

*Without you,
nothing exists.*



Female Leadership & Community Building

A Kundalini Yoga and Karam Kriya Training on Koh Samui
Thailand | November 8 – 13 2019



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Training for women on Koh Samui, Thailand in the spirit of Kundalini Yoga and Karam Kriya



This information contains

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Answering the call to women of the world: To step into the power and grace of the divine feminine. Inspire and lead through the depth and radiance of your being. Bring your light, your love, and your intelligence to the fore. The world needs your leadership and wisdom now. Women of all ages, races, faiths and nationalities are working to bring peace, compassion, and healing to humanity. Join in!

The Training

Explore female leadership. Tune into your Shakti (creative power) and step into your true identity. Become the change you want to see in this world and manifest a new reality. In female community. Sharing, supporting and nourishing each other. Train yourself to stand as a leader in your community – big or small. Facilitating positive change – radical or subtle. Allowing the impact of your presence and nobility. Living Aquarian womanhood. Invincible grace.

This training invites you to call on your courage and ride the tiger of your true, unlimited power as a woman. Awaken Durga within. The Supreme Goddess





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and Universal Mother. Preserver of moral order and righteousness in creation. Connect to the Goddess within and carry forth into the world what only you can bring.

It is said that once Durga defeated the demon who brought misery through the negative and evil forces of arrogance, jealousy, prejudice, hatred, anger, greed and selfishness there was peace on earth. The sky became bright with the light of the sun. The rivers flowed freely and those that inhabited the Earth danced and sang their sweet songs again. She made a promise to nourish the world with flourishing vegetation and she would protect and save those who worshipped (embodied) her. Her power was magnificent.

Let's embody this divine being through our actions, words and thoughts.

Course Themes

- The fundamental nature of woman: Instinctive and intuitive feminine. Shakti – creative power. Woman – Grace of God.
- Let go of your personal karmic story and patterns as woman. Start breathing a new consciousness of what it means to be a woman. And learn to help other women in transformation.
- Leadership by following universal principles. Learn the Principles of Leading. Listen to Divine Intelligence unfolding. De-code the language of numbers.
- Deepen your understanding of the technologies and concepts of Kundalini Yoga in relation to being a woman and have a transformational experience through the practice of these teachings.
- Develop the skills, confidence and consciousness required to engage in community building.
- Experience a sense of community with other participants, teachers and Kundalini Yoga and Karam Kriya women worldwide.
- Finding/Confirming your identity. Self expression. Creativity. Become the woman only you can be
- Develop a lifestyle in the consciousness of “I am a woman.”





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Kundalini Yoga and Karam Kriya

Yogi Bhajan and Kundalini Yoga

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969. He has travelled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO — the Happy, Healthy, Holy organization, based on his first principle "Happiness is your birthright." Through 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association, (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

Kundalini Yoga is called the Yoga of Awareness. It is a dynamic, powerful tool that is designed to give you an experience of your soul.

This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. It brings balance to the body, mind, and soul. Kundalini Yoga is a yoga for householders, for people who have to cope with the daily challenges and stresses of holding jobs, raising families, and managing businesses. It is a path for everyone who wants the skills to cope successfully with the challenges of our times.

"The kundalini experience does not mean you have gone into a deep breathless trance and are beyond this world. ... It integrates you more fully with reality and gives you a broader vision and sensitivity so that you can act more efficiently."

- Yogi Bhajan, Kundalini Yoga: The Flow of Eternal Power

Kundalini Yoga for women

Yogi Bhajan shared an amazing wealth of yogic teachings for women. Over the 35 years he taught, the majority of his teachings were priceless gems of yogic wisdom for women. This vast array of ancient yogic knowledge includes specific Kundalini Yoga and Meditation techniques to empower women to access their inner strength, dignity, and sacredness.

"You believe the woman is a doormat. I believe woman is the door to God. You believe woman is the chick and I





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believe she is the eagle. Her sway and her grace is keeping the Earth in its own place."

