



KUNDALINI YOGA TEACHER TRAINING

September 2011 - June 2012

**Coral Springs,
South Florida**

**The Aquarian Teacher
KRI Level 1**

As taught by Yogi Bhanan

Immerse Yourself in the Transformational Science of Kundalini Yoga

Master yourself and awaken your potential using the science of Kundalini Yoga as taught by Yogi Bhanan. This Teacher Training Program is for everyone, whether you desire to become a certified teacher or simply wish to deepen your personal experience of Kundalini Yoga. The course will give you a lifelong foundation for a successful yoga practice. You will be taught the theory of this ancient technology and given the opportunity to experience the effects firsthand. Your practice may give you incredible insights about yourself and you may grow like never before in your life while still being able to maintain your work schedule and activities.

This course can be transformational, illuminating and inspiring. You will be taught all of the basic aspects of the technology of Kundalini Yoga that Yogi Bhanan has taught since 1969. Those who desire to become teachers will be given the knowledge and experience to become well-rounded, competent and confident teachers of Kundalini Yoga. You owe it to yourself to take your practice of Kundalini Yoga to the next level. Join us this fall in this truly life changing process.

***"If you want to learn something, read about it.
If you want to understand it, write about it.
If you want to master it, teach it."***

~Yogi Bhanan



About 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 students." For decades, 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 organize and share this effective and uplifting technology through the united efforts of Kundalini Yoga teachers worldwide.

For Students of All Levels

- Gain a sound understanding of the fundamental nature, technologies and concepts of Kundalini Yoga.
- Have a transformational experience through the practice of these teachings.
- Develop the skills, confidence and consciousness required to teach Kundalini Yoga.
- Develop a conscious lifestyle.
- Develop a bond with other participants, local teachers, and the international Kundalini Yoga community.

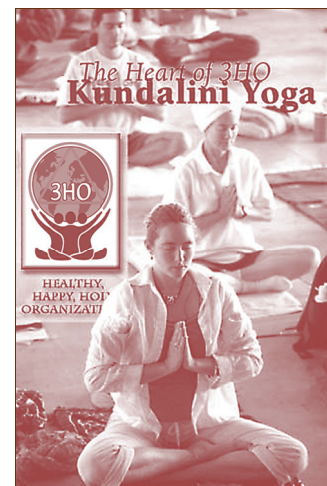
The Course Will Include

- How to use postures (asanas), meditation, exercises (kriyas), sound (mantra) and breath to awaken your mind and strengthen your body
- How to deal with stress, the yogic approach to healing and relaxation techniques through the study of Humanology and the 3HO lifestyle
- Yogic history and philosophy
- Introduction to yogic foods and dietary awareness
- Yogic & Western anatomy
- How to develop a meditative mind for clarity and calmness
- How to use of mantra and sacred sound
- How to develop a daily yoga practice (sadhana)

The course is 220 hours, including 180 hours of instruction and 40 hours of homework, practicums and evaluations. Homework includes reading assignments, additional Kundalini classes, morning sadhanas, 40 day personal sadhanas, community service, and independent study.

"Teacher training provided the support, encouragement, and strength I needed to change what I believed I could not change, and to do what I thought I could not do. I made wonderful friends with whom I shared my triumphs and struggles. I loved every minute of it and will carry it with me forever!"

~Lori



For information and registration: (954) 261-4192 or www.MyYogaSource.com

Register early to guarantee your space.

Course Schedule

Saturdays: 8:30AM to 6:30PM

Sundays: 9:00AM to 6:00PM

September 10 & 11, 2011

October 1 & 2

November 12 & 13

December 10 & 11

January 7 & 8, 2012

January 28 & 29, 2012

February 18 & 19

March 17 & 18

April 28 & 29

May 12 & 13

June 2 & 3

A few extra hours will also be scheduled in small groups for Practicum in 2011.

(Dates/hours subject to change.)

Attendance at one day of White Tantric Yoga is required during the course. This will have a separate fee and can be taken on December 21, 22, or 23, 2011 at Winter Solstice in Lake Wales; or on April 7, 2012 in Miami, depending on participant's schedule.

Tuition

A deposit of \$400 is due by August 10, 2011 to reserve your space and to order your course materials. The remaining cost may be paid by one of two plans:

- 1) \$2,300 is due on September 11, 2011. The total pre-registered cost is \$2,700.
- 2) \$250 is due on the first class of each month starting in September through June. The total cost with monthly payments is \$2,900.

Credit cards accepted online.

www.myyogasource.com

Please note that course fees are non-refundable.

