

KUNDALINI



Yoga

TEACHER TRAINING 2012

Mackay, Australia

“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 Bhanjan

Program Overview

Kundalini Yoga or the “yoga of awareness” was brought to the West in 1969 by Yogi Bhanjan, the Master of Kundalini Yoga and White Tantric. Before this time Kundalini Yoga was practised in India and Tibet but was a secret practice only passed down selectively and verbally from a master to a chosen disciple.

Kundalini Yoga Teacher Training is a unique and experiential yoga certification programme. Yoga will explore your own potential, challenge yourself, and touch your soul.

2012 Schedule

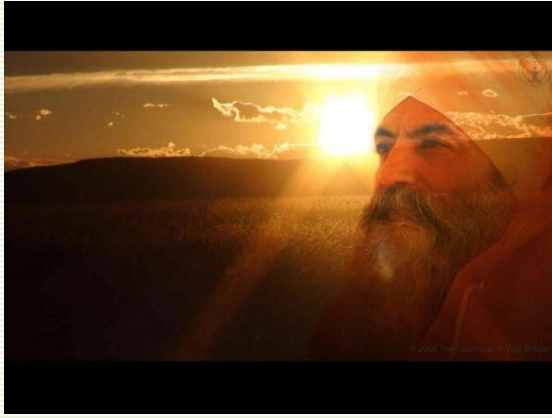
The training will take place as a series of four – five day retreats, from April until November. There will be two fully residential retreats and two non-residential retreats. For those students travelling to Mackay to undertake Teacher Training accommodation on a non-residential retreat will still be supplied. (Food and accommodation is included in your tuition fee as well as textbooks).

Retreat One: Thursday, April 5 to Monday, April 9	(Arriving April 4)	Non-Residential
Retreat Two: Thursday, August 2 to Monday, August 6	(Arriving August 1)	Residential
Retreat Three: Thursday, October 4 to Monday, Oct 8	(Arriving October 3)	Non-Residential
Retreat Four: Thursday, November 8 to Monday, Nov 12	(Arriving November 7)	Residential

Mackay and the Hinterland

Mackay is situated on the Central Coast of Queensland. The Mackay region stretches from the ancient and beautiful Great Barrier Reef, hosting endless sandy beaches, over tropical lowlands, across the tranquillity of lush, tropical rainforests, which offer the warmth of a rugged golden hinterland, over magnificent mountain ranges and west into the Outback. Mackay is a tropical city built beside the beautiful Pioneer River, is known as Queensland “Sugar City” and is a relaxed, natural contrast to the heavily developed resort type areas in Queensland.

An inspiring energy is created in all of this wonder, catering for every soul to be renewed and invigorated, in the process of Teacher Training. We welcome you and would like to share this beauty with you.



Yogi Bhajan

Master of Kundalini Yoga Yogi Bhajan arrived in the USA from India in 1969 with a stated purpose “I have come to create teachers, not to gather disciples”. He then founded 3HO – the Health, Happy Holy Organisation based on the first principle:

“Happiness is Your Birthright”.

Yogi Bhajan travelled the world teaching Kundalini Yoga to hundreds of thousands of people. In 1994 he founded the International Kundalini Yoga Teachers Association (IKYTA), which works to spread these priceless teachings worldwide. As a certified teacher you will be part of a global International Teaching Team.

Curriculum

- Yogic philosophy
- History of yoga
- Roots of Kundalini Yoga
- Yogic & western anatomy
- Asana, mudra & bandha
- Science of breath
- Sound & mantra
- Mediation and the mind
- Humanology & yogic lifestyle
- Yogic diet and nutrition
- Deep relaxation
- The eight chakras & ten bodies
- Sadhana: Daily spiritual practice
- Role of Kundalini yoga teacher
- Teaching Kundalini yoga

REQUIREMENTS FOR CERTIFICATION

- Attendance at all group classes and retreats.
- Completion of the assigned 40-day sadhana (spiritual practice) of given set/mediation included keep a journal of the experience.
- Preparation of two-six classes over six weeks, course outlines.
- Write a critique for the course in general to be handed in at exam time.
- Write a thesis on a yogi topic of your choice (which has been approved by the teaching team) and present it to the rest of the group.
- Ongoing home practice.
- Completion of all assignments.
- Satisfactory practicum (presentation and facilitation skills teaching a class to the group).
- Passing grade on final KRI written examination (administered during the course).
- Completion of all homework and/or assignments, including the KRI take home exam (open book).
- Completion of 20 Kundalini Yoga classes as taught by Yogi Bhajan (outside of training classes; taken before, during or after completion of Teacher Training). Please note that a certified KRI Level 1 teacher must conduct and sign the record of class attendance.
- Agreement with the Code of Ethics and Professional Standards for Kundalini Yoga Teachers.
- Living a yogic lifestyle to the best of your ability.
- Full payment of course fees.
- Attend White Tantric one day workshop.

