

KRI Level 1 Aquarian Teacher Training

at Yoga West Los Angeles

FAQ 2019-2020 v2

Program Administrator

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“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

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INTRODUCTION

How do we decide to change our lives? What is it that calls us to this experience? Where does that longing to be authentic, to experience the Self come from? **It is the call of soul** and the answer can be found here—within you.

Within you is a seed—the call of the soul—answer it. Deliver yourself to your highest destiny—become a Teacher—and serve the Aquarian Age with consciousness, love and grace. Apply your character and your commitment to the cultivation of peace and harmony all around the globe.

Are you interested in teaching Kundalini Yoga as taught by Yogi Bhajan® or learning more about this **sacred technology**? It is a beautiful practice that will surely enrich your life and develop fitness of mind, body and spirit.

Your journey begins here... take this first step at Yoga West with KRI's Aquarian Teacher Training. This dynamic program, beginning with Level 1 Certification is the most unique and experiential yoga certification program available.

This program is **open to everyone wanting to understand and gain awareness** about Kundalini Yoga and themselves. Anyone can attend this course for non-certification credit. Those students desiring Level 1 credit for the course must complete all of the requirements.

ABOUT KUNDALINI YOGA

In 1969, Yogi Bhajan started teaching Kundalini Yoga in the United States in order to prepare humanity for the major changes that this planet is going through as we cross **from the Piscean to the Aquarian Age**. The **ancient technology of Kundalini Yoga** gives us the awareness and the fortitude to make this a smooth transition. The legacy of technical and spiritual knowledge that Yogi Bhajan studied and mastered in India is the gift he brought to the West.

In Kundalini Yoga we **harness the mental, physical, and nervous energies of the body** and put them under the domain of the will, which is the instrument of the soul. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. It brings balance to the body, mind, and soul.

"In Kundalini Yoga the most important thing is your experience. It goes right to your heart. No words can replace your experience. Your mind may accept the words or it may not, but your consciousness will not accept just words." -Yogi Bhajan, The Aquarian Teacher Training manual, p. 20

Kundalini Yoga is **not a religion**. When we apply the technology of Kundalini Yoga to our bodies and minds, it has the effect of uplifting the spirit. It is for everyone. It is universal and non denominational.

Kundalini Yoga is a **yoga for householders**, for people who have to cope with the daily challenges and stresses of holding jobs, raising families, and managing businesses. It is a path for everyone who wants the skills to cope successfully with the challenges of our times.

KRI LEVEL 1 AQUARIAN TEACHER TRAINING PROGRAM

The KRI (Kundalini Research Institute) Level 1 Aquarian Teacher Training Program is a 220-hour professional certification program in Kundalini Yoga as taught by Yogi Bhajan®

The Level 1 Training **sets the foundation** and introduces the student to the principles and practices of the self-sensory human, explores how **Kundalini Yoga and yogic lifestyle can harmonize** and uplift the human experience, and awakens your true potential.

The training is an interactive course in the theory, practice, and basic skills of a Kundalini Yoga instructor. It includes: **180 hours of classroom instruction and 40 hours of independent study**.

Graduates of Level 1 **earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bhajan®** and fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 200-hour requirement.

There are 6 principle components in a Level 1 program:

- **Kriya and Meditation: The foundation of Kundalini Yoga as taught by Yogi Bhajan®** The theory and practice of Kundalini Yoga kriyas (yoga sets), asanas, and mudras. Explore the nature of the mind and its training through Kundalini Yoga meditations, mantras, and pranayam (breathing techniques).
- **Humanology and Philosophy: The Lifestyle of a Kundalini Yoga Teacher** The history and tradition of Kundalini Yoga, as well as the underlying philosophy behind all yogic practices. The technologies of Kundalini Yoga as they apply to healing and Humanology (the science of daily living), including diet, nutrition, and relationships.
- **Anatomy & Physiology: Essentials of Yogic and Functional Anatomy** Traditional Western anatomy, its purpose and function, including the respiratory, nervous, immune, musculoskeletal, circulatory, endocrine, and digestive systems and their relation to the practice and teaching of yoga. Also Yogic anatomy and the energy systems of the body including the chakras, nadis, pranas and vayus, and the ten yogic bodies.
- **Consciousness of a Teacher: Virtues and Values of Living in the Golden Chain** The skills and techniques to become an effective instructor, including practical strategies for teaching beginners, ethical guidelines, curriculum development, and the transformational role of the teacher in developing a successful yoga practice.
- **The Master's Touch: Cultivating a Connection to the Master** Connect with Yogi Bhajan through DVD classes and study.
- **The Practicum: Teaching from Day One** Practical experience instructing a yoga class under the supervision of a KRI Yoga Teacher Trainer, receiving written evaluation and student feedback.