Materials

Fees include all instructional materials including a 450 page, two-volume manual, the most complete work ever assembled on Kundalini Yoga, which is an invaluable tool for ongoing self-learning and teaching; and the "Master's Touch", a volume of 22 lectures from Teacher Training programs taught by Yogi Bhajan.

IKYTA Membership

Membership for one year in the International Kundalini Yoga Teachers Association (IKYTA) is included in the cost of training. Once you have received your Level 1 certification, you will be listed in the Teacher Directory online to receive referrals for your Kundalini Yoga classes.

Teacher Training Team



Deva Kaur is a Lead Trainer in the Aquarian Teacher Training Program, a member of the Kundalini Research Institute's Teacher Training Executive Committee, and a member of KRI's Board. She and her husband, Deva Singh have served the Kundalini Yoga community in South Florida for more than 30 years, and they are co-founders of Yoga Source in Coral Springs, Florida.



Gurusahay Singh has taught Kundalini Yoga for more than 30 years, and he has been a doctor of Acupuncture and Chiropractic since 1978. He is a respected teacher, lecturer, and author, Gurusahay is a master of combining yogic knowledge with Eastern and Western healing systems. He is co-Director of GRD Health and Healing with his wife, Mukta Kaur, and he brings a deep, understanding of Yogic and Western Anatomy, as well as postures to our courses.



Mukta Kaur has taught Kundalini Yoga to thousands of students since 1974 in colleges, universities and private studios. She received a B. A. from Smith College in Eastern Religion and a minor in Education. Her knowledge of the body is enhanced by her 15 years of practice as a Licensed Massage Therapist. She holds the 500 hour Registered Yoga Teacher (RYT) Certification having taught over 5000 hours of yoga and Co-Directs GRD Health and Healing with her husband, Gurusahay Singh.



Deva Singh has taught and practiced Kundalini Yoga for over 30 years. His classes include his insight and experience into using the positive mind to clarify and manifest your goals in life. He has traveled to India several times and experienced life changing meditations at the Golden Temple. The science of Kundalini Yoga and meditation has redefined all aspects of his life: family, business, spiritual, physical and mental, and has enabled Deva Singh to help others change their lives for the better.

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KRI Teacher Certification Requirements

The Aquarian Teacher™, KRI International Teacher Training Certification Level 1 course fulfills the Yoga Alliance's 220 hour national standard for a Registered Yoga Teacher (RYT). The KRI Teacher Training team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting the KRI Teacher Training course requirements including, but not limited to:

- Attendance of all 180 hours of classroom instruction plus 40 hours of assigned homework
- Completion of the assigned 40 day yoga set / meditations
- Satisfactory practicum assessment
- Passing grade on KRI's written and oral examination
- Membership in IKYTA (one year included in cost of training)
- Completion of a minimum of 20 Kundalini Yoga classes from any KRI certified teacher beyond course hours
- Participation in 5 morning sadhanas
- Attendance of one full day at a White Tantric Yoga course (separate fee)
- Proper representation of the Code of Professional Standards for Kundalini Yoga Teachers
- Full payment of course fees.



Registration

Name _____

Address _____

City, State, Zip _____

Telephone _____

Cell Phone _____

E-Mail _____

All credit card payments set up online:

- \$2,700 paid online by August 10
- \$400 deposit paid online, with \$2,300 balance automatically paid September 12
- \$400 deposit paid online, with \$250 payments set up automatically Sept - June

All payments mailed by check:

- \$2,700 paid by check, and mailed by August 1, 2011
- \$400 mailed by August 1, 2011, with \$2,300 mailed on or before Sept 12, 2011
- \$400 mailed by August 1, 2011, with \$250 mailed first of each month Sept - June

To pay by credit card, please register online at www.MyYogaSource.com under Teacher Training, Level 1

To pay by check, please make checks payable to Transformational Courses, and mail c/o Rosa Walsh, 1830 NE 197 Terrace, Miami, FL 33179

For bookkeeping questions, please call Rosa Walsh at 786-417-6717

I understand that:

The Aquarian Teacher Training team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting all course requirements including: Full payment of all course fees, attendance at all classes, completion of all homework assignments, successful practicum session(s), a passing grade on the qualifying exam, completion of 20 extra Kundalini Yoga classes, participation in five morning Sadhanas, and attendance at a full day White Tantric Yoga Course. I also agree to uphold the 3HO Code of Professional standards for Kundalini Yoga Teachers. I have the right of appeal to KRI, whose decision will be final.

- I understand that the White Tantric Yoga Course is a separate fee.
- I understand that the required extra Kundalini Yoga classes are a separate expense.

Signature _____ Date _____

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