

For Students of All Levels

- * Gain a sound understanding of the fundamental nature, technologies and concepts of Kundalini Yoga.
- * Have a transformational experience through the practice of these teachings.
- * Develop the skills, confidence and consciousness required to teach Kundalini Yoga.
- * Develop a conscious lifestyle.
- * Develop a bond with other participants, local teachers, and the international Kundalini Yoga community.

The Course Will Include

- * The Roots of Kundalini Yoga
- * Yogic History and Philosophy
- * Pranayama, Asanas, Kriyas and Mudras
- * Western and Yogic Anatomy (chakras, tattvas, gunas, the Ten Bodies)
- * Mind and Meditation
- * Mantra and Sacred Sound
- * The Role of the Kundalini Yoga Teacher
- * The Structure of a Kundalini Yoga Class
- * Teaching Kundalini Yoga Postures, Kriyas & Meditation
- * Role of a Kundalini Yoga Teacher.
- * The Study of Humanology & the 3HO Kundalini Yoga lifestyle
- * Relaxation and Stress Relief
- * Introduction to Yogic Foods and Dietary Awareness
- * Development of a Daily Yogic Practice (Sadhana)

The course is 220 hours, including 180 hours of instruction and 40 hours of homework, practicums and evaluations. Homework for the course includes reading assignments, 5 morning sadhanas, 40 day personal sadhanas, community service and independent study.

Yogi Bhajan



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."

During his lifetime 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 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan has trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association, (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

Kundalini Yoga East

Kundalini Yoga East is a sacred healing space where one can attain union — body, mind and spirit — through use of the ancient technology of Kundalini Yoga. Kundalini Yoga East is a beautiful, meditative environment where students achieve health, happiness, and spiritual awareness in a family-like, community setting. It is a place where one can change their life for the better, among loving, caring and supportive people.

Kundalini Yoga East

873 Broadway
Suite 614

New York, New York 10003

www.kundaliniyogaeast.com

(212) 995-0571

The Aquarian Teacher™ Teacher Training

KRI International Certification Level I

*in Kundalini Yoga as Taught
by Yogi Bhajan*



Taught by

Sat Jivan Kaur Khalsa

Sat Jivan Singh Khalsa

Guru Prem Singh & Simran Kaur Khalsa

Dyal Singh Khalsa

And Guest Teachers

SEPTEMBER 2008-MAY 2009

For Registration & Information Call

212.995.0571

The Purpose of the Course

Master yourself and awaken your potential using the science of Kundalini Yoga as taught by Yogi Bhajan. This Teacher Training Program is for everyone, whether you desire to become a certified teacher or simply wish to deepen your personal experience of Kundalini Yoga. The course will give you a lifelong foundation for a successful yoga practice. You will be taught the theory of this ancient technology and given the opportunity to experience the effects firsthand. Your practice may give you incredible insights about yourself and you may grow like never before in your life while still being able to maintain your work schedule and activities.

Past participants have found the course stimulating, illuminating and inspiring. You will be taught all of the basic aspects of the technology of Kundalini Yoga that Yogi Bhajan has taught since 1969. Those who desire to become teachers will be given the knowledge and experience to become a well-rounded, competent and confident teacher of Kundalini Yoga.

You owe it to yourself to take your practice of Kundalini Yoga to the next level. Join us this fall in this truly life changing process.

Our Teachers

Sat Jivan Singh and Sat Jivan Kaur Khalsa were sent by Yogi Bhajan in 1971 to introduce Kundalini Yoga to New York. Both are recognized worldwide as Kundalini Yoga experts and are the elder statespersons of the New York yoga community. They have followed in the footsteps of their Teacher, Yogi Bhajan, training hundreds of teachers and sending them throughout the world to continue to spread the teachings of Kundalini Yoga. Guru Prem Singh, Posture Master of Kundalini Yoga, Simran Kaur, and other world-renowned experts from IKYTA round out the team. Among their many honors are membership on Board of Directors of the International Kundalini Yoga Teachers Association (IKYTA) and the Kundalini Yoga Research Institute (KRI).

Certification Requirements

The KRI Teacher Training team reserves the right to admit to the program and grant KRI Certification based solely on their discretion and evaluation of participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting all KRI course requirements.

To successfully complete the course, students are expected to

- * Attend all 180 hours of classroom instruction plus 40 hours of assigned homework.
- * Receive a passing grade of 75% or better on the KRI examination.
- * Complete 20 Kundalini Yoga classes during Teacher Training.
- * Satisfactorily perform in the practicum.
- * Create two acceptable yoga course curricula.
- * Complete assigned 40 day yoga sets/meditations.
- * Participate in 5 full morning sadhanas.
- * Attend one full day of White Tantric Yoga.
- * Proper representation of the *Code of Professional Standards for Kundalini Yoga Teachers*.
- * Pay full course fees.

... and for Teacher Certification

- * Pass the oral and written exams
- * Make acceptable representation of the Kundalini Yoga Code of Professional Standards for Kundalini Yoga Teachers

The Aquarian Teacher™, KRI International Teacher Training Certification Level I course fulfills the Yoga Alliance's 200 hour national standard for a Registered Yoga Teacher (RYT)

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

Yogi Bhajan

Course Dates

September 20 & 21, 2008
October 4 & 5
November 1 & 2 and 22 & 23
December 13 & 14
January 10 & 11, 2009
January 31 & February 1
February 21 & 22
March 14 & 15
April 4 & 5
May 16 & 17
May 30 Graduation (Optional)

Hours

Saturdays & Sundays : 11:00 am to 8:30 pm

White Tantric Yoga Dates *(one is required)*

October 18 (White Tantric Yoga)
May 2 (White Tantric Yoga)

Tuition and Enrollment Options

Deposit – \$1,000 is due immediately to reserve your place. Registrations received after September 1, 2008 cannot be assured receipt of course materials by the beginning of the program.

A. Early Bird Discount – \$3,350.00. Pay full tuition prior to July 15, 2008.

B. Full Payment – \$3,500.00. Pay full tuition prior to August 15, 2008. Add \$150 if full payment is made after August 15, 2008.

C. Installment Plan – \$3,800.00. Pay \$1,000 deposit immediately to reserve your place and 4 payments of \$700 each due on September 20, October 15, November 15, and December 15, 2008.

Please see our website for the registration packet.