CERTIFICATION

The Aquarian Teacher program is the KRI Level One Certification program in Kundalini Yoga. 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 meditation as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning sadhana (spiritual practice) and experience the powerful transformational energy of this ancient technology.

It is a 220 hour course, which includes 180 hours of classroom instruction as well as homework which includes reading assignments, written assignments, a 40 day personal sadhana and independent study.

KYTANZ – The Kundalini Yoga Teachers Association Australia & NZ administers the course in Australia (www.kundaliniyoga.com.au). Once certified you will receive complimentary membership to KYTANZ for 2012.

The International Association of Kundalini Yoga Teachers (IKYTA) – www.kundaliniyoga.com is the worldwide professional organization of certified Kundalini Yoga Teacher. Once certified, new teachers may become professional members of IKYTA which allows them to receive such benefits as educational program opportunities, newsletters, product discounts and listings in printed and web directories.

The Kundalini Research Institute (KRI) – www.kriteachings.org – based in New Mexico, USA, administers the certification standards for Kundalini Yoga Teachers and is the review agency for materials, manuals, and other products developed to support the teachings of Kundalini Yoga as taught by Yogi Bhajan.

The KRI Level 1 Teacher Certification team reserve the right to grant KRI Certification based solely on their discretion and their evaluation of each participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting the KRI Teacher Certification Level 1 course requirements.

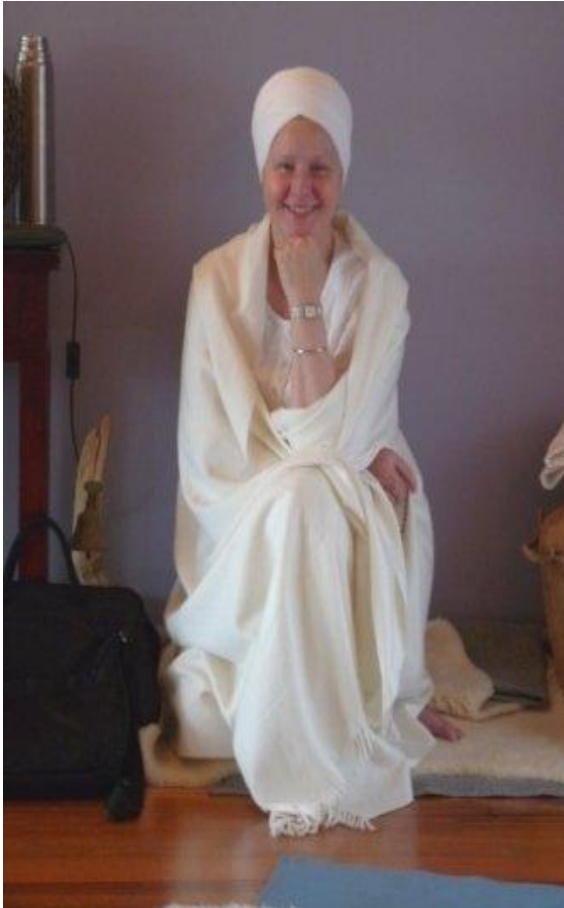
BECOME A TEACHER!

Becoming a teacher is not only the study and experience of the yogic teachings and of human nature, it is a lifestyle. To choose a life as a teacher is to have a commitment to the "Self"; to work towards living in a positive state of joy, peace and contentment. When people see you smiling and walking tall, they will come to you. The power of your presence will uplift others and create positive change around you.



The Teacher Training Team

Guru Jivan Kaur



The course is led by Guru Jivan Kaur, Lead Teacher Trainer in Australia and New Zealand. Guru Jivan has 38 years of teaching experience. She has taught throughout Asia and Australia and led retreats in Nepal, Hong Kong, the Philippines and Australia. She has trained many teachers.

She studied directly with Yogi Bhajan until he sent her to Asia to spread the teachings.

Guru Jivan brings a wealth of knowledge from her personal experience of practising and teaching this technology and sharing it with others over many years.

She believes in respecting each person's limits, yet nurtures and encourages each individual as they find the appropriate practice for themselves.

The training will be supported by other Kundalini yoga teachers too.



Didar Kaur (Barb Whitfield) started on her yoga journey when she was 12 has found her true calling when she discovered Kundalini Yoga. She is KRI certified level 1 teacher and will soon complete her KRI level 2 teacher training. She is the owner of the Mackay Kundalini Yoga Healing Centre and Kundalini Books Australia & New Zealand and has a background in health & wellness spanning over 30 years. Her passion is making Kundalini yoga available to all however especially to those with chronic illnesses and diseases.

