

KRI Level 1 Certified Kundalini Yoga Aquarian Teacher Training

Program Description:

The Aquarian Teacher program is the KRI Level One Certification program in Kundalini Yoga as taught by Yogi Bhajan®. In Level One you will become an Instructor and learn the fundamental principles and practices of Kundalini Yoga.

You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga.



This is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum which includes:

- Posture and Alignment
- Kriyas and Meditation
- Meditation and the Mind
- Sound and Mantra
- Science of Breath
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy
- The Origin of Kundalini Yoga
- Yogic and Western Anatomy
- Humanology & Yogic Lifestyle

There are three levels of certification:

KRI Level I: Foundations & Awakening - Instructor
KRI Level Two: Transformation - Practitioner
and KRI Level Three: Realization - Teacher

THE TEACHER TRAINING TEAM

The course will be taught by a talented group of experienced senior Kundalini teacher trainers. They will lead you on your transformational journey of self mastery using the science and technology of Kundalini Yoga



GURUMEHER SINGH KHALSA

This strong and compassionate teacher has been inspiring students for 30 years, pioneered teacher training and leads Level 1 & Level 2 trainings Internationally.

KRISHNA KAUR

Krishna Kaur, a dynamic heart centered Yoga teacher, has been teaching the art and science of Kundalini Yoga and Self Awareness since 1970 and works wonders worldwide.



HARI KIRIN KAUR KHALSA

Lead trainer of Kundalini Yoga and an artist dedicated to healing through yoga and art. She studied with her teacher, Yogi Bhajan, for 25 years and has been teaching yoga since 1985.



GURUPREM & SIMRAN KAUR

GuruPrem Singh was named 'Posture Master' by Yogi Bhajan, he is a Master Yogi and for the last 30 years has been practicing and teaching Yoga. Simran Kaur was born a Yogi, she has continued her journey teaching Yoga all over the world.

