

# THE 21 STAGES OF MEDITATION



A JOURNEY TO THE SELF

*Kundalini Yoga as taught by Yogi Bhajan®*

**All 3 Journeys: August 30 – September 11, 2016**  
**Island of Paros, Greece**

THE 21 STAGES OF MEDITATION – TRAINER



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**For more information and registration go to [www.21-stages.de](http://www.21-stages.de) or email to [21-stages@web.de](mailto:21-stages@web.de)**



Kundalini Research Institute