–Yogi Bhajan, 8/1/84

Yogi Bhajan taught practical, inspirational lifestyle tips for every step of a woman's life. He inspired women to break the cycle of duality, doubt, and insecurity, and to live as women of character with compassion, nobility, and radiance. His teachings covered a wide range of topics including relationships, yogic food and recipes, communication, health and healing techniques, self-esteem, prosperity, pregnancy and child rearing, success in the business world, and the power of prayer.

<https://www.3ho.org/3ho-lifestyle/women>

Karam Kriya and Shiv Charan Singh

Numbers are the language of the universe; they communicate universal principles, are subtle and everpresent. Your passport has a number, your body is made of numbers: 1 mouth, 2 eyes, 4 limbs, 10 fingers, 26 vertebrae, trillions of cells. Your birthday is a number. Numbers are so present and functional in our lives that we rarely think about their original meaning anymore and their qualities.

Karam Kriya means number awareness. Numbers are like bones. Similar to how the bones of our skeleton are the basic structure around which our muscles and tendons, veins and skin - in fact our entire physical body - unfold, giving us structure, shape, stability and providing blood, numbers can be seen as the subtle bones of the universe: covered by layers of creation they are invisible, most intrinsic and real. Similar to bones numbers are essential. They are inherent to everything and everything can be expressed in numbers. Numbers, just as bones, offer an insight into the structure behind the obvious and visible. Knowing or better listening to the numbers allows an understanding of the universal as it reflects itself in the personal and at the same time helps us relate our personal stories to the universal, offering us a bigger and more complete picture of our life's journey and a sense of direction.

Karam Kriya as taught by Shiv Charan Singh is the sacred science and art of cultivating an awareness towards numbers. Training and developing this awareness we gain a deeper understanding of the universal as it expresses itself in this play called life and the various roles we identify ourselves with as we voyage through the different stages of our existence. Ultimately we recognize, accept and agree our journey to be the journey of our soul.





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Shiv Charan Singh is an authentic teacher as well as an outstanding spiritual counselor who has worked internationally with groups and individuals for over 30 years. He is the founding director of the International Karam Kriya School, which trains students and teachers in Kundalini Yoga, Spiritual Consultancy and Applied Numerology all over the world. Introducing what he had discovered about numbers after years of study to his teacher, Yogi Bhajan gave him the name Karam Kriya and the task to go and teach it.

<http://www.karamkriya.com>

Location



Yogarden Koh Samui

7/8, Moo 1, Laan Thong Road
Fisherman's Village, Bophut,
Koh Samui
Thailand

<http://www.theyogardensamui.com>

The Yogarden is located on a quaint side street in the iconic area of Fisherman's Village Koh Samui. The Village community is rich in character, retaining its historical heritage through its architecture; warm welcoming locals and beautiful seafront, which harbors some of the islands most spectacular traditional boats.

Serene views across to Koh Phangan cast a perfect backdrop to the village ambience. The lively streets tempt visitors with a plethora of shops, boutiques, bars and restaurants and play host to a weekly pedestrian night market. Each Friday the village buzzes with lively atmosphere. Street vendors from all over Thailand trade their hand made crafts and natural products, whilst the scents and smells of Thai cuisine fill the air and local musicians and traditional Thai dancers perform for passing audiences. The unique magic of Thailand and its people is here to be absorbed in one of the island's most treasured and intimate spots.

Behind the main street of Fisherman's village, The Yogarden welcomes you with its offerings of health, wellness, nature, art, fun, beauty, calm and community. We are located off the main village road and can be accessed through the back gate behind The Shack or just through the main entrance





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gate of the village. Turn left at the teahouse and follow the Lann Thong road until you see The Yogarden on the right-hand side. The Yogarden comprises a traditional, 80-year-old, teak house set within a large relaxing garden. Our Yoga sala is a covered open-air platform within the garden setting. Please come and share with us, our magical corner of Fisherman's Village ... Welcome to The Yogarden.

Dates & Schedule

Start November 8, 2019 at 9:00 am - **End** November 13, 2019 at 6pm
(Arrive one day early, depart one day later)

Daily schedule

6:00 - 8:30 Morning Sadhana/Morning discipline (Yoga and chanting). Open to everybody. (not the first day)

8:30 – 9:00 Free time

9:00 – 9:30 Breakfast (not the first day)

9:30 - 13:00 Morning session with teachings

On 2 days:

Long lunch break 13:00 - 17:00 to enjoy some free time at the beach or exploring the island.

