Placentia

The 21 Stages of Meditation

A Journey To The Self

Kundalini Yoga as taught by Yogi Bhajan®

Journey 1: Crystalise the Self
Journey 2: Express the Self
Journey 3: Transcend the Self

3 weekends:

January 11-12, 18-19, 25-26 2020

- 8:30 am to 5pm each day - 48 hours of total class time.
- Each weekend takes you through seven stages of deep meditation.

Pre-Registration by Nov 15: $1050
Payment in full after Nov 15: $1125
Payment Plan: $400 Deposit and
$400 payable by January 11
$400 payable by January 18
(Course Book Included in cost)

Anyone interested may participate.There are no prerequisites for this program. Students and teachers from all contemplative traditions are invited along with instructors and practitioners of Kundalini Yoga as taught by Yogi Bhajan.

The 21 Stages of Meditation also contributes to KRI Level Three Certification and qualifies for RYT hours with Yoga Alliance and IKYTA continuing Education Credits.

LEVEL THREE TEACHER TRAINING — REGISTRATION OPEN

This 6 Day course, takes us on a dynamic journey of 21 Stages of Meditation, that Yogi Bhajan taught and Gurucharan Singh crystallized into an experiential process. The skills taught and practiced in this course will aide each participant to experience fulfillment, in any field, in any dimension of their life, along with a developing deep sense of wellbeing, security and a quite joy in life and living.

Gurucharan Singh Khalsa

Priya Jain

The mind is essentially a process; a flow of thoughts.The faster more turbulent this flow is, the harder it is to access what lies below the surface : our deepest desires, our fears, problems and aspirations.
Slowly, with the progression of each stage of meditation we are introduced to the light of our Awareness. The deeper we dive, the greater the levity of our subtle nature is experienced. We begin to receive insights into the links between personal problems and their deep-seated causes. With this comes the “Will” to make changes in our life and perceptions.

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SEVENTH CHAKRA yoga

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