

## **Module Authentic Relationships May 20-26th 2026**

Avtar Kaur is the main teacher for this module. Another expert teacher will be assisting her. The teaching will be in French and English, with translation provided as needed for participants.

The cost is €550 for the teaching and €360 for accommodation and food, €270 if you bring your own tent or caravan, payable before the 20th of the month preceding the chosen training course.

Arrival at 5pm. We will have dinner together at 6pm and the first class will start at 7pm that same evening. On the last day, the course ends at 5pm.

You are welcome to arrive a few days before and/or stay a few days after the seminar.

The course books and DVDs are included in this price.

Anyone who has completed Level 1 of the KRI teacher training or has similar experience is welcome.

As part of the programme, you will do a minimum of 90 days of meditation after this module. During this 90-day period, you will meet with part of the group at least 3 times to discuss your experience, review the DVDs and deepen your understanding of the content of this module. During this period, you will also take the multiple-choice exam for this module.

**Avtar Kaur**, born in France and living in Germany since 2000, has been drenched in the teachings of Kundalini Yoga and Karam Kriya – School of Applied Numerology – since 1998, when she met Yogi Bhajan and Shiv Charan Singh. She is a teacher and trainer for Kundalini Yoga Level 1 and 2, KRI certified by the International School of Karam Kriya, as well as a counsellor and trainer for Karam Kriya, both disciplines she teaches internationally.

Avtar Kaur coaches numerous people in Europe and abroad based on the date of birth and the intuitive intelligence of numbers. She is also co-founder of the *Divine Woman Program* and was President of the Fédération Française de Kundalini Yoga (FFKY) from 2018 to 2022, and Chairwoman of 3HO Europe from 2020 to 2022.

For more information or to obtain a registration form, please write to [namnaadkaur@gmail.com](mailto:namnaadkaur@gmail.com)

### **Venue & location Le Rayon d'Or:**

Le Rayon d'Or is located in the heart of the « Green Provence », about 40 km North of the Gulf of St. Tropez, and 40 km South of the Lac de St Croix.

In a beautiful, peaceful and natural setting with a large private property, surrounded by olive trees, mediterranean forests and beautiful landscapes, where you can enjoy the peace and charm of the environment that has preserved the authenticity of the Provençal lifestyle.

The separate yoga studio, built in the traditional way, offers a calm, energising space with its large windows overlooking nature and the light of the Provençal sun.

## Travel details – how to get there:

- BY AIRPLANE  
Nearest Airports : Nice and Marseille.  
From Nice Airport : Tram to Nice Saint Augustin (**lignes 2 et B de tramway**).  
Then take the fast train to **Les Arcs/Draguignan** (1h30 from Nice)
- BY TRAIN  
Your train destination is Gare TGV Les Arcs/Draguignan.  
From there, take the bus to Draguignan Gare Routiere (20 mins.).  
Pick-up will be arranged from there
- BY CAR  
Your destination address is: Figueiret, 83300 Draguignan (near the village of Flayosc)
- Latitude 43.55469299639485, Longitude 6.399807872531308  
Location link: <https://maps.app.goo.gl/k7mqKgKR3v7JHHd4A>

Registered participants will be connected in advance so they can organise car pooling or taxi sharing.

Secure parking on the property.