



Dear Teacher Trainer Participant,

Sat Nam and congratulations on your commitment to becoming a KRI Level 1 Certified Instructor of Kundalini Yoga, as taught by Yogi Bhajan! You are beginning a new journey in your life.

In the Self Mastery course you will be trained by a team of Teacher Trainers that are under the direct guidance of Yogi Bhajan.

This is a sacred course in which you will have life changing experiences. Not only will you be learning the basics of teaching Kundalini Yoga, but you will also be going through a journey of finding that spiritual teacher within yourself.

We at the 3HO Foundation are committed to ensure you receive maximum benefit from this course, and therefore have established the pre-requisites that are outlined in this packet. The enclosed comprehensive forms are to help you better understand all of the requirements for becoming fully certified. Please remember to keep a copy for yourself before mailing any original signed forms to 3HO.

I look forward to your participation at Self Mastery. If you have any special circumstances, questions, or concerns please don't hesitate to contact me.

All of us here at 3HO are looking forward to seeing you at Ghost Ranch!

In Your Service,

Ravi Kaur Khalsa  
Self Mastery, General Manager  
**6 Narayan Court**  
**Espanola, NM 87532**  
ravi@3ho.org  
505-367-1304

Self Mastery – Ghost Ranch 2006  
**Packet of Forms and Requirements**

Please read, fill out and sign the following four (4) forms in this packet and mail to 3HO Foundation in the enclosed addressed envelope: Remember to keep a copy for your records.

- Prerequisites
- Attendance Requirements
- Certification Requirements
- Yoga Experience Questionnaire

Please read important information on the website that contains important details on environment, scheduling, what to bring, and what to expect. The direct link is [http://www.3ho.org/events/Self\\_Mastery/SM\\_GR\\_2006.html](http://www.3ho.org/events/Self_Mastery/SM_GR_2006.html)

Please read all the forms and information thoroughly and please contact us if we can serve you in any way.

3HO Foundation  
Ravi Khalsa • Self Mastery  
6 Narayan Court • Espanola, NM 87532  
505-367-1304 • 505-753-1999 (fax)

## Self Mastery – Ghost Ranch 2006

### Prerequisites

These pre-course assignments have been developed to assist you in your journey as a teacher of Kundalini Yoga. You will be better prepared for this course if you have had some experience in Kundalini Yoga, and have gained some insight or experience with the teachings of Yogi Bhajan.

Please check the appropriate box and mail necessary essays (if applicable)

- I have already participated in 20 Kundalini Yoga classes**

**PLEASE CALL ME IF YOU CHECK EITHER OF THE 2 BOXES BELOW**

**I have participated in 6- 20 Kundalini Yoga classes:** Please read Kundalini Yoga, The Eternal Flow of Power, by Shakti Parwha Kaur Khalsa. (Can be purchased at Ancient Healing Ways-800-359-2940) This book contains many of the basic approaches to and philosophies of Kundalini Yoga, as taught by Yogi Bhajan. After reading this book write a three page essay reflecting how learning this information and experiencing classes in Kundalini Yoga have inspired you to come to this course and (if you are intending to teach and receive certification) to become a teacher.

**If you have participated in 0-5 Kundalini Yoga classes** please complete the assignment outlined above. In addition, you will need to purchase two Kundalini Yoga videos and do the class taught on each video. Then write a 5 page essay on each of the following questions: 1. After experiencing Kundalini Yoga, what impact do you feel you can have as a teacher of Kundalini Yoga? 2. What has inspired you to attend KRI Level 1 certification teacher training program, with so little Kundalini Yoga experience?

Essays are required to be typed and double-spaced. Please include your name and contact information on a cover page of your essay. Please send to;

Ravi Kaur Khalsa  
Self Mastery  
6 Narayan Court  
Española, NM 87532

I have read, understood, and agree to fulfill the requirements stated above.

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Print Legal Name

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Date

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Location of course

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Signature Legal Name

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Spiritual Name

## Self Mastery – Ghost Ranch 2005

### Attendance Requirements

The 3HO Teacher Training team reserves the right to grant KRI Certification based solely upon their discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting all KRI course requirements including, but not limited to:

- Attendance at all classes  
You must attend all classes to obtain the required 160 hours of classroom time. If you are absent for any reason, you must make arrangements to make up the hours. (You may incur additional costs in taking makeup classes in your local area.)
- Participation in at least 5 morning Sadhanas  
Participation in morning Sadhana, which starts at 3:45 a.m. and ends at 6:00 a.m., is required 5 mornings. Some participants try to attend all Sadhanas and end up not getting enough sleep or down time. We ask that you use discretion if you choose to attend more than 5 Sadhanas.
- Satisfactory performance in practicum  
Each student is required to demonstrate their practical knowledge of Kundalini Yoga and their ability to teach it by leading a Kundalini Yoga class of their fellow students. The students and the designated teacher trainer will evaluate in writing your practicum performance.
- Submit a Confidential Evaluation Form for each KRI Teacher Trainer  
A confidential evaluation completed by each participant is required for each KRI Teacher Trainer who comes to teach at the program. Evaluation forms will be handed out daily during the course.
- Follow and maintain the *Code of Professional Standards for Kundalini Yoga Teachers*  
See website to review.

