

The Aquarian Academy

This second level of training is about deep transformation and developing your core capacities, your character, caliber and consciousness. Because of the profound nature of the transformation that these courses provoke and the competencies that are required in order to fully participate in Level Two Trainings, KRI requires participants to be KRI Level One Certified Instructors.

It's not about any one kriya, one thought or one belief," Yogi Bhajan explains. "It's about taking that flame that was awakened in our heart and spirit, and passing it on so that this whole planet gains an aura of light as we transition into the new age.

It's about each one of us being so enriched by that experience of stillness, kindness and compassion that anyone who encounters us senses that same authenticity, depth and kindness. This is the culture of consciousness, beyond all religions, beyond all countries."

Through the guidance of Yogi Bhajan, The Aquarian Teacher Training Program has been divided into three stages: Level One: Foundations--Instructor, Level Two: Transformation--Practitioner, Level Three: Realization--Teacher.

Transformation is the second stage of training and personal development in The Aquarian Teacher Training Program. It consists of five separate modules that can be taken in any order. They include **Conscious Communication, Mind & Meditation, Authentic Relationships, Life-Cycles & LifeStyles, and Vitality & Stress.** Each module has a minimum of 50 contact hours and 12 hours of independent study after the weekends. KRI requires participants to attend all classes, pass the exam, and complete the home study assignments, which take place over a 90 day period. In order to certify, participants must complete all requirements within a year of the last classroom day.

LifeCycles & LifeStyles



Learn how to deal with huge change with understanding that can help you stay balanced through the changes, and even get stronger from the challenge.

Gain perspective on your life experiences, so that you can face your past with new eyes, plan for your future with a yogic map and experience gratitude for each moment, even with all its gifts and-challenges..

October 12, 13 & 14th, 2018
November 2, 3 & 4th, 2018

KRI Level 2 Teacher Training
As taught by Yogi Bhajan

With Trainers Deva Kaur & Kirn Kaur

9 AM to 6:30 PM Fri & Sat, 10:30-7 Sunday

Yoga Source Plantation
6601 NW 14 St, Suite 11, Plantation FL 33313



The greatest gift a teacher gives us is to be a mirror that reflects for students, the gap between their consciousness and their Self, and share techniques that provide awareness in each moment in order to cover that gap. This course gives the opportunity to:

~Discover your unique purpose on this planet: Do you define it for yourself, or is it defined externally by your environment, fate or by looking to your highest potential?

~Map out the stages and cycles of your life to help you really understand and learn from your history, and prepare for your future.

~Identify habits, cycles and practices that help and that hinder the fullness of your life in this present moment.

~Reboot and renew your self-concept by relooking at your inner beliefs, to allow your true character to be reflected and projected.

~Experience how mantras give mental frequencies that enable us to feel that we have been born innocent. Understand why the Yogis feel your power can be found in your innocence.

~Be guided to confront fear so you can truly be happy, and continue your journey into living light & crystal clear using the pressure of these times to grow.

Deva Kaur met Yogi Bhajan in 1972, started her life's journey of studying with Yogi Bhajan and teaching this ancient, sacred science. Deva Kaur participates as a member of the KRI Teacher Training Executive Council, and is co-director of Yoga Source in Coral Springs, FL & may be reached at www.MyYogaSource.com.



Kirn Kaur moved to America from the Netherlands in 1975, met Yogi Bhajan and discovered Kundalini Yoga. Her current work focuses on the integration of yogic life skills as well as alternative healing approaches. Kirn serves as the director for Yoga Santa Fe and travels to share these teachings, & may be reached at www.yogasantafe.com.

COST:

Pre-Registration Deadline is September 23, 2018 for Early Bird rate of \$795
Full Registration or Price \$895 begins September 24th
Payment plans available.
First time participants in Level 2 receive additional \$50 discount.

TO REGISTER:

At www.MyYogaSource.com, go to Teacher Training/Level 2 for more information and to **register on-line**.
Please register as early as possible to reserve your space.

For further information, please email or call:

GuruSangeetK@gmail.com

561-251-5783