



WELCOME TO  
THE AQUARIAN TEACHER:  
KRI LEVEL 1 INTERNATIONAL KUNDALINI YOGA TEACHER TRAINING  
CERTIFICATION PROGRAM

Congratulations! You are taking the first step in a potentially life changing journey to be a Kundalini Yoga teacher. Yogi Bhajan said that our highest destiny is that of a teacher and you are to be commended for initiating this spiritual quest.

Whether you intend to use the knowledge you gain during the 9 month program to actually be a Kundalini Yoga teacher or are merely interested in deepening your yoga practice this program will give you the foundation for a lifelong yoga and meditation practice and all the information you need to better understand the incredible technology of Kundalini Yoga as taught by Yogi Bhajan. With this technology you will find that you have the ability to better meet the challenges of this new century and the coming Aquarian Age.

While Yogi Bhajan said that November 11, 2012 marks the actual beginning of the Aquarian Age its energy is already creating deep and profound changes on a planetwide basis. A transformation of humanity into self-sensory beings has already begun and Kundalini Yoga teachers will be right at the center of this human evolution. This course will uplift your spirit, raise your consciousness to a new awareness and give you the tools you need to make this transition as gracefully as possible. It will also empower you to do the same for others. By the end of the course you should have a deep and profound understanding of this ancient and timely science.

The documents that follow will enroll you in this dynamic and enjoyable program and will provide us with the information we need to register you. Included in this packet please find the following documents:

- Registration Application 2010 – 2011 (Form 1)** – Please fill this out giving us your personal contact information as well as indicating how you wish to pay for the course. When you send this form back, if you did not register online, give us your credit card information or enclose your check for either your deposit or full tuition.
- Kundalini Yoga East Release and Waiver of Liability Form (Form 2)** – This is a waiver and release form from you to Kundalini Yoga East. Please fill this out completely, sign it and return it.
- KRI Registration and Release Form (Form 3)** – This is a waiver and release form from you to KRI. This is the organization that will certify you when you successfully complete the course. Please fill this out completely, sign it and return it.
- KRI Certification Requirements Verification Form (Form 4)** – This sets forth all of the requirements that you must successfully complete in order to obtain certification from KRI as a Certified Kundalini Yoga Teacher. Please fill this out completely, sign it and return it.
- Certificate Name Form (Form 5)** – This form will give KRI the information that it needs to prepare your certificate upon successful completion of the course. Please fill this out completely, sign it and return it.
- Information Sheet** – This gives you the information you need to remind you of all the dates that we meet as well as other information about the course. **This is the only form that you keep.** Put this somewhere for easy reference (your bedroom mirror or refrigerator) so you don't forget our meeting dates.

For more information call Sat Jivan Kaur at (212) 995-0571 or write [satjivankaur@verizon.net](mailto:satjivankaur@verizon.net) .



THE AQUARIAN TEACHER:
KRI LEVEL 1 INTERNATIONAL KUNDALINI YOGA TEACHER TRAINING
CERTIFICATION PROGRAM
REGISTRATION APPLICATION 2010-2011

PLEASE PRINT LEGIBLY

Registration form with fields for: FIRST NAME, MIDDLE NAME, LAST NAME, HOME PHONE, WORK PHONE, MOBILE PHONE, BIRTHDAY, STREET ADDRESS, CITY, STATE, ZIP CODE, EMAIL ADDRESS, SPIRITUAL NAME.

DEPOSIT DUE NOW \$1,000.00 registration fee by Check ( ) Cash ( ) Credit Card ( ) Online ( )

TUITION PAYMENT OPTIONS (choose your payment option):

- ( ) initial here A. \$3,350.00 – I will pay my full tuition prior to July 15, 2010.
( ) initial here B. \$3,500.00 – I will pay my full tuition prior to August 15, 2010. I agree that if I fail to make this payment in full on or before August 15, 2010 I will pay a late fee of an additional \$150.
( ) initial here C. \$3,800.00 – I will pay my tuition in 4 monthly installments of \$700.00 each beginning on September 15, and then on October 15, November 15 and December 15, 2010. I will give my credit card to allow these payments to be charged automatically. If I choose to pay by other than credit card I will nonetheless give my credit card to insure timely payment.

By agreeing to Choice C I agree to pay fully for the course according to the agreed upon plan. If I miss a session of the course I am still responsible for all installments. If I miss a payment, I understand that I will not be allowed to participate in the following weekend until the payment has been made. I agree that the full amount is due and owing once I commence the course and that should I cease to participate in the course for any reason I acknowledge owing the full amount.

