



KUNDALINI YOGA TEACHER TRAINING COURSE

“The Aquarian Teacher, KRI Level One Teacher
Training Program”

INTERNATIONAL TRAINING LEVEL 1,
Certified by Kundalini Research Institute

Poland



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Yogi Bhanan PhD, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated mission: *"I have come to create Teachers, not to gather disciples"*. Since then he travelled internationally teaching Kundalini Yoga, the Yoga of Awareness.

In 1969 Yogi Bhanan founded 3HO — the Happy, Healthy, Holy organisation, based on his first principle "Happiness is your birthright." Through 3HO and the Kundalini Research Institute (KRI), Yogi Bhanan trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association, (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers world-wide.

AQUARIAN TEACHER Poland

**KRI Level I International program in Kundalini Yoga as taught by Yogi Bhanan*

COURSE GOALS

- Learn the mechanism to master the mind, to make changes towards a healthier life style and to find peace in the heart.
- Learn the tools for transforming old habits and patterns to produce a harmonious relationship body-mind-spirit.
- Develop a real experience and knowledge of the Yogic path
- Understand the fundamental nature, technologies and concepts of Kundalini Yoga
- Have a transformational experience through the practice of these teachings
- Develop the skills, confidence, qualifications and consciousness required to teach Kundalini Yoga (later on you can share all you have achieved, for which you will have an Certification)
- Experience a sense of community with other participants, local teachers and 3HO world-wide
- Develop a link to the spiritual Golden Chain through the teaching of the master -Yogi Bhanan.

COURSE FEES & ACCOMODATION:

According to information here: <http://adishakti.eu/miedzynarodowy-kurs-nauczycielski/>

CONDITIONS FOR COMPLETION OF THE COURSE:

Students must fulfil the following criteria to complete the course and receive certification:

Fee: Full payment of all fees.

Attendance: Students must attend all the weekends of the course. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programmes..

***Note:** *maximum length to complete all the assignments and attendance of training is 2 years from the starting date.*

White Tantric Yoga: In addition to the hours described below the student is required to attend (or have previously attended) at least one day of *White Tantra Yoga*.

Hours: The course will be at least 200hrs (and additional time for exam, written course work and one day White Tantra Yoga)

- 180hrs classroom instruction
- 20hrs at least in a 40 days meditation (31 minutes a day in student's own time) and a 40 days yoga practice of a Kriya (set of exercises).
- 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- Attendance at minimum of 10 sadhana/morning meditations during the weekends.
- Included in this time will be the viewing of at least two video classes by Yogi Bhajan.
- Curricula: Student must design and complete one program for a beginner group with 10 classes that includes kryas, meditations and general purposes of those ten classes. A second program plan is consisting of 7 classes for a specialized group with a particular profile.

Reading: essential reading: The Course Manual and two chapters from "The Master's Touch" by Yogi Bhajan. Recommended reading: Pantajali's Sutras, other Kundalini Yoga Manuals.

Additional classes: Students are required to demonstrate that they have attended a minimum of 20 Kundalini Yoga classes either **during** or **after** the training. These classes must be taught by certified Kundalini Yoga teacher.

Teaching practices: Students are required to teach 5 classes, organised outside the training setting with minimum 3 participant. The classes can be once per week, and students should write a report of the teaching experiences

Evaluation of the Student: The final evaluation of the student for completion of the course will be based on completion of the above criteria as well as the Tutors' general evaluation of:

- The student's involvement with the course (including leading yoga sessions on the course)
- Their general grasp of the material of the course
- Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*
- Satisfactory completion of exam and course homework

Where appropriate the evaluation will include an interview between the student and two Tutors.

Exam and Course work:

- Maintain a journal of experience and progress of the daily experience of 40 day practice. This consists on one Meditation of 31 minutes and a Kriya to be selected during the training according to the process of development of the student in training.
- Pass a satisfactory grade (+75 points) in the written final exam.

- Design two separate course curricula, which are two different programs for two different kinds of groups. More information will be given during the training.

Evaluation of Tutors: The student is required to complete a brief confidential evaluation form for each of the KRI Tutors on the course. These will be submitted to the head office of the Kundalini Research Institute (KRI) .

On completion: The student will obtain the KRI level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan. This course is approved by the Kundalini Research Institute (KRI) and qualifies the teacher for registration as a member of the International Kundalini Yoga Teachers Association (IKYTA), which include Internet listings and other professional benefits.

Registration with the Polish Kundalini Yoga Association: On starting the training all trainees will be registered as members of the Kundalini Yoga National Association (the membership fee is included in the price of the course).

