Shakti Dance. Teacher and trainer of Kundalini
Yoga. Sat Nam Rasayan healer and teacher.

Ram Rattan Singh

Doctor and surgeon. Sat Nam Rasayan healer.
Teacher trainer. He has dedicated himself to the
use of yoga and meditation as complements to
other traditional methods of healing.

Sadhana Singh

Studies and practices Kundalini Yoga.
Teacher trainer and author of many books
among which Leadership and Success will be
published shortly. Originator of and responsible
for the project "Crystallizing the Diamond."

Information

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The Yoga Of Pranayama

The Kundalini Yoga as taught by Yogi Bhajan

Solna, Sweden
February - June 2012

KYATRA

Kundalini Yoga Awakening
Transformation Realization Association

Within the context of the project
"Crystallizing the Diamond"
present
THE YOGA OF PRANAYAMA

ROOTLIGHT
Yogacenter & Yogabutik

Järnvägsgatan 2, Solna
www.rootlight.se

Six lessons to improve the art of spreading the primary unit and the vital force.

- The art of breathing, advanced kriya and pranayama (Sadhana Singh)
- Pranayama and different status of awareness (Sadhana Singh)
- Anatomy and physiology of breath (Ram Rattam Singh)
- Yogi breathing, pranayama in specific asana, nadi and vayu (Avtar Kaur)
- Mystical aspects of breath (Sadhana Singh)
- Pranayama as tool of postural realignment, stress antidote and rhythm of life (Sadhana Singh)

Information for participation

Please send an application to info@rootlight.se, not later than Nov 30 with a short candidate's presentation. The candidate should have a basic knowledge of the science of pranayama. Each participant will receive a personal sadhana to improve his own practice of pranayama.

Dates

Feb 24-26
March 24-25
May 26-27
June 15-17

Hours

February and June: Friday, Saturday, Sunday 9-18
March and May: Saturday 10.30-18.30, Sunday 9 -16

Cost

The total cost is SEK 15 000. This fee includes VAT 25%, teachings, materials, exam, lunch and tea.

Certification

At the end of the course you will receive an Ikyta Italia certificate after 80 hours attendance (all the six modules) and after the final exam.