

# LifeCycles & Life Styles

**Kundalini Research Institute**  
**Level 2 Teacher Training Module**  
with Awtar Kaur Khalsa &  
Dr. Siri Gian Singh Khalsa  
Classes held in Sacramento

This unique six-day course (one of five Level 2 Modules) will help you learn about yourself and your relationship to your destiny cycles of consciousness, intelligence, and energy. Learn to:

- Cultivate habits that are in balance with the natural stages and rhythms of your life
- Invite success by defining your purpose for yourself rather than having it defined for you
- See how your true character can be reflected and projected
- Steward your sexuality to keep it potent and vital over your lifespan
- Become aware of how to live and die consciously
- Continually clear your subconscious so that you can act intentionally with grace and purpose

**May 17-19 & June 28-30, 2019**

**8:00 am to 5:30 pm**

**Enrollment Fee: \$1199**

**Register by April 16, 2019 to save \$150!**

For additional information, contact Dr. Siri Gian Singh Khalsa  
at [sirigiankhalsa@gmail.com](mailto:sirigiankhalsa@gmail.com) or 707-357-5644

**Register at [www.reichianinstitute.org](http://www.reichianinstitute.org)**

Sacramento training location address is sent to students upon registration

**“The secret to fulfilling ourselves as human beings is to master  
the balance of maintenance and development of the cycles of life.”**

**– Yogi Bhajan**

