

# Kundalini Yoga Teacher Training

Prince Edward Island, Canada  
Fall and Spring of 2010

A Journey of  
Self Discovery



With an International  
Roster of  
Senior Teachers  
Trained by  
Yogi Bhajan



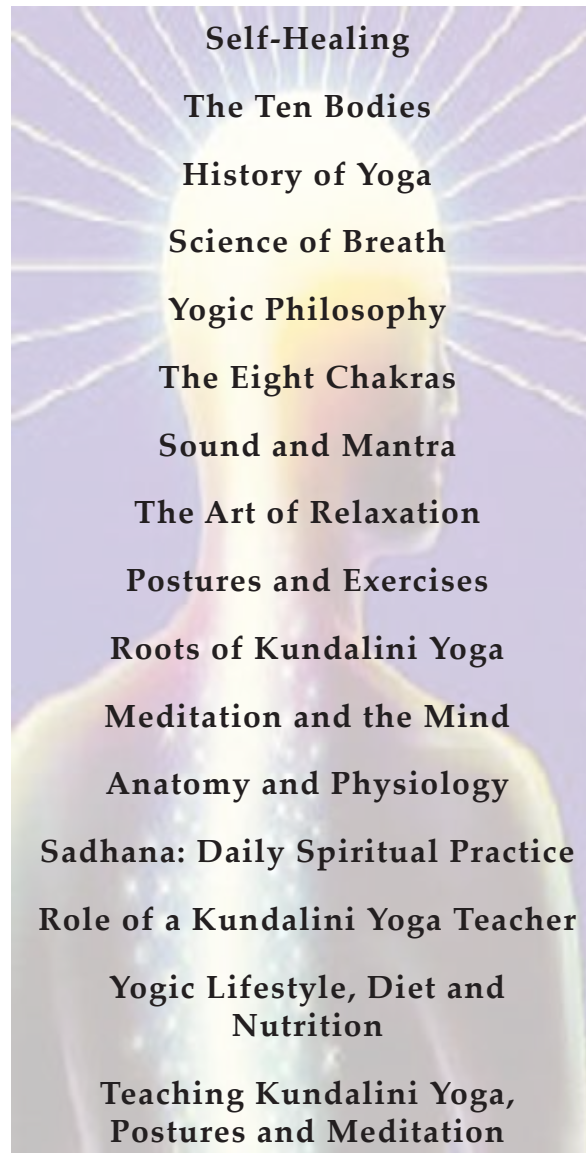
Kundalini Yoga in the Loop - Chicago, IL USA  
(312) 922-4699 www.ShaktaKaur.com



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

This Teacher Training program in Kundalini Yoga as Taught by Yogi Bhajan® fulfills Yoga Alliance's 200-hour national standard for a Registered Yoga Teacher (RYT).

## COURSE DESCRIPTION

This 220-hour course is taught in two ten-day sessions; the first session in the Spring of 2010 and the second session in the Fall of 2010. Both sessions are required for certification. We take an integrated approach to teaching adult learners and combine Kundalini Yoga and Meditation practice with lecture, discussions, large and small group activities, creative work and practica.

### COURSE DATES

<b>Session 1</b>	<b>May 20 to May 29, 2010</b> Arrive 5/19, Depart 5/30
<b>Session 2</b>	<b>Sept. 30 to Oct. 9, 2010</b> Arrive 9/29, Depart 10/10

### Daily Schedule

Sadhana	4 to 6:30 am
Breakfast	6:30 to 7:30 am
Class	7:45 to Noon
Lunch	Noon to 1 pm
Class	1 to 5:45 pm
Dinner	6:30 to 7:30 pm
Yoga Class	8 to 9 pm

### OUR HOST - Ruth Richman, E-RYT

Ruth began a personal meditation and asana practice in the 1960's. She moved to PEI in 1978 and taught yoga year round for twenty years as a volunteer with the Montague Community School. Her 500 hour Yoga Teacher Certification is in Astanga Yoga from Beryl Bender Birch. She also received a 200 hour training from Mary Beth Nehl of the Yoga Loft in Willmar, Minnesota. Ruth is an E-RYT 500 who runs a Registered Yoga School (RYS 500). In 2000 Ruth started Yoga Ink, a full time traveling Yoga Shala, teaching in Charlottetown, Montague, Fortune and Souris, PEI.



*I will take with me the remembrance of sacred days with my 'siblings of destiny'... friends who supported me on my journey.*

## Internationally Acclaimed Teacher Training Team

### SHAKTA KAUR, E-RYT



is the owner of Kundalini Yoga in the Loop and the Lead Trainer for this Kundalini Yoga Teacher Training course as taught by Yogi Bhajan. 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 representing 3HO on the Board of Directors of Yoga Alliance (YA) including Secretary, Chair of the Board and Interim President/CEO.

*"Our days immersed into the teachings of Yogi Bhajan were picture perfect. We had the opportunity to share and integrate 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

### GURUCHARAN SINGH KHALSA, Ph.D.

is a yogi, psychotherapist, researcher, and educator. His fulfillment has come through studying at the feet of his master, Yogi Bhajan. Gurucharan co-authored with Yogi Bhajan the books "Breathwalk: Breathing Your Way to a Revitalized Body, Mind and Spirit" and "The Mind, Its Projections and Multiple Facets." He co-founded and is the International Director of Training for the Kundalini Research Institute. He has worked in and designed yogic programs for rehabilitation from drug abuse, for prison populations, and for juvenile education, among others.



### 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 "Childplay Yoga" program which she teaches internationally.



**T**he tuition fee includes 180 hours of classroom instruction, three textbooks, early morning sadhana\* (five required), nine Kundalini classes, practica and evaluation. Also included is a one-year Associate membership in the International Kundalini Yoga Teachers Association (IKYTA). Homework includes reading assignments, two written assignments, a 40-day personal sadhana, 7 conference calls and 11 Kundalini classes.

\* *Sadhana* (pronounced 'sod-na') means a daily spiritual practice.

**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."

**"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



## COURSE LOCATION



On the Eastern tip of Prince Edward Island, our program will span two Cottages along with the home of our local host, Ruth Richman, in the town of Launching. Visit these two Cottages at: [www.beachhousespei.com/seaglass.htm](http://www.beachhousespei.com/seaglass.htm) and [sandspitbeachhouse.com](http://sandspitbeachhouse.com). You will enjoy easy access to the beaches at any time, resort quality accommodations, and a welcoming environment to sooth your soul.

## MEALS

Organic, vegetarian meals will be prepared lovingly for you every day by our on-site professional chef. You will have the opportunity to learn about yogic foods and herbs, and to get tips on cooking 'healthy' from our professional chef.

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**

## **FEES & 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 (US Funds)**

- (a) \$2,300 - enroll by Feb. 28, paid by May 20; *or*
- (b) \$2,500 - enroll by Feb 28, make 6 payments.
  - Fee *increases* on March 1 by \$100.
  - \$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.

### **Lodging & Meals Fee**

All students will reside within one of the local Cottages, as this is a residential course. An excellent group rate has been negotiated which is an additional cost (see registration form for details).

### **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 teacher. 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.
- Participation in five group sadhanas.
- Attendance at a White Tantric Yoga® course.
- Completion of 40-day personal sadhana.
- Successful completion of all homework.
- Completion of confidential evaluation forms.
- Proper representation of the Code of Professional Standards.

Faculty, schedule, venue, and fees are subject to change. January 2010.