



# 21 Stages of Meditation

A Journey to the Self

With Karam Kriya School in Engen/South Germany  
near Lake Constance,

May 1 – 5 2020



THE 21 STAGES OF  
MEDITATION

2020 | 2021 | 2022

Portugal  
South Germany  
Sri Lanka

Bachitar Kaur  
Hari Krishan Singh  
Shiv Charan Singh  
Satya Kaur

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)



*“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. Cherdi Kala Yoga and the Karam Kriya School will lead the journey through 1 phase each year for 3 years. One phase is a 5 day program which allows time for sharing and deeper reflection on the nature of each phase.

This course is open to all. If you miss a phase it can be taken at a later date or at another training of the same format.





## PHASE 1: SELF CRYSTALLISATION

**BACHITAR KAUR AND HARI KRISHAN SINGH** will offer this explorative and experiential journey in Engen, South Germany.

Meditating on each step, understanding each step and exploring its significance, its implications and its manifestations.

Developing mastery over the tendencies that correspond to each stage on the journey as well as mastery in our practice of meditation.

**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.

Phase 2 will be taught 13 - 17 May 2021 and Phase 3 12 - 16 May 2022 at Yogahouse Prasaad in Engen, South Germany.

## COURSE FEE

The course fee includes the following costs of the training:

Teaching fee, registration, administration and services, accommodation, vegetarian food during the course in Yogahouse Prasaad .

### **Early Bird Discount:**

Full course fee is EUR 555,00 if registered before 1.04.2020. All fees & services EUR 295,00 and food and accommodation EUR 260,00.

With registration after 1.04. the full course fee is EUR 605,00.

### **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 355,00 resp. 405,00 is due latest two weeks prior to start of the course (17.4.20).





## TRAINERS

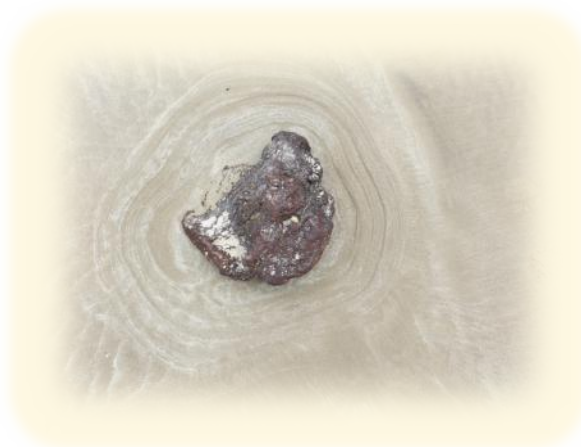


**Hari Krishan Singh** (NL) Dutch but resident in Germany, is co founder of Cherdi Kala International Kundalini Yoga School along with his wife Bachitar Kaur. He travels and teaches in Europe and Australasia as a Lead level 1 & 2 Trainer and is a Karam Kriya consultant and trainer. He is responsible for establishing many training programmes around the world in cooperation with the Karam Kriya School. With profound understanding and insight into the teachings and an abundant sense of humour, 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 centre 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 europewide, 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*





## LOCATION FOR THE 5-DAY RESIDENTIAL

Yogahouse Prasaad Almenstrasse 11 78234 Engen-Anselfingen, Germany (Near Lake Constance)

[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  
Facilitator/Manager Yogahouse Prasaad



Yogahouse Prasaad

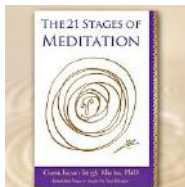
## SCHEDULE AND DATES

Arrival 30. April in the afternoon/evening. Departure 6. 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)

## RECOMMENDED LITERATURE



The 21 stages of Meditation by Guru Charan Singh PhD obtainable by [www.satnam.eu](http://www.satnam.eu)

## QUESTIONS?

For questions concerning the Training, please contact Bachitar Kaur [bachitar@karamkriya.de](mailto:bachitar@karamkriya.de) or +49 (0)170 5521 796. FB personal messages *will not* be answered





## IMPRESSIONS OF YOGAHOUSE PRASAAD





## 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. KRI Level One: Instructor – Foundations
- b. KRI Level Two: Practitioner – Transformation
- 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

### 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 (PAGE 1 OF 2)

### 21 STAGES OF MEDITATION PHASE 1

The 21 stages of meditation are divided into 3 phases:  
Self Crystallisation | Self Expression | Self Transcendence.

Each Phase is a journey through 7 steps. Cherdi Kala Yoga and the Karam Kriya School will lead the journey through 1 phase each year for 3 years.

One phase is a 5 day program which allows time for sharing and deeper reflection on the nature of each phase.



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 Dates 1 – 5 May 2020

Arrival April, 30 in the afternoon/evening. Departure May 6 in the morning.

#### Location

Yogahaus Prasaad – Almenstrasse 11 – 78234 Engen-Anselfingen

#### Course Fee

Full course fee is EUR 555,00 if registered before 1.4.2020. (All fees & services EUR 295,00 and food and accomodation EUR 260,00.). With registration after 1.4. the full course fee is EUR 605,00. 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 355,00 resp. 405,00 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 555,00 resp. EUR 605,00 into the following bank account: Cherdi Kala Yoga International, ING Bank, IBAN: NL50 INGB 0003456006 BIC: INGBNL2A. I have named the payment in the subject line „21Stages Phase1“.

I have paid the registration fee of EUR 200,00 into the following bank account. I will transfer the remaining course fee of EUR 355,00 resp. 405,00 until 17.4.20:

Cherdi Kala Yoga International, IBAN: NL50 INGB 0003456006 BIC: INGBNL2A. Please name your payments in the subject line „21Stages Phase1 “.

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

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







# REGISTRATION (PAGE 2 OF 2) 21 STAGES OF MEDITATION PHASE 1



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

Spiritual Name \_\_\_\_\_ DoB \_\_\_\_\_

Address \_\_\_\_\_



Address \_\_\_\_\_ Mobile \_\_\_\_\_

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

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 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 announcements
- Issuing you with an invoice/receipt

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

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

**Please send this form to**  
bachitar@karamkriya.de or  
Bachitar Karle-de Hommel – Almenstrasse 11 – 78234 Engen-Anselfingen - Germany

Cherdi Kala Yoga International is registered in the Netherlands: KvK No. 57426015  
Laar 52 | 5674 RD | Nuenen | The Netherlands | +31 6 4143 0887

