

# WALDZELL

LEADERSHIP INSTITUTE



**Kundalini Yoga  
Teacher Training in**

## **THE SCIENCE OF MIND AND HUMANOLOGY IN LEADERSHIP AND SUCCESS**

A Powerful Training to  
Manifest Your Leadership as  
a Teacher and Deliver Success

**Stage 1**



with Sadhana Singh, Nirvair Singh Khalsa,  
Tarn Taran Singh Khalsa and Puran Sukh Kaur

## Importance

**True Leadership** is a state of enhanced consciousness. It shines through when you change your focus from superficial gratification to the deeper significance of your individual life. It is from this centered presence that you truly lead.

**True Success** comes when you discover and embrace the real you. Knowing who you are and knowing what you need in order to be who you are, means you align your outer life with your inner self. Successfully living in your own greatness brings happiness and fulfillment.

*“The purpose of the soul is to feel success and experience it and be satisfied.  
That’s the price it paid for the separation from God.”*

Yogi Bhanan (“Man to Man: A Journal of Discovery for the Conscious Man.” KRI)

In this time of critical transition, the human facade is crumbling. Every strategy that was adopted in the past is now failing to work in our personal, social and business lives. Our identity crisis is causing the global, political, economical and ecological collapse, not vice versa. Now is the time to apply the Kundalini Yoga technology on a larger scale with its excellence and effectiveness in all areas of our lives.

„The Science of Mind and Humanology in Leadership and Success“ was extensively and exhaustively taught by Yogi Bhanan and subsequently proven by his life example. This training will integrate Kundalini Yoga kriyas, meditations, lifestyle and philosophy, completely and practically in order to manifest pure success and prosperity in every field.



## Vision

We saw a complete and competent human being victoriously proving the effectiveness and excellence of the Kundalini Yoga discipline in overcoming the impossible. Manifesting himself personally, in family and relationships, professionally, socially and economically.

We became also aware that the Science of Mind and Humanology in Leadership and Success is missing in the Kundalini Yoga Teacher Training.

## Opportunities

**Explore an important branch** of Kundalini Yoga that represents the know-how of applying the inner practice of consciousness, intelligence and energy in our practical lives so as to succeed as a leader in all spheres - personal, social and professional.

**Train yourself** to lead the entire Kundalini process, progressing through all the subconscious belief and reactive patterns, letting the real self prevail.

**Take the opportunity** to leave the classic yoga studio, to reach different audiences and to have a larger and exponential impact on society and the economy. A fast way to shift group consciousness and the quality of our social life.

**Learn to teach** in professional environments, such as corporations, government, universities and on research programs.

**Decide to lead** and succeed in your personal, family and professional life.





### **Sadhana Singh**

Sadhana Singh is a Kundalini Yoga Lead Trainer and author of several books. He both created and is responsible for the following initiatives "Crystallizing the Diamond\*", "Kundalini Yoga Counselling\*" and "The Science of Mind and Humanology in Leadership and Success\*". He dedicates much of his time to counselling in public and private companies. In his commitment to bring the teachings in a practical form to society Sadhana Singh has been teaching Kundalini Yoga in public and private universities in Italy as part of a Masters' Degree in "Leadership and Success".



### **Tarn Taran Singh Khalsa**

Tarn Taran Singh Khalsa became student of Yogi Bhanjan in 1972. He is teaching, training teachers and practicing Kundalini Yoga over 30 years in the USA, in Europe and in Latin America. Tarn Taran Singh founded 3HO Germany, the European Yogi Tea Company and the first European Teacher Training program. He is currently living in New Mexico and working for KRI as International Coordinator of Trainers and as Director of the Aquarian Teacher Program. He authored a series of Mantra CD's which include Mantras of Prayer, and Ik Ardas.

\* Please note that not all trainers are teaching in all locations!

accomplish, to succeed. You are the perfect projection of success. That's why  
"Within those three selves penetrate, concentrate, deep, and deeper."

Bhajan

## Faculty\*



### Puran Sukh Kaur

Puran Sukh Kaur, aka Gundula Maria Avenali, has been dealing with natural sciences and spiritual teachings for 25 years. After completing a university degree in Biotechnology she spent more than 10 years in business and politics. She is the founder of the internationally renowned WALDZELL INSTITUTE, which has brought together some of the most distinguished thinkers including HH, the Dalai Lama and numerous Nobel prize laureates. Through the initiative "Architects of the Future" she supports young and inspired social leaders for a more humane and sustainable society. Puran Sukh Kaur now runs her own yoga school in Switzerland and teaches in corporations.