I have read, understood, and agree to fulfill the requirements stated above.

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Print Legal Name

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Date

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Location of course

---

Signature Legal Name

---

Spiritual Name

# Self Mastery at Ghost Ranch 2006

## Certification Requirements

*The explanations below are to help you understand the requirements for receiving your KRI Teacher Training Certification.*

- Passing grade of 75% or better on the KRI Exam

The take-home exam is given out at the end of the course. Please follow the layout guidelines listed below.

- #1. The exam must be typed, double spaced, 12 point font size, 1" margins, with your name and city in the top 1" margin of each page. Please use either staples or binder clips to bind all papers together.
- #2. Include a cover page with a photo of yourself, your name, current contact information, and city and date of the Self Mastery course you attended.

- Creation of 2 yoga course curriculums

Create one 6-week Kundalini Yoga class curriculum and one 6-hour Kundalini Yoga workshop curriculum on any topic. Include breaks and how you would use the time. You don't need to include physical copies of the yoga sets, just the source (manual, page #), but you must select from KRI approved books or manuals only. (Attach to exam following the exam layout guidelines #1.)

- Completion of a 40 day yoga set and/or meditation and submission of journal entries

Practice a 40-day meditation of your choice (the 3HO staff can work with you to select one) and keep a journal of your experiences on day 1, day 10, day 20, day 30 and day 40. Give the general experience of the specific Meditation and/or Kriya, and how you can use this as a teacher. Turn in entries with the exam. (Attach to exam following the exam layout guidelines #1.)

- Attendance at a White Tantric Yoga Course

One day of White Tantric Yoga is required in order to receive your KRI Level 1 Certificate. The White Tantric Yoga Requirement must be completed during the period from **June 2006 to Sept. 2007**. You will need to submit the receipt upon completion. Visit [www.whitetantricyoga.com](http://www.whitetantricyoga.com) to check the dates, locations and prices for a course near you. Sign the White Tantric Yoga Requirements Form and send it with your final exam.

- Fill out and sign the Certificate Name Form

This information will allow us to know if you would like both your legal name and spiritual name on your certificate. The Certificate Name Form is distributed at the course. Sign and send in with your final exam.

- Recommendation by the 3HO Teacher Training Team

Program Director, Hari Kaur, will be overseeing the recommendations

- Participation in a minimum of 3 bridgeline calls

Each participant must attend at least 3 bridgeline calls after the course has ended. There will be 6 phone call times set up for you to choose from.

- Participation in a minimum of 5 Kundalini Yoga Classes

Each participant must attend at least 5 Kundalini Yoga classes after the course has ended. Please fill out the form with teachers signature at each class.

- Completion of all Certification Requirements postmarked by December 5, 2006

Please complete all requirements (exam, curriculums, journal entries, signed White Tantric Yoga form, and signed Certificate Name form) and mail **2 complete copies** postdated no later than December 5, 2006 to Ravi Khalsa at Self Mastery, 6 Narayan Court, Espanola, NM 87532

*There is a \$26.00 per month late fee for course requirements post-marked after December 5, 2006, with the exception of White Tantric Yoga. Checks should be made payable to KRI.*

I have read, understood, and agree to fulfill the requirements stated above.

\_\_\_\_\_  
Print Legal Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Location of course

\_\_\_\_\_  
Signature Legal Name

\_\_\_\_\_  
Spiritual Name

Self Mastery – Ghost Ranch 2006  
**Registration Application**

Name

Date

Are you taking this course for certification?

How long have you been practicing Kundalini Yoga?

How frequently in the last 6 months?

Where and who is your teacher?

Are you practicing a daily yoga/meditation practice?

If so, how long?

Are you presently teaching Kundalini Yoga?

If so, where and how many classes per week?

Are you presently teaching yoga of another style?

Are you a certified yoga teacher from another style of yoga?

If so, which style(s)?

Where is the closest Kundalini Yoga community and classes to your residence?

Do you visit/attend programs there, such as White Tantric or morning Sadhana?

Do you plan on teaching Kundalini Yoga after this course?

Who is Yogi Bhajan?

What is 3HO?

How did you hear about the course?

What major yoga books have you read?

Do you have any physical restrictions that we should know about?

Please write your purpose and goals for taking this course.

Which other 3HO Events have you attended and when?

*Summer Solstice* \_\_\_\_\_

*European Yoga Festival* \_\_\_\_\_

*Winter Solstice* \_\_\_\_\_

*Local Workshops* \_\_\_\_\_

*White Tantric Yoga* \_\_\_\_\_

*Jaap Ji* \_\_\_\_\_

*Woman's Camp* \_\_\_\_\_

*Teacher Training* \_\_\_\_\_