

Course Curriculum



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).

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*

"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) \$3,200 - if paid in full by June 7; **or**
- (b) \$3,400 - if paid in seven installments.
- **Fee increases by \$100 on May 1.**
- \$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 2013

Kundalini Yoga Teacher Training

The Aquarian Teacher

Crystal Lake, IL
June 2013 to Jan. 2014



KRI Level 1 Teacher Training Program with an International Roster of Experienced Teachers Trained by Yogi Bhajan



Training Conducted By

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



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 Happy, Healthy, Holy Organization, based on his first principle "Happiness is your birthright." Through The Aquarian Teacher Program, Yogi Bhajan has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association (IKYTA) 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 both to yoga students ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan®.

COURSE DESCRIPTION

The Aquarian Teacher program is the KRI Level One Certification program in Kundalini Yoga as taught by Yogi Bhajan®. In Level One you will become an **Instructor** and learn the fundamental principles and practices of Kundalini Yoga. You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga®. This is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum which includes:

- Teaching Kundalini Yoga Postures, Kriyas & Meditation
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy & The Origin of Kundalini Yoga
- Yogic & Western Anatomy
- Humanology & Yogic Lifestyle

Course Dates

2013	2014
June 7, 8, 9*	Jan 10, 11, 12
July 12, 13, 14*	Class Times Friday: 6 to 9 PM Saturday: 8 AM to 6 PM Sunday: 8 AM to 5 PM Sadhana: 4:30 to 6 AM (5 Mornings)
Aug 9, 10, 11*	
Sept 13, 14, 15	
Oct 18, 19, 20	
Nov 15, 16, 17	
Dec 6, 7, 8	* Meet <u>all day</u> Friday, Saturday and Sunday beginning at 8 AM only in June, July, and August

This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan®. The Aquarian Teacher program is a journey of your development as a Kundalini Yoga Teacher. There are three levels of KRI certification:

- Level One: Foundations & Awakening - **Instructor**;
- Level Two: Transformation - **Practitioner**;
- Level Three: Realization - **Teacher**.

Your International Teacher Training Team

SHAKTA KAUR, RYT-500



is the owner of Kundalini Yoga in the Loop, Lead Teacher Trainer for this course, and a KRI Certified Level 2 Practitioner. 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 represented KRI and served in multiple capacities on the Board of Directors of Yoga Alliance (YA) including Secretary, Chair of the Board and Interim 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!"

S.S. MAHAN RISHI SINGH KHALSA, D.C.



Mahan Rishi Singh is a doctor of Chiropractic and Herbal Nutrition. He began studying yoga and meditation in 1973 and entered the Guru Ram Das Ashram in 1975 as a student and teacher of Kundalini Yoga as taught by Yogi Bhajan®. He graduated from New York Chiropractic College in 1988 and co-founded the Khalsa Healing Arts and Yoga Center in Pennsylvania, in 1989. Mahan Rishi Singh teaches both nationally and internationally, traveling often to India, seeking to bring the ancient wisdom and authentic devotional practices of yoga and meditation into everyday life.

Your Faculty

90+ Years of Experience

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.



MATA MANDIR SINGH KHALSA



Mata Mandir Singh is a chant music pioneer having produced more than 25 albums over the past thirty years. His popular "Yoga of Sound" CD series is regarded as one of the finest chant series released to date. Mata Mandir has a keen interest in yogic foods and cooking as well as chanting. He lived in Amsterdam and ran the Golden Temple restaurant there for 25 years. His latest CD, "Turn of the Age," is especially designed to tune you into the eternal flow of spirit as we move into the Age of Aquarius.