

The Aquarian Teacher™ KRI Level Two Teacher Level Two  
in Kundalini Yoga as taught by Yogi Bhajan®

# CONSCIOUS COMMUNICATION

27 February - 8 March 2025

Miri Piri Academy  
Amritsar, India



Trainers: Sukhdev Kaur (Estonia / Mexico) and  
Adi Priya Kaur (UK / Japan)

KRI International program of Teacher Training in Kundalini Yoga as taught by Yogi Bhajan, as part of the KRI Level Two: Transformation - Practitioner. In Level 2, through your personal practice, group process, deep interactive discussion and intense meditations. It will serve to improve your ability to create and maintain the Sacred Space of a Teacher.

*Experience the Teachings in this Unique opportunity as you Explore India with our all-inclusive course design to give you the best highlights of Amritsar and surroundings*



**MPA** CONTINUING  
EDUCATION

“What do we mean by communication? The definition of communication is a practice that creates a “common notion” with another person or object of attention...At what level do we communicate? Did you ever learn that your existence is your communication? Your projection is your relationship? You are the power? But life is often sour. There is no happiness, because your communication has no purpose of Self. You communicate to impress someone. You don't communicate to relate you to someone. That's why you suffer now. You don't communicate consciously" -Yogi Bhajan



**MPA** CONTINUING  
EDUCATION



Use your communication skills to create a common notion with others—even those you disagree with. Communicate your whole Self, with awareness, kindness and fearlessness.

Elevate your communication to the power of creative dialogue so that life becomes a flow, in harmony with the Infinite. Hold the teacher’s voice. Empower your speaking.

Deepen your listening. Sounding from the navel. Pitching from the chakras. Projecting & defending.

Prayerful communication. Communication blocks. Hidden self, shadow self & the mask.

Uplifting others through the frequency of your communication as a direct path to self-mastery



## KEY TOPICS

- Recognize and contrast conscious communication with other types of communication
- The role of Silence and Shuniya in communication
- The Art of Deep Listening—Sunni-ai
- Mastering the Fifth Chakra
- Recognizing your shadow and overcoming your blocks through applied consciousness
- Communicating with the Infinite and the nature of prayer

### Requirements:

The course is a 60-hour program. Course includes manual and student guide. The course is designed for KRI Level 1 certified teachers and leads to your Level 2 Certification, however long time practitioners of yoga can also participate (in this modality your participation does not lead to a Certificate). Participants are required to pay all fees, attend all classes, pass the exam and complete the home study requirements 90-day period after the course.

### Schedule: \*subject to changes

	Thu, Feb 27	Fri, Feb 28	Sat, Mar 1	Sun, Mar 2	Mon, Mar 3	Tue, Mar 4	Wed, Mar 5	Thu, Mar 6	Fri, Mar 7	Sat, Mar 8
	Arrivals	Shopping	TT Day 1	TT Day 2	TT Day 3	TT Day 4	TT Day 5	TT Day 6	TT Day 7	Departures
4:00 - 7:00	Arrivals	Golden Temple Tour	Aquarian Sadhana	Aquarian Sadhana	Aquarian Sadhana	Aquarian Sadhana	Aquarian Sadhana	Aquarian Sadhana	Aquarian Sadhana	5 Sarovar Dip
7:45-8:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 - 13:00	Arrivals	9:00 Doc sign 9:30 Shopping at Mall	Training: Chakra communication and the Anatomy of Communication	Training: Gossip, slander, lies and the Hidden Self. Breaking the Mask.	Training: Purity of Speech. Silence, Listening, Presence and Darshan	<b>Conscious Communication Meditation Day</b>	Training: Sunni-ai and Shuniya	Training: Dealing with an attack and other difficult scenarios	Training: Nature of prayer. The Teacher's Voice. Closing of the Training	Departures
13:00-14:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14:30-16:30	Rest and settling in rooms	Beginning of the Training: Components of Communication and Context of the times	Training: Spectrum of, and Problems with our communication	Training: Tools for Effective Speaking and Dis/Harmon. Comm.. Creating a narrative.	Outing: Old Town Historical Gurdwaras and Hall Bazaar	<b>Conscious Communication Meditation Day</b>	Training: Self-conversation Let your Presence Speak	Outing: Kadhur Sahib	Afternoon Shopping and Celebration Dinner	Departures
16:30-18:00	Fabindia shopping	YB video	YB video	YB video		YB video				
18:00-18:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner out	
19:00-20:00	Welcome Meditation					18:30 Singing class (optional)	18:30 Singing class (optional)			



# EXPERIENCE YOUR LEVEL 2 IN AMRITSAR INDIA

Meditating at the Golden Temple in Amritsar is a unique experience to this Teacher Training, as well as visiting historical Gurdwaras in and around Amritsar with MPA staff is a great way to get in touch with the culture and experience it at its fullest. The training ends with a dip to the 5 main Sarovars (Sacred Pools) in Amritsar as a blessing before you fly back home.



## MIRI PIRI ACADEMY CAMPUS

The course takes place at the lush greenery of the MPA Campus. Enjoy a stress free experience of India away from the fuzz and buzz of Amritsar as we retreat to our gardens so that you can focus on the Training.

# Trainers: Sukhdev Kaur and Adi Priya Kaur

**Sukhdev Kaur** pioneered to Estonia from her homeland of Mexico in 2004. She has taught and trained teachers since then across Europe and Mexico. Sukhdev is the director of Dharamsaal, School of Kundalini Yoga and Humanology, and the Guru Ram Das Institute and Ashram at Rajamaa. Sukhdev Kaur is Sikh Dharma Minister, coordinator of the European Yoga Festival Gurdwara and Continuing Education Director at Miri Piri Academy in Amritsar, India

**Adi Priya Kaur** is a Professional KY Trainer and Emergency Medicine doctor based in London. Her passion is to bring Kundalini yoga and western medicine together to help people synchronise physically, and spiritually. The discipline and beauty of kundalini yoga has inspired her physically, mentally, and spiritually.



*Discover India while in the company of Spiritual Siblings*

*Meditate outside in the beautiful weather of Punjab with an average temperature of +25 C*

*Enjoy wonderful Indian Vegetarian meals made by our experienced cooks*

*Connect with other like-minded souls from Sangats around the world*

*Expect the unexpected and re-calibrate your every day life after coming back home*

## TO REGISTER:

- 1) Fill the **REGISTRATION FORM** found here:  
<https://admissions.miripiriacademy.org/continuingeducation/>
- 2) Follow to pay your participation at the end of the registration form.
- 3) If you have any questions please contact [admissions@miripiriacademy.org](mailto:admissions@miripiriacademy.org)

