

# Kundalini Yoga Teacher Training

## A Journey of Self Discovery

Chicago, IL - October to June



Kundalini Research Institute  
Certified Program with an  
International Roster of Senior  
Teachers Trained by Yogi Bhajan



### Kundalini Yoga in the Loop

Fine Arts Building - Suite 514  
410 South Michigan Ave  
Chicago, IL 60605

(312) 922-4699  
www.ShaktaKaur.com



KRI Certified  
Yoga Alliance Registered



## Course Curriculum

Self-Healing  
The Ten Bodies  
History of Yoga  
Science of Breath  
Yogic Philosophy  
The Eight Chakras  
Sound and Mantra  
The Art of Relaxation  
Postures and Exercises  
Roots of Kundalini Yoga  
Meditation and the Mind  
Anatomy and Physiology  
Sadhana: Daily Spiritual Practice  
Role of a Kundalini Yoga Teacher  
Yogic Lifestyle, Diet and  
Nutrition  
Teaching Kundalini Yoga,  
Postures and Meditation

### YOGA ALLIANCE

The Aquarian Teacher, KRI Level 1, Teacher  
Training fulfills Yoga Alliance's  
200-hour national standard for a  
Registered Yoga Teacher (RYT-200).

## COURSE DESCRIPTION

This is a 220-hour course taught over ten week-ends, from October through June. The course fee includes 180 hours of classroom instruction, required text books, five morning sadhanas, practica and evaluation. Homework for the course includes reading assignments, a 40-day personal sadhana, participation in a one-day White Tantric Yoga® course and 20 required Kundalini yoga classes. One year membership in the International Kundalini Yoga Teachers Association (IKYTA) is also included in the fee.

### COURSE DATES

2009	2010
Oct 30, 31, Nov 1	January 15, 16, 17
November 20, 21, 22	February 5, 6, 7
December 11, 12, 13	March 12, 13, 14
Class Times	
Friday: 6 to 9 PM	April 2, 3, 4
Saturday: 8 AM to 6 PM	April 23, 24, 25
Sunday: 8 AM to 5 PM	May 15 (WTY), 16
Sadhana: 4 to 6 AM	June 11, 12, 13

*"I take with me a feeling of home ... home here in The Fine Arts Building ... a feeling of being home in the fellowship of these magnificent people ... and a feeling of home within myself. And the miraculous discovery is that it is within this internal sense of home that I experience the sacred ... which is what I came looking for in the first place."*

## Internationally Acclaimed Teacher Training Team

### SHAKTA KAUR



is the owner of Kundalini Yoga in the Loop and a Professional Level Trainer for this Aquarian Teacher Kundalini Yoga Teacher Training course. She teaches Kundalini Yoga internationally and is also certified to train Breathwalk Instructors (walking meditation). In 1987 she founded Women in Franchising, Inc. (WIF); in 1993 she founded the American Franchisee Association (AFA); from 2004-2008 she served in multiple capacities on the Board of Directors of Yoga Alliance (YA) including Secretary, Chair of the Board and Interim President/CEO.

*"Our immersion weekends into the teachings of Yogi Bhajan were picture perfect. We had the opportunity to spend the intervening weeks integrating what we'd learned into our daily lives. Quite frankly, my world will never look the same way again!"*

### HARI SIMRAN SINGH KHALSA, D.C.



Dr. Khalsa has taught Kundalini yoga and meditation for over 25 years, as well as directing Kundalini Yoga Teacher Training programs in Berkeley and Santa Rosa, CA and Phoenix, AZ. He is an advisory board member of KRI. He has pioneered therapeutic applications of Kundalini yoga and meditation in clinical settings. He is a faculty member at Life Chiropractic College West and the International Holistic Institute. He is a healer utilizing Kundalini Yoga, Chiropractic and Sat Nam Rasayan in his clinical practice.

## Your Faculty 80 Years of Experience

### GURUMEHER SINGH KHALSA

GuruMeher has taught Kundalini Yoga for over 25 years. He serves as Director of Training at Yogi Bhajan's original yoga studio in Los Angeles, where he developed one of the earliest Kundalini Yoga Teacher Training programs. Using yoga, life coaching and personal mentoring, GuruMeher works with yoga teachers and practitioners to accelerate their personal transformation and remove obstacles to their happiness. He enjoys his family of 4 while teaching internationally and working as a professional life coach.



