



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



Amar Dev Kaur

when

15th-17th of november 2024
06th-08th of december 2024
24th-26th of january 2025
07th-09th of february 2025
07th-09th of march 2025
25th-27th of april 2025
23rd-25th of may 2025
14th-15th of june 2025

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 31st of October 2024: 2500€ (installments on request)

For further details visit www.amardas.at.



teaching language:
german with english
translation