

REQUIREMENTS

- The KRI Teacher Training team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga Teacher. This evaluation is based on successfully meeting the KRI Teacher Training course requirements including, but not limited to:
- Participation in all classes;
- Completion of a 40 day yoga set/meditation, personal sadhana, 20 Kundalini Yoga classes outside of Teacher Training, participation in five morning sadhanas at the Kundalini Yoga Center and participation in one day of White Tantric Yoga;
- Current membership in IKYTA (included in course fees);
- Full payment of all course fees;
- Proper personal representation of the Code of Professional Standards for Kundalini Yoga Teachers;
- Satisfactory practicum assessments by the trainers and fellow students;
- Passing grade on the KRI written exam.

COURSE MATERIALS

The Aquarian Teacher-Level One Yoga Manual, Level One Textbook and The Master's Touch by Yogi Bhajan. These books are included in the course fees and will be used by the trainers in practice, study, discussion and homework assignments. Students are also encouraged to make use of other KRI publications in the course of their study.

Teacher & 3HO Founder

Yogi Bhajan, Master of Kundalini Yoga, arrived in the U.S. 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.



He founded the 3HO Foundation (3HO - Healthy Happy Holy Organization) based on his first principle: *Happiness is your birthright.* Through the Aquarian Teacher program, he has trained thousands of **KRI Certified Kundalini Yoga Teachers.** The **International Kundalini Yoga Teachers Association (IKYTA)** was formed to further spread these teachings through the united effort of Kundalini Yoga teachers worldwide.

Facilitators

Sat Inder (BA, MSW) and Karta Purkh Khalsa (BA, MA) are co-directors of the Sat Tirath Ashram/3HO Kundalini Yoga Center in Kansas City.



Karta Purkh is an adjunct professor at UMKC teaching Kundalini Yoga and Meditation.

Dukh Niwaran Kaur (NCTMB, RYT) has studied Kundalini Yoga since 1997 and has been a teacher since 1998. She is a certified massage therapist and has a deep understanding of yogic and western anatomy.



KUNDALINI YOGA AQUARIAN TEACHER TRAINING



Kundalini Research Institute
Level 1 Teacher Training Program
As Taught By Yogi Bhajan
September 2012-June 2013
3HO Kundalini Yoga Center

Kundalini Yoga is the supreme technology to awaken your awareness and take you into your original self. It is a natural unfolding of your own nature.
—Yogi Bhajan

SYLLABUS

This course, from September 7, 2012 thru June 2, 2013, will provide you with a comprehensive and deep understanding of Kundalini Yoga as taught by Yogi Bhajan.

- Students will participate in thorough explanations, discussions and experiences of asanas, kriyas, pranayams, mantras, the chakras, naadis, the naad and the 10 yogic bodies.

- We will extensively discuss: diet for an effective yogic practice; yogic anatomy; physiology of all the organ systems; yogic history; and the art and science of relaxation, as well as other facets of Kundalini Yoga practice.

- The student will be well prepared to lead others in and explain the benefits of Kundalini Yoga as taught by Yogi Bhajan.

- Students will study and practice on their own with close mentoring of and guidance by the trainers.

IKYTA MEMBERSHIP

International Kundalini Yoga Teachers Association membership entitles you to recognition in a professional international organization; a quarterly newsletter; discounts on yogic products and events such as the annual IKYTA conference. One year's membership is included while attending the course.

PROGRAM

The Aquarian Teacher program is the KRI Level I Certification Program in Kundalini Yoga as taught by Yogi Bhajan. In Level I you will become an Instructor and learn the fundamental principles and practices of Kundalini Yoga. You will develop the skills to lead students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching in a practicum setting, participate in discussion of your abilities and methods, participate in early morning Sadhanas (spiritual practices), and experience the transformational energy of White Tantric Yoga.

This course consists of 220 hours, including 180 classroom hours of instruction in: Kundalini Yoga Postures, Kriyas & Meditations; Role of a Kundalini Yoga Teacher; Yogic Philosophy & Origin of Kundalini Yoga; Yogic & Western Anatomy and Humanology and 3HO Lifestyle.



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

COURSE DATES

The schedule will be set at the beginning with input from ALL participants. Students are required to attend ALL classes. (Make up assignments will be required for absences.) We will meet approximately every third weekend beginning September 7.



TUITION & ENROLLMENT

Course tuition is \$2100. Early enrollment--(Due 8/31/12) is \$1900.) Student (high school or college-full time) & Senior rates are \$1700. Reserve your space now with a \$200 non-refundable fee. All tuition must be fully paid by 3/1/13. Tuition includes the three required texts and student membership in IKYTA. The cost of the 20 required yoga classes is discounted to \$6/class when taken at the center. It does NOT include the White Tantric Yoga course costs.

Our function is to create teachers. ... We share all knowledge with everybody, to build the basic foundation of everybody... people should know why you are so divine, so shining, so beautiful. Your existence should be a hope. —Yogi Bhajan

3HO KUNDALINI YOGA CENTER OF KANSAS CITY

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