

**Teacher Training and Advanced Study
at
Kundalini Yoga East**

Beginning in the fall of 2010



October 2010 to May 2011

**The Aquarian
Teacher™
Teacher Training
at
Kundalini Yoga
East**

**KRI International Certification
Level I Course**

*in Kundalini Yoga as Taught by
Yogi Bhajan*

Led by Sat Jivan Kaur and Sat Jivan Singh
Khalsa

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 will give you incredible insights about yourself and you will grow like never before in your life while still being able to maintain your work schedule and activities. You will

learn all of the basic aspects of the technology of Kundalini Yoga taught by Yogi Bhajan 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.

For All Students of Yoga

New students to Kundalini Yoga will gain a strong foundation to begin a lasting practice in this ancient technology and long time practitioners can deepen their experience, gain new skills, and be challenged. Students and teachers of other types of yoga will also benefit from learning and practicing Kundalini Yoga and giving themselves a chance to experience why Kundalini Yoga is called the 'Yoga of Awareness'. If you want to deepen your relationship with your spirit and you are ready to begin a process of positive conscious change in your life then this course is for you.

The Curriculum includes:

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

Our Teacher Training Team:

Lead Trainers

Sat Jivan Kaur Khalsa

Sat Jivan Singh Khalsa

Senior Trainers

Guru Prem Singh Khalsa

Simran Kaur Khalsa

Dyal Singh Khalsa

Guest teachers

Tuition and Enrollment:

- **Deposit: \$1,000**
- **Early Bird Discount: \$3,350.00. Pay full tuition prior to July 15, 2010.**
- **Full Payment Total: \$3,500**
- **Installment Plan – \$3,800.00**
 1. \$700 due on September 15, 2010
 2. \$700 due on October 15, 2010
 3. \$700 due on November 15, 2010
 4. \$700 due on December 15, 2010.

All installment payments will be automatically charged to your credit card. If you choose to pay by other than credit card (check or cash) we still require a credit card on file for you. All payments are to be made in U.S. Dollars.

By agreeing to the installment plan the participant agrees to pay fully for the course according to the terms set forth. If you miss a session of the course you are still responsible for all installments. If you miss a payment, you will not be allowed to participate in the following weekend until the payment has been made.

Contact Sat Jivan Kaur today at 212/995-0571 or email her at satjivankaur@kundaliniyogaeast.com for registration and further information

Tuition, Refunds and Cancellation Policy

- The full course tuition amount is due by August 15, 2010.
- There will be a \$150 late fee for tuition payments received after August 15, 2010.
- \$500 of the deposit (plus any materials costs) will become non-refundable after August 15, 2010.
- No deposit refunds will be made after September 15, 2010.
- There is no tuition refund after course has started under any circumstance. No exceptions.
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KRI Teacher Certification Requirements

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

- Attendance at all 180 hours of classroom instruction plus 40 hours of assigned homework.
- Receipt of a passing grade of 75% or better on the KRI examination.
- Completion of 20 Kundalini Yoga classes during Teacher Training.
- Satisfactory performance in the practicum assessment.
- Creation of two acceptable yoga course curricula.
- Completion of the assigned 40 day yoga sets / meditations.
- Participation in 5 full morning sadhanas.
- Attendance of one full day at a White Tantric Yoga course.
- Proper representation of the *Code of Professional Standards for Kundalini Yoga Teachers*.
- Full payment of course fees.

20 yoga classes at Kundalini Yoga East and one White Tantric Yoga course in New York are included in the cost of the course.

This program includes Associate membership in the 3HO International Kundalini Yoga Teachers Association (IKYTA). Once you have completed the Teacher Training course and have received your KRI Level 1 Certificate, you may upgrade (for a small fee) to Full Professional Membership. This program also meets the standards for the 200 hour Yoga Teacher Certification

set by the Yoga Alliance, a national alliance of diverse yoga organizations. The program is certified by the Kundalini Research Institute (KRI) and is lead by a team of KRI Teacher Trainers who will help you fine-tune your growth and gain a sense of excellence as a Teacher of Kundalini Yoga.