On 4 days:

Short lunch break 13:00 - 15:00.

15:00 - 17:00 teachings and creative activities such as dance, singing and voice training.

17:00 - 18:30 Yoga & meditation

18:30 - 19:00 Kirtan

Please note: Trading or promotion of goods or services, by trainees, during the program is not permitted without prior consent from the School directors.





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Travel & Arrival

Please arrive at least one day before the training starts to be able to join us straight from the beginning on the first day. Ideally, if you have some time on your hand you could arrive a few days earlier to better adjust to any time difference/jet lag you may be subjected to.

Koh Samui has an airport, which makes it easy to reach. No flying into Bangkok and having to take a bus, train and boat to get to your destination. This will make the journey more comfortable, especially for our long-haul overseas participants. However, for most flights there will be a transfer in Bangkok.

Booking Support:

Nirvair Akaal Kaur Jana Giebe from *Conscious Travels – Bewusst reisen* gladly takes care of booking your journey should you prefer assistance with booking your flights or wish to spend extra time in Thailand before or after the training.

Jana Giebe ~ Nirvair Akaal Kaur
Mail: bew.reisen@turismo-service.de
Mobile: +49 178 142 2876
www.bewusst-reisen.com

Course Fee

The fee for the full course is USD 650,00 . This includes tuition, administration & general services, breakfast and lunch for most days. There is no breakfast on the first day. And no breakfast and lunch on Sunday due to the kitchen of the yoga centre being closed. We will eat out for breakfast and lunch.

To reduce bank fees on both sides, we kindly ask Europeans/EU members to transfer the amount in Euros instead of USD. Please transfer EUR 580,00

Deposit: A non-returnable deposit of USD 325,00 (EUR 290,00) is required with your application to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

Payment: The remaining amount must be paid at least 4 weeks prior to the start of the program and no later than October 8, 2019.





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Alternatively, and preferably, you can pay the whole course of USD 650,00 resp. EUR 580,00 at once when making the deposit.

Cancellation Policy: After registration you have 14 days to re-consider and cancel while receiving a refund of the registration fee. Cancellation after 14 days means the registration fee is non-refundable and USD 75,00 resp. EUR 70,00 administration fee is due. In case of cancellation four weeks or less before start of the program, the entire fee is due. Contact us in case of special circumstances.

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Cherdī 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.

Accommodation

In our experience the preferences for accommodation vary. Hence, we decided to let you book your accommodation yourself according to your individual preferences. There is plenty of accommodation for a wide variety of different budgets.

Some recommendations are (but not limited to) Pelegrin Hotel, Fisherman's House, Amethyst Guest House or Smile House. These are all very close and comfortable. Some are with pools and some without. There are some rooms available at the location where we do the training, as well.

Childcare

Samui Nannies is a nannie service who is owned by a good friend and customer of our training location Yogarden . They are all very professional and can be booked ahead of time. Parents can do interviews with the nannies by Skype if you wish to connect with them. They will come to the hotels but not the Yogarden as it's quite small.

<https://www.samuinannies.com>

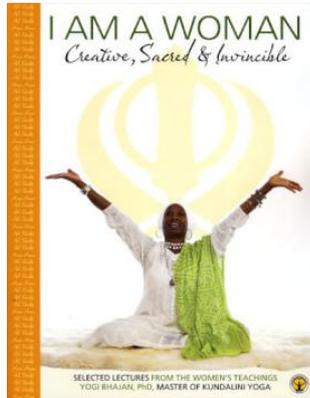




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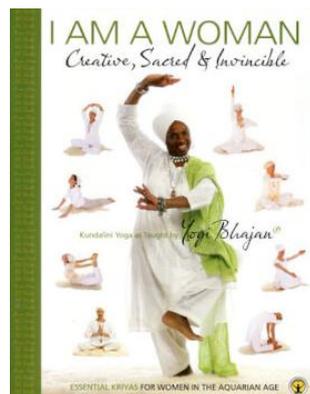
Important Literature



I am a woman – Creative, Sacred, Invincible. Reader (Lectures) by Yogi Bhajan

Selections from the Women's Teachings of Kundalini Yoga as taught by Yogi Bhajan.