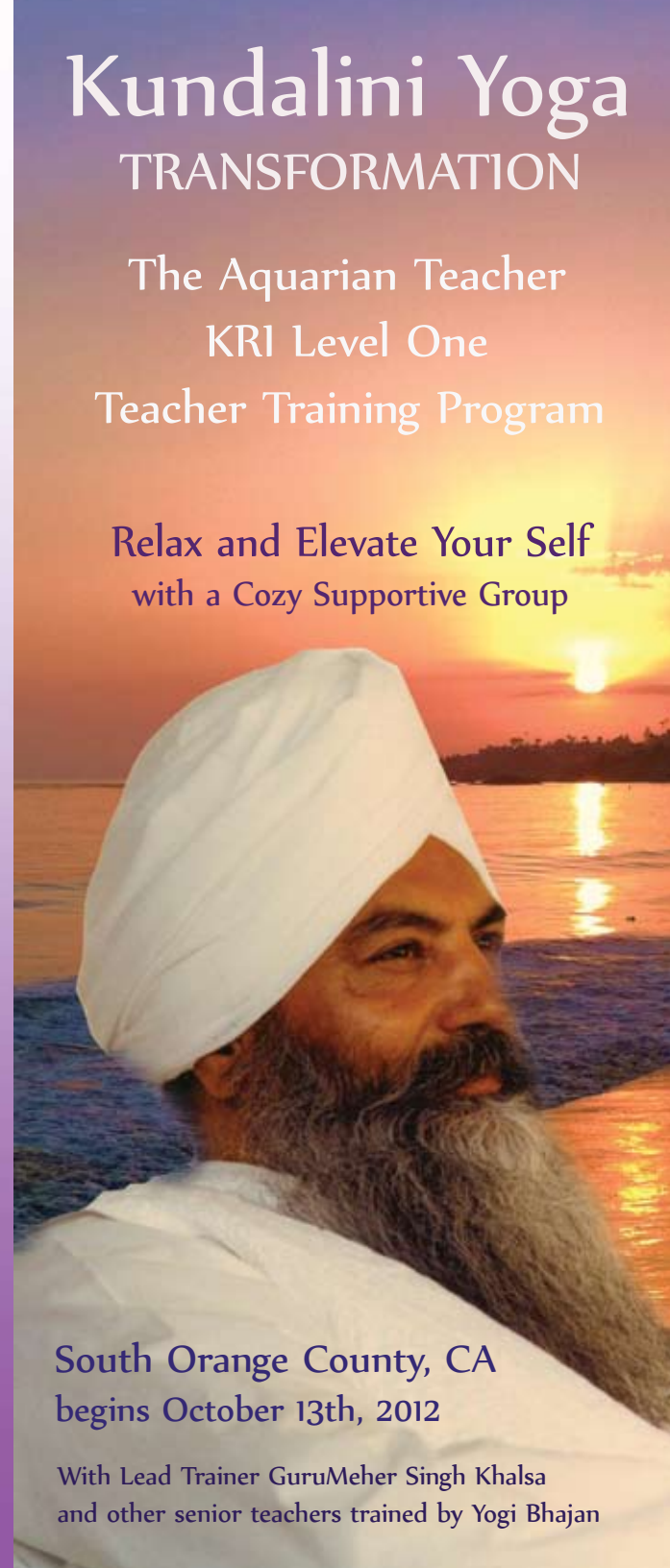


DR. MANJIT SINGH - Anatomy and Physiology
Chiropractor, Healer and over 30 years teaching
KARAMBIR SINGH - Ayurvedic Meals & Gong

Kundalini Yoga TRANSFORMATION

The Aquarian Teacher KRI Level One Teacher Training Program

Relax and Elevate Your Self
with a Cozy Supportive Group



South Orange County, CA
begins October 13th, 2012

With Lead Trainer GuruMeher Singh Khalsa
and other senior teachers trained by Yogi Bhajan

TUITION & ENROLLMENT OPTIONS:

Early Registration Payment is:

\$3000 cash/check by September 1, 2012

\$3200 cash/check if paid after 9/01/2012

Payment plan available. 2.5% CC fee.

Register early to hold your space.

Call for info: 310.788.0339 or 949.338.3982

COURSE FEES INCLUDE:

180 hours of class instruction

Text book and Yoga Manual, (452 pages)

Masters Touch book

Personal mentorship

Certification fees

Home study project

1 year membership with IKYTA

REQUIREMENTS:

Attendance and participation in all classes

Make-ups for missed class time if available

Timely payment of all course fees

Passing grade written KRI exam

20 Kundalini Yoga classes outside of the course

Attendance of one White Tantric Yoga course

(Fee not included in your tuition)

Participation in early morning group Sadhana

Completion of a 40 day personal practice

Completion of all home study assignments

Course and trainer evaluation feedback

Agreement to teacher code of standards

Certification is based on successful completion of KRI Teacher Training course requirements including, but not limited to above. The KRI Teacher Training Team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each student's readiness to be a Kundalini Yoga teacher.

DATES 2012 - 2013

October, 13th-14th 2012

November, 10th-11th

December, 1st-2nd

January, 12th-13th 2013

February, 9th-10th

March, 16th-17th

April, 6th-7th

May, 4th-5th

June 1st-2nd

Times:

Saturday Classroom 8:00am - 8:00pm

Sunday Sadhana 4:45am - 6:30am

Sunday Classroom 8:00am - 6:00pm

"Teachers training has provided me with a structure and discipline that I yearned for. The Kundalini teachings were presented in a loving, nurturing, and social environment. I feel a stronger and clearer connection to the universal life force within me that connects us all." Thi Hoang

For information or registration please contact:

GuruMeher Singh 310-788-0339

email: gurumeher@sensesofthesoul.com

Jeff Lavinsky -949-338-3982

email: jeff.lavinsky@gmail.com

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: "I have come to create Teachers, not to gather disciples." For over 30 years, he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO -- the Happy, Healthy, Holy Organization, based on his first principle "Happiness is your birthright." Through The Aquarian Teacher Program, Yogi Bhajan has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

The Aquarian Teacher Certification program is open both to yoga students ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan



This program is internationally recognized and exceeds Yoga Alliances standards RYT- 200, making you eligible for the Yoga Alliance Registered Teacher Certificate.

"If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it." Yogi Bhajan