



Level 2 Transformation Practitioner Certification Course

Vitality and Stress

Sydney, Australia

October 30 - November 4, 2010

Someone once said that it doesn't matter how long you live, what matters is how alive and vital you are each moment. No one wants to simply exist. The goal of most people, but especially the Kundalini Yogi, is to feel all of life and let life feel you.

When we are vital we have energy and consciousness to act on our values, to express our highest character and to fulfill our destiny. Stress wears us down and when it becomes too much of a burden we flip into our stress personality. Therefore, we have to learn to recognize the reality of stress and practice the disciplines that promote vitality and counteract the stressors in our lives.

Vitality and Stress is a unique course that provides the opportunity for you to look closely at how you react to, cope with and master stress in your life; to build a firm foundation of vitality, have clarity of mind and live a full life.

Course Goals:

- ❖ We will identify our stress personality.
- ❖ We will build our core vitality, mental endurance and spiritual clarity
- ❖ We will explore consciousness as a primary tool in building vitality
- ❖ We will explore the process, effects and downsides of too much stress.



Lead Trainer: Gurucharan Singh Khalsa

Gurucharan Singh is Director of Training for the Kundalini Research Institute. He is a psychotherapist, teacher, writer, and a world recognized expert in Kundalini Yoga. Dr. Khalsa is an authority on the mind and on the applied psychology of meditation and peak performance. For 25 years he was in clinical practice with his focus being on personal growth, executive coaching, conflict resolution, stress management, and creativity. He earned advanced degrees both in mathematics and psychology. He is a natural bridge between the heart of psychology and the head of science.

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