REFUNDS: \$500 of the deposit (plus the cost of any materials) will become non-refundable after August 15, 2010. No deposit refunds will be made after September 15, 2010 and no tuition refunds after the course begins.

ADMISSION TO COURSE: I understand that KRI and the KRI Teacher Training Team at Kundalini Yoga East reserves the right to admit to the program and grant certification based on its sole and absolute discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher.

I agree to the above: (Everyone must sign here) \_\_\_\_\_

For Credit Card Users:

Exact Name on Card \_\_\_\_\_ Expiration Date: \_\_\_\_\_
Visa/MasterCard/Amex Number \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature Authorizing Credit Card Payment \_\_\_\_\_



THE AQUARIAN TEACHER:  
KRI LEVEL 1 INTERNATIONAL KUNDALINI YOGA TEACHER  
TRAINING CERTIFICATION PROGRAM  
**RELEASE AND WAIVER OF LIABILITY**

PLEASE PRINT LEGIBLY

FIRST NAME										MIDDLE NAME										LAST NAME									
HOME PHONE _ CHECK IF PRIMARY					-					WORK PHONE _ CHECK IF PRIMARY					-														
STREET ADDRESS																				STATE		BIRTHDAY (MMDDYY)							
CITY																				STATE		ZIP CODE							
EMERGENCY CONTACT															PHONE NUMBER					-									
EMAIL ADDRESS																													
SPIRITUAL NAME (IF YOU HAVE ONE)																													

**RELEASE AND WAIVER OF LIABILITY**

I am aware that the Kundalini Yoga Teacher Training Program is here to serve me by sharing knowledge of Kundalini Yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Program. In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program.

I agree to indemnify and hold harmless KYE; KRI; Harbhajan Singh Khalsa Yogiji, a.k.a. Yogi Bhajan; YB Teachings, LLC; 3HO Foundation; Sikh Dharma; Humanology, Health Science Incorporated; and any affiliations and/or subordinate corporations not stated herein, their officers, directors, employees, agents, or volunteer staff from and against all claims, actions, demands, proceedings, liabilities, cost and expenses, including reasonable attorney's fees, which they may have ascertained against or incurred by them based upon my activities or in any way related to the instruction I receive in Kundalini Yoga or related subjects.

I agree that I, my heirs, assigns or legal representatives will indemnify and hold harmless KYE, or any of the aforementioned parties for any injury, property damage/loss, or death caused by their negligence or other acts. I also give my permission to appear in photographs and videos that may take place during the course of the Program. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

SIGNATURE (LEGAL NAME): \_\_\_\_\_ DATE: \_\_\_\_\_

**Kundalini Yoga East, 873 Broadway, Suite 614, New York, NY 10003 (212) 982-5959**



# The Aquarian Teacher: KRI International Level One Certification Requirements Verification Form

Please check boxes to indicate student has completed qualification: Do not send this form to KRI until all qualifications have been met.

- Attended all Teacher Training classes -180 contact hours minimum
- Received a passing grade of 75% or better on the KRI Exam
- Completed 20 Kundalini Yoga Classes during or after the completion of Teacher Training - 20 hours
- Performed satisfactorily in the practicum
- Created two acceptable yoga course curricula
- Completed the assigned 40-day yoga set/meditation -11 minutes minimum each
- Participated in at least five full morning Aquarian sadhanas - 2 ½ hours each = 10 hours
- Participated in one day of White Tantric Yoga: city: \_\_\_\_\_ date: \_\_\_\_\_
- Read, understood, and signed the *Code of Professional Standards for Kundalini Yoga Teachers*.

I recommend this trainee to be certified as a KRI Level One Instructor of Kundalini Yoga as taught by Yogi Bhajan.

