



# Mind & Meditation

## Kundalini Yoga Teacher Training Level 2

Conquer the mind and you will conquer the world. This is the opportunity for an in-depth exploration of the mind, its functions, facets, and projections. Explore the structure of the mind: the thought process, the 9 aspects, the 27 projections and 81 facets; it will give you clarity and an understanding about the complex structure of your mind. Understand the mind and transcend your limited self and limited identifications. Learn to recognize your own tendencies and experience the meditations that transform the mind into a truly great and helpful servant.



**Nirmal Singh**  
Nirmal is a KRI certified Mentoring Lead Trainer LV1 and Trainer for Level 2. With his understanding, empathy and quality of teaching he inspires many students in their process to grow spiritually and live a conscious life. He practises Shiatsu, Sat Nam Rasayan, guides family constellations and leads gong trainings.



**Bibi Nanaki Kaur**  
Bibi Nanaki is a KRI certified Mentoring Lead Trainer LV1 and Trainer for Level 2. Her mission is to share the precious teachings of Kundalini Yoga with people from all over the world. She has been training teachers in Germany, Spain, Italy, United Kingdom, Finland, Norway, Iceland, Estonia, Russia, Ukraine and South Africa.

next module: Stress & Vitality

when  
25.2. - 27.2.2022  
4.3. - 6.3.2022

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costs  
teaching fees 650€  
early bird 550€

