

Teacher Training level 2 certified by the Kundalini Research Institute (KRI)

KUNDALINI

YOGA

STRESS

&

VITALITY



Kundalini Yoga Module
5th - 10th October 2026
Island Brac - Croatia

OPEN FOR ALL



“Thank you for this place full of heartedness and openness. These places are needed more than ever in our world. Thank you for your lovely cooked food, for the fantastic sensitive and open hearted courses. I enjoyed the place and the energy a lot and will take it with me in my heart. “

Alongside engaging and inspiring lessons, stay in cozy, charming houses on the beautiful island of Brač in Croatia. Swim in the turquoise sea or relax by the pool, and enjoy healthy vegetarian meals on the terrace with breathtaking bay views. Experience personal growth in a supportive, confidential group, and each evening, watch the sunset over the bay, a perfect moment of calm and reflection.

STRESS & VITALITY

Reconnect with the wisdom of your body. In this Level 2 module, we work with the elements to restore balance, build vitality, and understand how stress influences us physically, energetically, and spiritually.

Develop a deeper relationship with your physical body, learn to master your energy, and meet life's challenges with clarity and resilience.

Level 2: Stress & Vitality – a journey back to your inner strength...

Come and join us for this Stress & Vitality module

Dates of the module

From Monday 5th of October till Saturday 10th of October 2026 at Tiha Mala on the Island Brăc.

The investment

First of all you and your time.

Teaching 845 EUR

Accommodation & food Single Room 750 EUR

Accommodation & food Double Room 600 EUR



- Courses are held in English
- Healthy, nourishing and energizing vegetarian meals
- A small, supportive group atmosphere
- Charming and comfortable rooms
- Just a 3-minute walk to the sea for swimming and enjoying the sun, or unwinding by the pool
- Personal growth in a respectful group setting with confidentiality and caring, constructive feedback



Hari Har Ji is a KRI certified Kundalini Yoga teacher, registered with KYTA UK and IKYTA, the national and international associations of Kundalini Yoga teachers. She has over 25 years experience in teacher training and mentoring with the Aquarian Training Academy (ATA).



Sat Nadar is a KRI certified Kundalini Yoga Teacher Trainer. She teaches classes, workshops and teaches on the Teacher Training Level 1 in Yorkshire and Scotland. She trained with Sahej Academy in 2009, and then went on to develop herself through the Level 2 programme.



LIMITED PLACES

REGISTER EARLY

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