\_\_\_\_\_  
Signature (KRI Lead Teacher Trainer)

\_\_\_\_\_  
Today's Date

\_\_\_\_\_  
Print Name of Lead Teacher Trainer

\_\_\_\_\_  
Course Location (city, state, country)

\_\_\_\_\_  
Graduation Date

To be filled out by the certifying student:

I, the undersigned, agree to the following:

1. KRI and the KRI Teacher Training team reserve the right to grant KRI Level One certification based solely on their discretion and evaluation of each student's readiness to be a Kundalini Yoga Instructor. That this evaluation is based on successfully meeting the course requirements including, but not limited to those listed in this document.
2. I have been given the opportunity to fill out a confidential evaluation for each teacher of this program.
3. I understand that if for any reason I do not complete all of the requirements for certification, as listed above, **within 6 weeks of the conclusion of the course I will be required to pay a \$26 per month late fee (with the exception of 20 Kundalini Yoga classes and one day of White Tantric). All requirements including any accrued late fee(s) must be received no later than 12 months after the conclusion of the course. If you do not complete the requirements for the course and submit the late fee within this timeframe you will not be certified.**
4. If I am not granted certification, I understand that I have the right to appeal to KRI, whose decision shall be final.

\_\_\_\_\_  
Signature (Legal Name)

\_\_\_\_\_  
Date

\_\_\_\_\_  
PRINT (Legal Name)

\_\_\_\_\_  
PRINT (Spiritual Name)

Level 1 Verification Form 4.20.2007

# Certificate Name Form

## The Aquarian Teacher: KRI Level 1 International Kundalini Yoga Teacher Training Certification Program

Students who complete all requirements of the KRI Aquarian Teacher Training Level 1 Instruction Program, and are approved by the Teacher Training Team, will receive a certificate from the Kundalini Research Institute.

Your legal name is required on your certificate. However, you may also have a spiritual name on your certificate. Certificates are printed legal name first, dash, then spiritual name. (Example: John D. Smith – Sat Nam Singh)

Please leave the spiritual name field blank if you would like **only your legal name** to appear on your certificate.

### **Your Name(s): please print very neatly**

My legal name is \_\_\_\_\_

My spiritual name is \_\_\_\_\_

Note: leave spiritual name field blank if you would like **only your legal name** printed on the certificate.

### **Graduation Date (or last day of program)**

This will be the date on the certificate. **May 21, 2011**

I understand that there is a charge of \$25 if I ask KRI to reprint my certificate. This covers the reprinting and the mailing.

Student Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

THE AQUARIAN TEACHER:  
KRI LEVEL I INTERNATIONAL KUNDALINI YOGA TEACHER TRAINING  
CERTIFICATION PROGRAM  
INFORMATION SHEET 2010-2011

**Course outline:**

This is a 220 hour course. Your course fee includes in-class instruction, 20 Kundalini yoga classes at Kundalini Yoga East, a practicum teaching evaluation and examination. Homework for the course includes reading assignments, 5 sadhanas, several 40 day personal sadhanas, community service, and independent study. One year associate membership in IKYTA (International Kundalini Yoga Teacher's Association) and the fall White Tantric Yoga course are also included in the fee.

**Dates:**

**2010:**

- **October-2 & 3, 2010**
- **October-16 (White Tantric Yoga)**
- **October-17**
- **November-6 & 7**
- **November-20 & 21**
- **December-4 & 5**

**2011:**

- **January-8 & 9, 2011**
- **January -22 & 23**
- **February-19 & 20**
- **March-5 & 6**
- **March-26 & 27**
- **April-9 (White Tantric Yoga)**
- **April 10**
- **April-30 & May-1**
- **May-21 Graduation**

**Hours:**

Saturdays: 11:00 am to 8:30 pm

Sundays: 11:00 am to 8:30 pm

**White Tantric Yoga Dates:**

- October 16 (White Tantric Yoga)
- April 9 (White Tantric Yoga)

You are required to take one White Tantric Yoga course between October 2010 and May 31, 2011. If this course is taken in New York City the cost is included in your tuition.

**20 Kundalini Yoga Classes:**

You are required to take 20 Kundalini Yoga classes between October 2010 and May 31, 2011. We recommend that 10 of those classes be done before December 25, 2010. You are encouraged to take as many as possible at Kundalini Yoga East with Sat Jivan Kaur, Sat Jivan Singh and Angad Kaur. These 20 classes are included in your tuition if taken at Kundalini Yoga East.

**Course Materials:**

- The Aquarian Teacher© KRI International Kundalini Yoga Teacher Training Level One **Textbook**
- The Aquarian Teacher© KRI International Kundalini Yoga Teacher Training Level One **Yoga Manual**
- **The Master's Touch**

**Location:** Kundalini Yoga East, 873 Broadway, Suite 614, New York, NY 10003

**More Information:**

Sat Jivan Kaur will be happy to answer your questions. Please contact her at (212) 995-0571, or via email at [satjivankaur@verizon.net](mailto:satjivankaur@verizon.net)