### Nirvair Singh Khalsa

Nirvair Singh Khalsa began studying with Yogi Bhajan in 1971. He is a retired University Instructor at the University of Alaska Anchorage where he taught classes in Kundalini Yoga for 31 years. He has also taught classes, workshops and trainings throughout the Americas, Europe and Asia and has authored 19 DVD's/Videos and four books on Kundalini Yoga as taught by Yogi Bhajan® (kundaliniyoga.net). Nirvair Singh Khalsa currently holds leadership positions as the CEO and President of The Kundalini Research Institute, and as member of the Board of Managers on the East West Tea Company (Yogi Tea). He is a former Chair of Khalsa Council of Sikh Dharma and has been director of Guru Ram Das Ashram in Anchorage Alaska for 35 years. He is a Level Three Teacher Trainer in Kundalini Yoga as taught by Yogi Bhajan® and is a Yoga Alliance E-RYT 500 certified teacher trainer. He is living in Tesuque New Mexico with his wife of 44 years, Nirvair Kaur Khalsa.

## Structure and Certification

The training is structured in 3 stages of each 200 hours, thus comprising an overall of 600 hours. The topics are put in a vertical order, but will be taught horizontally, so they can be experienced diagonally. Mixing and matching to integrate them coherently as an experience, as life is, not theoretically, intellectually and separately. That's the model of an inner education for a methodological progression of the self in the Aquarian Age.

Please note that each stage although interrelated with the others can stand independently by itself!

This training is run by the Waldzell School of Yoga and certified by the International Yoga Alliance. After successful completion of the training you will receive the "Kundalini Yoga Teacher for The Science of Mind and Humanology in Leadership and Success" certificate.

Prerequisite to receive the certificate is to pass the final exams consisting of the following elements:

- ❖ Active participation in the training units (min. of 80% compulsory attendance)
- ❖ Regular individual practice at home (Sadhana)
- ❖ Thesis about a freely selectable topic relevant to the training (approx. 10-15 pages)
- ❖ Full payment of the training fee



## Locations, Dates, Costs and Registration

The training takes place in several countries.

For current training dates, locations and costs as well as for free introductory meetings please see our website: [waldzell.org/locations-dates/](http://waldzell.org/locations-dates/)

For registration please fill out the online registration form on our website: [waldzell.org/registration-trainings/](http://waldzell.org/registration-trainings/)

## Main Topics Stage 1

### Module 1

- ❖ Kundalini Yoga as Raja Yoga, a science and technology for those who carry the crown of leadership
- ❖ Yogi Bhajan, the master, an Aquarian leader in spirituality and business
- ❖ Looking at human life from the angles of infinity
- ❖ 16 aspects of success for the complete expression of the self

### Module 2

- ❖ Define priorities to deliver the uniqueness of the self
- ❖ Methodological progression of self 1
- ❖ The applied science of numerology for leadership and success 1
- ❖ Original Creative Frequency and Personal Transitional Frequency

### Module 3

- ❖ The spiritual practice of how to incorporate your aim in life
- ❖ The spiritual art of preparing a plan of action
- ❖ The 5 touchstones for action
- ❖ The 10 natural faculties to be a successful leader
- ❖ A day as fractal of life, balanced activities as a pre-requisite for success

### Module 4

- ❖ The mind of a leader
- ❖ The Aquarian leader as a sensory person
- ❖ Magnitude empowering of the electromagnetic psyche to increase impact
- ❖ The 9 practical aspects of prosperity and success
- ❖ The 4 minds for leadership business and success

### Module 5

- ❖ Successful communication of a leader
- ❖ How to calculate the value of your job/time
- ❖ The 10 steps to building and analyzing a business

### Module 6

- ❖ Longitude, Latitude, Altitude and Attitude - The basic commitment of a leader
- ❖ Kriya, the science of angles and triangles to restore the proper flow of prana in every relationship
- ❖ The energetic and mystical aspects of pranayama to let consciousness lead to excellence
- ❖ The science of refined states of consciousness to be in partnership with the universe

Note: The order and delivery of the topics may vary  
for didactic reasons!



The Waldzell School of Yoga is part of the Waldzell Leadership Institute, which is a place for leaders, managers and entrepreneurs who are seeking deeper significance in what they are doing. The Institute speaks to those who understand their work both as a material contribution and as a service to the progress of society, pointing to greater economic possibilities, beyond the ideas of making money, rivalry and self-interest.



## Contact

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