Available here <https://www.satnam.de/en/i-am-a-woman-reader-textbook.html>

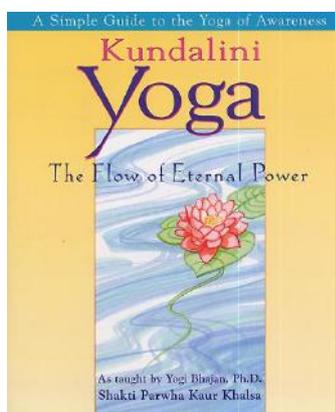


I am a woman – Creative, Sacred, Invincible. Yoga Manual by Yogi Bhajan

Essential Kriyas for Women in the Aquarian Age

Available here <https://www.satnam.de/en/i-am-a-woman-yoga-manual.html>

If you are fairly new to Kundalini Yoga, the following book is highly recommended as an essential introduction.



Kundalini Yoga – The Flow of Eternal Power by Shakti Parwha Khalsa

Available here <https://www.satnam.de/en/kundalini-yoga-flow-of-eternal-power.html>





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Meet the Teachers



Bachitar Kaur is Lead Trainer in Kundalini Yoga and Karam Kriya Consultancy (number awareness). Her passion for a more humane world is reflected in her enthusiasm with which she teaches. Being a strong advocate for female solidarity and community building, she is specialized in Teachings for Women and also Conscious Parenting. Bachitar is co-founder of the Kundalini Yoga Training Institute Cherdikala Yoga International (cherdikala.eu),

initiator of Yogaschule Golden Temple (goldentemple.eu), founder of Yogahouse Prasaad (prasaad.de) and has co-developed the Divine Woman Program (divinewoman.org).

She has been living and teaching Kundalini Yoga in different countries to students with a broad variety of social and cultural backgrounds and special requirements including elderly people, drug rehabilitation centres, prison, schools, kindergardens. Extended travels into East Asia during and after accomplishing her Master's studies in sociology, communication and organisational psychology in Germany and Spain back her understanding about Asian culture and philosophy, especially yoga.

Together with her Dutch husband and their two sons she now lives in South-Germany at Yogahouse Prasaad – a retreat place for conscious living in nature. She teaches throughout Europe and Australasia. Next to Yoga she also loves ballet, playing music, gardening, cooking and –above all - laughing.



Archana Kaur is an MSc in Investment Management graduate from Cass Business school London with experiences in various business start ups. She has been on a journey of self discovery since childhood and has explored many modalities of healing and yoga.

She is qualified in Usui Reiki® and has completed Kundalini Yoga Teacher Training Level 1. She is also a certified NLP practitioner and practices ashtanga yoga, Indian Gurbani sangeet and enjoys many forms of Indian dance including Bhangra and Kathak. As a Kirtani, she has done seva at various Gurdwaras and yoga gatherings.





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Registration Contract with Cherdí Kala

I hereby register for participation in the Female Leadership & Community Building Program based on the teachings of Kundalini Yoga and Karam Kriya as detailed in the above information.

I have read and understood the information given in the information brochure. I transferred USD 325 resp. EUR 290,00 Euro non-refundable deposit to the following bank account:



Cherdi Kala – The Art of Upliftment
Bank transfer: IBAN: NL24 INGB 0008 3321 46 BIC: INGBNL2A

I understand the cost of the full program is USD 650,00 resp. EUR 580,00 and that I must pay the remaining USD 325 Euro resp. EUR 290 at least 4 weeks prior to the start of the program and no later than October 8, 2019. I have read the cancellation policy

Please always state "Female Leadership" and your full name with any of your transactions.

I attach a letter stating the reason why I wish to attend this course, detailing my yoga experience to date.

Date of Birth.....Name.....

Address.....

Mobile..... E-mail.....

In emergency contact

Name..... Relation to youMobile.....

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 Cherdi 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 announcement
- Issuing you with an invoice/receipt

SIGNED (by applicant).....Date

For more information contact us through: bachitar@cherdikala.eu
Now send the content of this form along with your letter to: bachitar@cherdikala.eu

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