Join the Kundalini Yoga East Family of Teachers

An invaluable part of your study at Kundalini Yoga East will be the personal direction, counseling and care you receive from Sat Jivan Kaur and Sat Jivan Singh and Angad Kaur Khalsa, the Teacher Training manager and assistant, and the family like atmosphere of Kundalini Yoga East. The Sat Jivans are internationally known and recognized as Kundalini Yoga experts and they are leaders in the New York and the International Kundalini Yoga teachers' community and bring over 70 years of combined Kundalini Yoga teaching experience to this training program. During their 38 years in New York City they have trained hundreds of teachers of Kundalini Yoga, and many of those people have gone on to be teachers throughout the United States and many parts of the world.

Teacher Training at Kundalini Yoga East was a challenging, exciting and life changing experience for me. Sat Jivan Singh and Sat Jivan Kaur and all of the guest teachers and the course manager Angad Kaur are wonderful teachers and inspiring examples in their commitment and dedication. They not only teach with depth and integrity, they live, breathe and serve the sharing of these teachings with all! I was blessed to be a part of their program. HW 2007

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Sat Jivan Kaur Khalsa has an encyclopedic knowledge of the teachings of Kundalini Yoga as taught by Yogi Bhajan and uses it to make learning Kundalini Yoga fun, exciting and relevant. She has 39 years of a conscious yogic lifestyle and has been teaching since 1971. She is a recognized expert in assisting infertile couples conceive through the application of the technology of Kundalini Yoga and is world renowned as an expert in natural healing through the application of Kundalini Yoga, vegetarian diet, foods and herbs. A gourmet vegetarian chef, she spent over a year as Yogi Bhajan's personal chef. She has personally taught well known members of the literary community, stalwarts of industry and some of the biggest actors and actresses in Hollywood and on Broadway. She is actively sought to teach Kundalini Yoga, Teacher Training and Conscious Pregnancy Teacher Training the world over. She studied directly with Yogi Bhajan.

Sat Jivan Singh Khalsa blends 39 years of yoga practice and teaching with 34 years as a practicing lawyer to make the practice of yoga relevant as well as fun, invigorating, revitalizing and inspiring for his students. His students find learning the technology of Kundalini Yoga enjoyable as he mixes humor with personal stories drawn from his three decades of teaching and counseling. In 1971 when Yogi Bhajan needed a teacher with the charisma, strength,

consciousness and commitment to send to New York City he looked no further than Sat Jivan Singh. In addition to studying directly with Yogi Bhajan, Sat Jivan Singh has served him over the years as a trusted personal advisor and confidant. His students include well-known actors and actresses, corporate CEOs and Judges. Sat Jivan Singh's reputation as an impeccable and uncompromising teacher of Kundalini Yoga led to his appointment to the Board of Directors of the International Kundalini Yoga Teachers Association (IKYTA) and the Kundalini Research Institute (KRI). He has personally helped formulate the certification standards for Kundalini Yoga teachers worldwide and oversees the compilation and dissemination of the technology of Kundalini Yoga.

Guru Prem Singh Khalsa is the Posture Master of Kundalini Yoga appointed by Yogi Bhajan. He is also author of the book *Divine Alignment*. He has been teaching Kundalini Yoga for 27 years and traveling the world teaching teacher training. He has a successful practice of Yoga Therapy in the Khalsa Medical Clinic in Beverly Hills, CA for the last 30 years, working with some of the biggest names in politics, acting and business. He attended USC on a gymnastics scholarship, and went on to coach gymnasts. He has spent his whole life studying movement, from piano at seven to gymnastics, martial arts and Yoga and uses his background in all these areas to give you the skills to practice and teach correctly and effectively.

Simran Kaur Khalsa was born into a Yogic family, she has been teaching for as long as she has practiced Yoga, beginning as a small child. She spent 9 years at school in India, studying Gutka (an Indian Martial Art). She is married to Guru Prem Singh and has been his teaching assistant and wife for 18 years. She has taught Teacher Training for the last 8 years, specializing in posture and alignment. She teaches in Los Angeles privately, as well as public classes in Kundalini & Pregnancy Yoga. She is also the daughter of Sat Jivan Singh and Sat Jivan Kaur Khalsa and mother of two little yogis.

Dyal Singh Khalsa has conducted hundreds of Kundalini Yoga and healing workshops all over the world since 1987. Dyal is a certified Kundalini Yoga teacher and teacher trainer and has had the great honor and blessing of studying directly with Yogi Bhajan.

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