



AMAR DAS

Aquarian Teacher Training

# Kundalini Yoga Teacher Training Level 1

The Kundalini Yoga Teacher Training has the potential to change your life profoundly. It equips you with all the tools you need to apply this technology to yourself and professionally take the teachings out into the world. You will learn to cleanse and strengthen your body & mind and connect with your true essence. Immerse yourself in a wonderful time, together in the group and at the same time just with yourself to deepen your understanding of the teachings of Kundalini Yoga, also called Yoga of Consciousness.

Theory and philosophy on the one hand, and your own experience of community, self-reflection and deep practice of yoga & meditation on the other, provide you with the framework to further develop your human qualities and to deepen your understanding of Kundalini Yoga to evolve your full potential in the service of all.

## Team



Nirmal Singh  
Lead Trainer



Himat Singh



Amar Dev Kaur

### when

10<sup>th</sup>-12<sup>th</sup> of november 2023  
1<sup>st</sup>-3<sup>rd</sup> of december 2023  
12<sup>th</sup>-14<sup>th</sup> of january 2024  
16<sup>th</sup>-18<sup>th</sup> of february 2024  
8<sup>th</sup>-10<sup>th</sup> of march 2024  
12<sup>th</sup>-17<sup>th</sup> of april 2024  
7<sup>th</sup>-9<sup>th</sup> of june 2024

### information & application

+43 660 9460 140 or  
trainings@amardas.at

### where

Amar Das  
Kundalini Yoga Zentrum  
Kleine Stadtgutgasse 3  
Eingang Aloisgasse  
1020 Wien



### costs

teaching fee and logistics (excluding food): 2700€  
early bird until 31<sup>st</sup> of October 2023: 2500€ (installments on request)

For further details visit [www.amardas.at](http://www.amardas.at).



teaching language:  
german with english  
translation