WEEKEND THEMES:

Definition of yoga, identity of a teacher and The seven steps

Introduction and course guidelines. Definition of yoga and yogi. Types of yoga. Purpose of yoga. Seven Steps to happiness, 7 Chakras. Origins and foundations of yoga. Stages of its development. Aquarian age. What is KY — its comprehensive unity. Householders Dharma and Sadhana.. Identity of a teacher, Ong Namō Gurudev Namō; the Teachers' Oath. Keeping a recorded journal.

Sounds, Mantras and Personal practice

Shabd guru - The quantum technology of sound. Aquarian Age: changes and challenges of the times. Mantras (continued) - their meaning, effects and how to chant them. Sadhana: your personal spiritual practice. Choosing and committing to a 40-day meditation. Two laws of teaching, 1) Sustenance - keep up and 2) Deliverance - deliver students to the infinite

Anatomy, energetics, lifestyle

The map - Yogic and western anatomy.

Body systems and specific organs. How yoga and diet help The yoga process; concept of energetics rejuvenation /balance/ elimination [G.O.D.] Yogic anatomy of Gunas, Tattwas, Chakras, Nadis, Vayus, prana and apana. The path of the Kundalini and the 3 locks/bhandas.

Breathing & Living

Pranayama: Body – breath – brain - consciousness What, how, why of the breath. Its nature, importance, variations & effects. Yogic Lifestyle: Guidelines, wisdom and tips for all aspects of life. How to awake, hydrotherapy, diet, times of day, getting the best sleep. Addiction and how yoga helps. Cautions and pitfalls. Power/money/sex.

Knowing and sharing the technology

Kundalini Yoga - the technology for the times; Kriyas and asanas, (angles, triangles, rhythm). The effects, benefits and cautions. Navel awareness. The three nadis: Ida/Pingala/Sushmana. Breath and consciousness (relate all to neutral mind).

Meditation

The mind and the 3 minds. Meditation types, stages, states, and concentration; time in minutes and days. More on mantra, Celestial Communications, Mudras, Prayer, Dharana, Dhyana, Samadhi, healing, Banis

Humanology.

Consciousness & Relationship

The soul coming into birth. We are Spirits having a Human Experience. 120 days and life cycles. The mother. Being fe/male, growing up. Relationships: the highest yoga - from

perspective of spiritual psychology. Meditations for men and women, Venus Kriyas, Tantra Moon-points, etc. Tips for Communication.

Roles & responsibilities

Roles and responsibilities in and out of class setting. Class structure, preparing to teach. Setting and maintaining tone and environment. Difficult questions and difficult situations. Class preparation, relation to students, administration, PR, Gurudakshina. The relation of KY and Sikh Dharma, revisited. Teaching in different spaces, different levels, and different groups. 5 stages of being a student, the 4 errors. 2 laws - keep up and deliver. The nature and art of a teacher - Teacher's Oath. Code of ethics – Professional Code & 16 Facets of the Teacher. Preparing yourself, preparing the class, Managing the time, the space, the ambience & the people.

Yogic Philosophy

Key terms and concepts in Yogic Philosophy. The eight limbs of Pantajali; More sophisticated Pranayama; Death and dying. Sutras of Patanjali. Concentration. The cycle of manifestation & the ladder of subtly. The stages, the issues, the opportunity, and the technology. Dead/Liberated while Alive.

Completion & Continuity

Being a relaxed and conscious ten-in-one human being; the 10 bodies and principles of Tantric Numerology as taught by Yogi Bhajan. Relaxation, its importance and different techniques. Concentration; master and mystery. Community and continuity. Resources for the teacher. Answer & questions. Preparation for exam.

LOCATION:

[http://www.kozyczkowo.info/](http://www.kozyczkowo.info)

Kozyczkowo 44, 83-333 Chmielno

(45 Km away from Gdansk)

Closest airport: Gdansk, Train connection/shuttle available

For more details or questions about the course please direct your inquiries to:

basiabaczura@gmail.com

Registration Form For Level I Training - Kundalini Yoga Instructor

- ✓ I hereby register to participate in the Kundalini Yoga Instructor's course in Poland, Gdansk as detailed in this info package.
- ✓ I have read and understood the conditions for completion of the course (page 2)
- ✓ I enclose a receipt of the 400 € non-refundable deposit.
- ✓ I understand the cost of the full course is 1550 € / 1700 € nett (prices don't include taxes) and I obligate to pay _____

In emergency contact

Name _____ Relation to you _____

Telephone _____ Mobile _____

Address _____

***Disclaimer,** To the best of my knowledge there is no physical or mental medical reason why I should not do this course. Any medical situation should be first checked with a medical doctor before registering to this training. I understand that the teachings of Yogi Bhajan do not constitute medical advice.*

SIGNED (by applicant) _____ **Date and Place** _____

****For more information contact basiabaczura@gmail.com, www.adishakti.eu**