

COURSES CALENDAR

5.6.7 OCTOBER 2018
2.3.4 NOVEMBER 2018

TIMETABLE (WEEKEND)

Friday 2.00 pm / 8.00 pm with a quick snack break

Saturday: Sadhana 05:00/07:30 am - 9.00 pm / 7.00 pm (snacks and lunch)

Sunday: Sadhana 5:00/07:30 am - 9.00 pm / 6.00 pm (snacks and lunch)

The program will be held in Italian, English and Greek

This course gives you the opportunity to explore and master the cycles of life to stay with the flow and obtain a key for a prosperous and healthy life, to gain a clear perspective and Review your personal biography. To verify if the knowledge of LifeCycles and LifeStyles is integrated in your life, make a short self-evaluation: which areas you have realized, and which ones need some improvement?

I have identified the habits, attitudes and practices that help my life in the present, past and future.

I have a clear self-concept of my purpose and destiny, in order to live an extraordinary life.

I know about the stages and cycles of my life and the life of my dear ones.

I deeply understand how to go through all the crucial transition points of life and what death means

I know how to confront the fear of death and know how to live weightlessly, celebrating my life every and each day.

CERTIFICATION REQUIREMENTS

To complete the course and obtain the diploma students must meet the following requirements:

1. Certification - Participants must be KRI Level One certified instructors.
2. Attendance - Students must attend all classes.
3. Evaluation - The final evaluation of the student will be based on the following criteria:
 - Active involvement of the student during the course.
 - Good learning of theory and practice.
 - Personal commitment to the Ethics Code and to the Professional Standards.
 - Complete the home study requirements which span 90-day period after the course
 - Pass the Exam
4. Payment - Full settlement of the entire amount.

The course is a 62 hours program, including 50 hours in the classroom and 12 hours home study

FLOW OF THE THEMES FOR LIFECYCLES AND LIFESTYLES

Success & Happiness in the Circus of the Soul

- Consciousness, Identity, Vitality
- A Purpose-Filled Life: Recognize Your Purpose & Fulfill Your Destiny
- Everyone Has their Own Destiny - Developing Habits to Deliver Your Destiny in a Graceful, Happy Living
- The Self-Discipline to Select our Habits :Rating, Dating, and Baiting
- The Cycles of Life Energy (18 Years), Consciousness: (7 Years) & Intelligence (11 Years)
- The Process of Dying

Renewing Your Hidden Self-Concept

- Healing the Formative Years
- Role of the Mother and Father - Conception through Birth - Birth to Three Years - Ages Three through Seven - Ages Seven Through Eleven
- Letting go the past
- Guidance Across the Hour of Death

Adolescence, becoming a Self: Ages 11– 21

- Cultivating Values in the Teenage Years
- Punishment vs. Clarifying Education
- Negotiating a Healthy Path through Adolescence
- Best Approaches, Roles, Habits and Disciplines for Teenagers

Prime Adulthood: Productivity, Prosperity, and Generosity

- Another Lifecycle Cluster 33-35-36 years : Habits, Boundaries and Balance
- Ten Best Yogi Foods for Life, Fasting & Detoxification
- The Adult Body: Energy, Identity & Spirit - Virtues, Values and Visioning
- Sexual Identity and Balancing the Polarity

Maturity and Midlife Crises: Transmitting Values & Living the Legacy

- Neither Young Nor Old : The Major Changes of 54-55-56
- Transformation, Values and Growth as a Teacher
- Building Communities of Consciousness
- Midlife Crises in Relation to Shakti Pad

Elder Years: Character, Integrity & Merger Snapshot of the Elder Cycle

- The Bad News The Good News The Real News : What Is Wisdom?
- Exercises to Support Resilience and Character in the Elder Years
- Exercises for the Elder Years
- Food, Diet and Moderation Personalizing the Diet

Graphics http://www.kundaliniresearchinstitute.org/trainer_support/trainersupport_level2support.htm