

# THE 21 STAGES OF MEDITATION



A JOURNEY TO THE SELF

*Kundalini Yoga as taught by Yogi Bhajan®*

**All 3 Journeys: August 29 – September 10, 2019**  
**Island of Paros, Greece**

THE 21 STAGES OF MEDITATION – TRAINER



**Lead Trainer**  
**Simran Kaur**  
Hamburg, Germany



**Co-Trainer**  
**Atma Jot Kaur**  
Goettingen, Germany



**Co-Trainer**  
**Satya Singh**  
Hamburg, Germany



**Co-Trainer**  
**Tarn Taran Singh**  
Española, NM, USA

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



Kundalini Research Institute