

3HO San Diego & Kundalini Yoga International present

# LifeCycles and LifeStyles



## Information & Registration:

[sdkyi.org](http://sdkyi.org)  
[info@sdkyi.org](mailto:info@sdkyi.org)  
619-454-4295

## Course Pricing:

\$1095 paid by December 31, 2017  
\$1195 after January 1, 2018

## About The Course:

In this training you will explore and recognize:

- The biorhythms of life and understand how the cycles are affecting you
- Recognize your habits and look into your approach to change
- Death and dying – what is your relationship to it?
- Rebirth – in this lifetime, with a healthy relationship to the past
- Growing up, Maturing, Aging - with grace and purpose

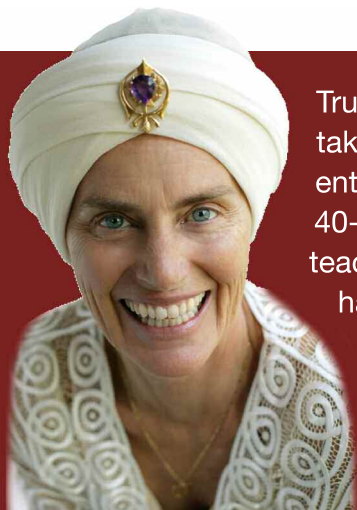
**LifeCycles and LifeStyles** a KRI Level Two Certification program in Kundalini Yoga as taught by **Yogi Bhajan®**, is one of five required for KRI Level 2 Practitioner certification and is open to all Level 1 Kundalini Yoga teachers. This 62-hour course of classroom hours and independent study uses carefully chosen meditations, kriyas, and readings presented in a highly interactive learning environment to give help you discover your purpose and destiny for living an extraordinary life.

**Two Weekends**  
**Friday, Saturday & Sunday**  
**8 am to 6 pm**

**January 13-15, 2018**  
**February 17-19, 2018**

## Course Location:

1238 Upas Street  
San Diego, CA 92103



True to her name, **Gurutej** takes you to the light with her enthusiasm and love. In her 40-year role as a founding teacher of Kundalini Yoga, she has created yoga centers, books, DVDs and yogic products, specializing in elevation for couples, women, and children.

**GuruMeher** has taught techniques for growth, change and happiness for almost 40 years. He offers transformational Kundalini Yoga teacher trainings worldwide. He is a professional Life Coach, and creator of Senses of the Soul, a system of emotional self-therapy, offering private coaching, live workshops and web courses at [SensesOfTheSoul.com](http://SensesOfTheSoul.com)