Pre Course Requirement

It is required that you attended at least 10 Kundalini Yoga classes before commencing the course.

Pre course reading: Reading Masters Touch by Yogi Bhajan & The Flow of Eternal Power by Shakti Parwha Kaur

Cost & Payments

The investment for the course is \$4,100. This cost includes all teaching, retreat costs and textbooks. If you pay the full amount by December 2011, the total cost is reduced to \$4,000.

The following payment options are available:

Single Payment Option:	\$4,100 paid in full on registration
Multiple Payment Option:	Deposit of \$1,100 paid at the time of registration, (before 31st October 2011)
	Installment 1, \$1,000 due on or before 30th November.
	Installment 2, \$1,000 due on or before 31st January.
	Installment 3, \$1,000 due on or before 28th February.

Early Bird option – pay in full before Dec 31, 2011 and receive \$100 discount.

Payment can only be accepted by Direct Debit /Cheque/Money Order.

To Apply

Please mail a completed application form, signed waiver or liability and payment of \$1,100 deposit or reserve your place. Cheques are payable to:

You will be notified of your acceptance within a fortnight of our receiving your application. If your application is unsuccessful there is no charge.

Refund Policy

Materials costs and an amount of \$500 to cover administration is not refundable. Other fees are fully refundable until February, 2012. If a student decides to withdraw from the course once the course has commenced, the fees paid for the part of the course not taken may be refunded upon written request stating a reasonable basis for dissatisfaction and at the discretion of the Mackay Kundalini Yoga Community Committee.

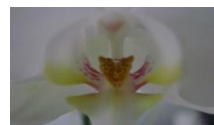
Kundalini Yoga as taught by Yogi Bhajan, is recognised as one of the major systems of yoga instruction. For more than thirty years, teachers in over seventeen countries worldwide have taught Kundalini Yoga to thousands of students. We Hope to help You on your journey to also becoming a certified Kundalini Yoga Teacher.

Remember, the first student you will have to teach as a teacher is yourself. And as the light of one candle can light thousands of candles, you must first illuminate your own consciousness. Awaken u your own awareness. Then you can help. You can serve. You can contribute. You can do your part to help humanity enter this New Age and make the dream of world peace a reality. We look forward to welcoming you on the course!

Contact: Barb Whitfield (Didar Kaur) 07 49575178 Email:

didarkaur@yahoo.com.au

Application Form



Kundalini Yoga Teacher Training Mackay 2012

Please fill out your details below, do a direct funds transfer or include your cheque made out to Mackay Kundalini Yoga Community. Include approx 500 words as to why you would like to participate in the course.

Postal Address: Mackay Kundalini Yoga Community

PO BOX 3125, Nth Mackay 4740

Direct Funds Transfer:

FULL NAME:

SPIRITUAL NAME:

(If you have one)

DATE OF BIRTH:

FEMALE/MALE:

ADDRESS:

SUBURB:

STATE:

POSTCODE:

PHONE:

MOBILE:

EMAIL:

HAVE YOU ATTENED KUNDALINI YOGA CLASSES?

APPROXIMATELY HOW MANY CLASSES:

Please advise us of any current medical conditions and/or medications:

Please advise of any dietary conditions, food allergies and intolerances:

Choose a payment option that best suits you. Payment is required at the time of registration. A non-refundable fee of \$200 is included in the cost of the program.

Single Payment Option:

\$4,100 paid in full on registration

Multiple Payment Option:

Deposit of \$1,100, and 3 payments of \$1,000 due on or before:
(31st October, 30th November, January 31st, February 28th)

Early Bird option – pay if full before Dec 31, 2011 and receive \$100 discount.

Please remember to complete your application, write approximately 500 words as to why you would like to take Kundalini Yoga Teacher Training.

Waiver of Liability

The undersigned by signing this agreement indicates that she/he understands the risks inherent in practicing Kundalini Yoga and hereby assumes all risks incident to such activity and waives any claim or right of action against IKYTA/KYTANZ Teacher certification Program Level 1 and its officers, shareholders, employees and agents for loss, expenses, liabilities, damages or legal fees incurred on account of any loss or injury to the undersigned or the undersigned's property incurred in connection with and/or as a result of the undersigned's attendance at classes conducted at the selected facilities and or use of the selected facilities. By my signature below, I acknowledge that a written description of the course requirements and Refund Policy was made available to me prior to the start date of the course, regardless of the date of my registration.

SIGNATURE DATE.....

PRINTED LEGAL NAME

Note: The KYTANZ Teacher Certification Program Level 1 training team reserves the right to refuse entry into the program and to possibly ask anyone to leave if they are not complying with the rules of the course or are found to be too disruptive to the rest of the group.