

200 Hours of Dynamic Inspirational Instruction

The Aquarian Teacher program is the KRI Level 1 Certification program in Kundalini Yoga as taught by Yogi Bhajan. In Level 1 you will become an Instructor and gain a deep understanding and experience of the core of the science 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 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 200-hour course with 180 hours of classroom instruction in a well-defined curriculum which includes:

- Teaching Kundalini Yoga Postures, Kriyas and Meditations
- Role of a Kundalini Yoga Teacher
- Yoga Philosophy & The Origin of Kundalini Yoga
- Yoga & Western Anatomy
- Humanology & 3HO Lifestyle

The Teaching Team:

A team of accomplished KRI Teacher Trainers from the Northwest will instruct this course. The core teachers are Viriam Singh Khalsa, M.A., Jai Kartar Kaur (Joan Davis), Simrat Kaur (Annski Williams) from Eugene and Dr. Hari Dass Singh Khalsa and Ajeet Kaur Wise from Portland. Together they bring over 100 years of yoga teaching experience to share with you.

Need more information go to www.kynw.com or:
Dr. Hari Dass S. Khalsa haridass@aracnet.com
503-238-1032 (Portland)

NW Kundalini Yoga Teachers Training
5013 SE Hawthorne Blvd.
Portland, OR 97215
503-238-1032

The Aquarian Teacher:

Instructor Training in Kundalini Yoga

As Taught By
Yogi Bhajan



**KRI Level 1 Instructor
Certification Course
Sept 2012 - June 2013
Portland, Oregon**

Explore Your Potential

Whether your intention is to teach at a professional level or to accelerate your own personal growth, this comprehensive 9-month training course is designed to provide you with the tools necessary for a more complete understanding of the philosophy, techniques, practice and lifelong benefits of Kundalini Yoga, the Yoga of Awareness.

Course Benefits to You:

- Gain a sound understanding of the technology and concepts of Kundalini Yoga.
- Have a transformational experience through the practice of these teachings.
- Develop the skills, confidence, and consciousness to teach Kundalini Yoga.
- Develop a lifestyle of consciousness.
- Develop a bond with the other participants, teachers and the 3HO community worldwide.
- KRI Certification upon fulfilling requirements.

KRI Certification Requirements:

Evaluation of each student's readiness to be a Kundalini Yoga teacher is based on successfully meeting the KRI Instructor Training course requirements including:

- Attendance at all classes
- Satisfactory performance in a practicum
- Passing grade on KRI's written examination
- Completion of 20 Kundalini Yoga Classes (during or after completion of Training)
- Completion of the assigned 40 day yoga set/ meditation
- Participation in five morning sadhanas
- Attendance at a one day White Tantric Yoga course
- Proper representation of the *Code of Professional Standards for Kundalini Yoga Teachers*
- Full payment of course fees

The KRI Teacher Training team reserves the right to grant KRI Certification based solely on their discretion.

The Level 1 Instructor training course fulfills the Yoga Alliance's 200 hour national standard for a Registered Yoga Teacher (RYT).

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."* For over 30 years, he travelled 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."* 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

Instructor Training Schedule 2012 - 2013

Saturdays 10:00 a.m. - 6:00 p.m.

Sundays 8:00 a.m. - 6:00 p.m.

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|---------------------------------|-------------|
| Sept 15-16 | March 2-3 |
| Oct. - 13-14 | March 30-31 |
| Nov 17-18 | Apr 13-14 |
| Dec 15-16 | May 4-5* |
| Jan 12-13 | May 18-19 |
| Feb 16-17 | June 1-2 |
| *White Tantric weekend (Eugene) | |

Local hotel information is available upon request.

Location:

Awakenings

1016 SE 12th Ave

Portland, OR 97214

(1-1/2 blocks S. of SE Belmont on 12th)

Course Registration Fees:

There is limited space in this course. To secure your space, you must pre-register and pay your \$500 deposit on or before 08/15/12.

There are three payment options:

1. Payment in full by the first day of course: \$2100 in addition to the \$500 deposit (\$2600 total)
2. Two payments of \$1150 one on 09/15/12 and the second on 01/12/13 in addition to the \$500 deposit. (\$2800 total)
3. Monthly auto-draws of \$315 for 8 months on the 15th of each month starting 09/15/12 in addition to the \$500 deposit. (\$3020 total) debit or credit card required
4. There is a \$600 discount for full-time students from an accredited college or university with student ID

Price Includes:

All instruction and required textbooks

KRI Teachers Training Manual and books & White Tantric Yoga Course fees

Associate Membership in IKYTA

Sunday breakfasts and lunches

Send Payment (check payable) to:

NW Kundalini Yoga Teachers Training

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(503) 238-1032 with questions or credit cards