### GURUDASS KAUR KHALSA

Gurudass Kaur has taught Kundalini yoga students and trained teachers worldwide for over 22 years. She has the ability to transmit and explain the most profound of spiritual concepts; then takes these teachings and elevates them to another level, giving voice to the power of sacred sound. Gurudass is an accomplished musician, singer and songwriter, having recorded six CDs of Kundalini Yoga mantras, a "Mantras in Motion" DVD, and "Kundalini Mantra Instruction" CD. Gurudass Kaur is also the creator of the "Child-play Yoga" program which she teaches in the US and internationally.



**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." For over 30 years he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO — the Healthy, Happy, Holy Organization, based on his first principle "Happiness is your birthright." Founded upon the teachings of Yogi Bhajan the Aquarian Teacher Program has trained thousands of KRI certified Kundalini Yoga Instructors. In 1994, the International Kundalini Yoga Teachers Association was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

**"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**



## THE AQUARIAN TEACHER CERTIFICATION PROGRAM IS OPEN TO:

- Students of Kundalini Yoga.
- Students or teachers of other schools of yoga.
- Anyone seeking to deepen their own yogic experience.

Dear Student of Yoga,

'I will never be the same again,' is what we often hear from those who have taken Teacher Training in Kundalini Yoga as taught by Yogi Bhajan® – myself included!

My initial motivation to take teacher training was to deepen my personal yoga and meditation practice. This course did that, but it also did so much more. In truth, I had no intention of teaching Kundalini Yoga. I already had an undergraduate degree in music education and had taught public school music for several years. I really thought that my teaching days were over!

It wasn't long, however, before I found myself informally sharing the techniques I'd learned during Teacher Training not only with my friends and family, but, with the loan officer at our bank and other business associates. I laughed out loud when I realized that I was, in fact, 'teaching,' Kundalini Yoga and Meditation after all! Today my husband and I own Kundalini Yoga in the Loop (KYL), located in downtown Chicago, Illinois, USA. I teach Kundalini Yoga and Meditation both in the US and internationally. This is certainly quite a different path than the one I initially set out upon!

Whatever draws you to this amazing course, know that the end result will be perfect for you even while it might also be totally different than what you initially expected. Along the way your mental, physical and emotional growth will be enhanced in a supportive and cozy environment. You will learn the tools to not only deepen your own personal practice, but you will also gain the knowledge and self-confidence to uplift yourself and others into a more peaceful, powerful space.

I look forward to our journey together,

- Shakta Kaur, E-RYT

*"I will take with me the remembrance of monthly weekends spent with my 'siblings of destiny' ... friends who always supported me on my journey of self-discovery."*

## TUITION & REQUIREMENTS

To enroll, Kundalini Yoga in the Loop must receive your down payment along with a completed "Teacher Training Registration Form and Payment Contract."

### Tuition

- (a) \$3,000 - if paid in full by October 30; *or*  
(b) \$3,300 - if paid in six installments.
- \$100 discount if enrolled by October 2.
  - \$500 down payment due at enrollment.
  - 3% finance charge on credit card payments.

The Registration Form has additional details regarding payments, refunds, and withdrawals from the course.

### Requirements

The KRI Teacher Training Team reserves the right to grant KRI Certification based solely upon their discretion and evaluation of each Student's readiness to be a Kundalini Yoga instructor. Evaluation is based on the student's successful completion of the KRI Teacher Training course requirements including, but not limited to:

- Attendance and participation at all classes.
- Timely and full payment of all course fees.
- Satisfactory practicum assessment.
- Passing grade on KRI exam.
- Completion of 20 Kundalini Yoga classes during the Teacher Training program.
- Attendance at a White Tantric Yoga® Course.
- Participation in five group sadhanas.
- Completion of 40-day personal sadhana.
- Successful completion of all homework.
- Completion of confidential evaluation form.
- Proper representation of the Code of Professional Standards.

Faculty, schedule and fees are subject to change.  
March 2009