

WALDZELL

I N S T I T U T E

PROGRAM FOR LEADERSHIP
EXCELLENCE and SUCCESS

AWAKENING TRANSFORMATION REALIZATION

THE YOGA OF KINGS

Kundalini Yoga as taught by Harbhajan Singh Khalsa is the once-secret yoga that owns a toolbox for inner peace and sustainable everyday excellence. This visionary yoga master brought it to the West from India in the late 1960's. It was originally a tradition taught orally one-to-one and kept secret because of its transformative powers.

Kundalini Yoga is a Royal Yoga. A spiritual discipline intended in ancient times, solely for kings. It was meant to elevate, guide and support only those who had the responsibility of leading others. Today it leads us all to happiness and excellence. It is known as the fastest way to achieve a state of heightened awareness, a complete physical, mental and emotional balance.

SOME OF THE RESULTS OF PSYCHOLOGY OF EXCELLENCE CAN BE SUMMARIZED AS FOLLOWS:

- ✓ Improve stress resistance, be more concentrated and attentive
- ✓ Sharpen clarity and speed of thought, even when overloaded
- ✓ Increase radiance and magnetic attraction for opportunities
- ✓ Acquire capacity to recharge oneself in just a few minutes
- ✓ Have more available time in face of so many things to do
- ✓ Enhance one's own health and change undesirable habits
- ✓ Strengthen the capacity of intuition in every situation
- ✓ Consciously understand cause, orbit, impact and consequences of your intentions, words and actions

THE YOGA FOR LEADERS

Authentically being ourselves is the natural state in which leadership and success can flourish. The fertile ground is made up of an increasingly refined consciousness that allows us to have a continuous assessment of the circumstances even under the pressure of action.

Kundalini Yoga offers the techniques to refine our mind to the extent that it leads us to an elevated form of consciousness. From there it is possible to align ourselves with reality and create prosperity and success for ourselves and others.

THE PSYCHOLOGY OF EXCELLENCE

No matter in which area we want to be successful, we can only succeed by starting from ourselves and by accessing our deepest innate resources through the cleansing of our mental and emotional patterns that block and hinder us.

The understanding we develop in the process of the conscious rediscovery of the true self, makes us a leader. A leader is a person whose mind is less conditioned by the mechanisms of the ego, which is ruled by our limited everyday mind, so much so as to be able to see reality clearly, and is able to seize the opportunity of becoming co-creator of that which surrounds him.

PSYCHOLOGY OF EXCELLENCE allows us to be Master of the Mind. It is designed to cleanse the subconscious and to control its influence on the perception of reality. It creates a space of silence and a neutral openness so that the signs of our creative essence can be clearly felt.

The applied techniques can be practiced by everyone (also sitting on a chair) and require no special physical or mental abilities.

The program is offered in three levels of intensity. Each level is structured in 4 seminars à 3 days over a period of one year. At the basic level the only requirement is a daily dedication of 11 minutes of personal practice.

LEADERSHIP, EXCELLENCE and SUCCESS

In the transition that the world and therefore we, are going through, there is nothing more fundamental than to understand and embody new concepts of leadership and success. This training is designed to bring excellence and full self-realization by accessing our deepest innate resources through the cleansing of our subconscious mental and emotional patterns that block us. The applied techniques and wisdom derive from Kundalini Yoga, a spiritual discipline that is more than 7000 years old.

FACULTY



PROF. DR. WOLF SINGER

Wolf Singer studied medicine and completed a post-doctorate training in Psychophysics and Animal Behaviour at the department of Psychology at the University of Sussex, England. In 1972 he started to work at the Max Planck Institute for Psychiatry. From 1981 to 2011 he was the director of the Max Planck Institute for Brain Research in Frankfurt and still keeps an Emeritus Status there. Wolf Singer earned internationally renowned awards and is a member of the editorial board of many of the most prestigious journals in the area of neuroscience. He has been President of the European Neuroscience Association and is on the Board of European Science Foundation. He co-founded the Frankfurt Institute for Advanced Studies (FIAS) and initiated the foundation of the Ernst Strüngmann Institute (ESI) for cognitive sciences.



GURUCHARAN KHALSA, PHD

Gurucharan is a leader in the design and delivery of applications of meditation and controlled breathing. He is Research Professor in Contemplative Science and Transdisciplinary Dialogue at Chapman University USA and runs a consulting and clinical counseling practice. Gurucharan teaches from his 45 years of personal meditation experience while maintaining the pragmatic approach of a clinician and the skeptical approach of a researcher. He is an expert in Kundalini Yoga as taught by Yogi Bhajan, and has been the interpreter and compiler of his teachings since 1969. In addition to developing the 21 Stages of Meditation, he co-authored with Yogi Bhajan Breathwalk and The Mind.



SADHANA SINGH

Sadhana Singh is a Kundalini Yoga Lead Trainer and author of several books. He created "Crystallizing the Diamond*", "Kundalini Yoga Counseling*" and "L&MKYT*: Leadership and Management Kundalini Yoga Training", a course for people who lead companies and hold positions of responsibility. He dedicates much of his time to counseling public and private companies such as PHILIPS MORRIS, LIERAC, TELECOM, FIM International Motorcycling Federation, GENERALI INA ASSITALIA, ARS AND INVENTIO (Italia), GRUPO ROMERO (Perù), OMIBIS d.o.o (Slovenia). Over the last 7 years Mr. Singh taught Kundalini Yoga in public and private universities in Italy as part of a Masters' Degree in "Leadership and Success".



PROF. DR. ROLAND FALB

Roland Falb studied Industrial Engineering at the Technical University in Graz (Austria) and worked as a scientist and lecturer in the fields of ergonomics and organizational optimization. In his industrial career he held leading positions in Marketing & Sales, later on he became Personnel Director in one of the leading industrial firms in Austria. Since more than 20 years he has been Managing Partner of one of the globally leading consultancy firms. His clients are spread all around in Europe and partially in US, China and Japan. His core competences are organization development, change management, human resources and he works as personal coach for top manager and politicians.



DIPL. ING. GUNDULA SCHATZ

Gundula Schatz has been dealing with natural sciences and spiritual teachings for 25 years. After completion of her university degree in Biotechnology she was more than 10 years in business and politics. She is the founder of the internationally renowned WALDZELL INSTITUTE, which brought together some of the most distinguished thinkers and visionaries including HH, the Dalai Lama, Shirin Ebadi, Frank Gehry, Sir Paul Nurse, Craig Venter, Isabel Allende and Christo with decision-makers from business and politics. Gundula Schatz now runs her own yoga business and is a certified yoga teacher and yoga therapist.

"The tension between my professional success on the one hand and the necessary input of energy on the other hand have increased my desire for an energetic "compensation system". I have learned that yoga in its holistic approach can ideally be installed in the daily business routine and in surprisingly short time leads to remarkable successes!"

Roland Falb, Managing Partner Roland Berger Strategy Consultants

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