13 THINGS YOU WILL LEARN AT A LEVEL 1 TEACHER TRAINING ([from Spirit Voyage.com](#))

You're going to learn tons of Kundalini yoga at all Level One Teacher Trainings, but that's not all! Here are 13 things you'll take away from your teacher training:

1. How to Teach a Great Kundalini Yoga Class

Now listen here, there's no PERFECT Kundalini yoga class. Everything flows perfectly as it should but that doesn't mean there are never hiccups. But there are GREAT Kundalini yoga classes, and as you deepen your connection with the teachings, you'll grow into teaching one. In the Level 1 program, you'll get to practice teaching to your fellow students and you'll learn and grow from one another's classes, until you're ready to teach. Take a look at the article [Take a look at the article "10 Things I Wish I'd Known When I Started Teaching Kundalini Yoga" for my teacher's "insider" advice.](#)

2. Benefits and Technology of Mantra

Mantra is a science and a power. It has so many layers and levels. It's a new language and a new technology to many, and getting to jump into its power and function is so meaningful.

[Read my article on the science of Sound and Mantra and find out more about what you'll learn.](#)

3. How the Physical and Spiritual Bodies Function

Did you know you have 10 Bodies, both physical and spiritual? Learn about each of these ten bodies and how to maximize their health and your vibrance through Kundalini yoga.

What to peek into what the 10 Bodies are? Take a look at these articles on [The Ten Bodies.](#)

4. How Your Mind Works to Serve You

Well, it SHOULD. You're going to learn a LOT about the mind in Teacher Training. In fact, way more than you realize. First of all, you have 3 minds, not 1. And then there's 81 facets. In fact, the mind is so complex that its an entire module of Level 2 Teacher Training. But you're going to begin to learn about how the mind works and realizing that its your SERVANT is a big key to Level 1. Is your mind telling you something harsh about yourself? It has forgotten its your servant not your master.

Teacher Training will get it back into line. [Read more about the Mind in my article here.](#)

5. How to Live With and Support Your Fellow Students under Pressure

Here's the thing. Kundalini yoga teacher training isn't easy. You're going to be pushed, both physically and mentally. Your stuff will come up. So will other people's stuff. And you'll be living in community so you can support each other through it. This will help train you to be a teacher, because when you teach Kundalini yoga, your student's stuff is going to come up and you'll need to know how to guide them through it.

13 THINGS YOU WILL LEARN AT A LEVEL 1 TEACHER TRAINING contd.

6. How to Take Care of Yourself in Stressful Times

This is such an important piece of Kundalini yoga. [Yogi Bhajan talked about how stress makes us crazy and turns out minds against us.](#) But he also taught many tools to directly help us manage stress in a healthy way. There are many meditations and kriyas that dissolve stress from the body. Here's a sample...cup your hands in front of your heart as if receiving communion. Inhale from the nose and exhale blowing out your breath into your cupped hands. On each breath, think of a negative thought and blow it out. Then think of another negative thought and blow that out. You can do this as long as you think negative thoughts, but try just 3 minutes. See if that doesn't change your mood. This is just one of many techniques for stress management. In fact, I love this technique above so much, I recorded it as a guided meditation on my album [Stress Relief Meditations](#). It's called the Guided Meditation for Relieving Depression. [Listen to some of it here.](#)

7. How to Improve Your Relationships

Relationships are a fact of life, whether they are romantic, family, business, or friend. And learning how to use conscious communication, control your energy and take responsibility for yourself is a huge key to improving them. There are many ways to improve your relationships, the this course will teach them to you. [Take a look at the Divine Relationships book, based on some of these principles.](#)

8. How to Serve and Uplift Yourself and Others

Service is a key part of Kundalini yoga. You'll be put into service during the training, and will experience what it's like to live in seva. For me, my work with the [Sat Nam Foundation](#) helps me live in service, but I learned how much I WANTED to during my teacher training program.

9. Learn the Business of Yoga

Want to start a yoga studio? Teach full time? You'll be surrounded by teachers who have done it...and by students who want to. Network and get inspired! [Don't forget to keep this mantra handy for the tough times!](#)

10. How to Meditate and Develop the Habit of Meditation

Meditation is one of the best gifts you can give yourself. Likely if you're thinking of teacher training, you've meditated before and you want to deep your practice. You will be meditating SO MUCH during teacher training, you'll feel like an olympian. [Discover more about meditation here.](#)

11. How to Speak Your Truth

You've got to be you and speak your truth in this life to feel fulfilled. The Teacher Training program inspires us all to speak out and speak up for truth, for our hearts, and to live in truth each day while allowing others to do the same. [Here's a meditation that can help you speak more consciously.](#)

13 THINGS YOU WILL LEARN AT A LEVEL 1 TEACHER TRAINING contd.

12. How to Integrate Your Yoga Practice into Everyday Life

Kundalini yoga teachers live a practice. You're going to be in an environment where Kundalini yoga is a daily part of your reality and it will become easier to integrate your yoga into your life. Trust me, post teacher training, Kundalini yoga is a daily part of my life and you'll find ways to make your practice a part of yours, too. [You can learn more about sadhana, or daily practice, here.](#)

13. Tips on Creating Varied and Delicious Vegetarian Meals

Eating yogically is delicious and learning to create wonderful vegetarian meals is a perk of this training! You might discover Kitcharee, the quintessential Kundalini yoga meal, with its mung beans and rice made with Indian spices. It's delicious! [Learn a recipe for Kitcharee here.](#)

TRAINING AT YOGA WEST

Offered **annually over 10 weekends** at Yoga West in Los Angeles, Level 1 Teacher Training is an interactive course in the theory, practice and basic skills of a Kundalini Yoga instructor. ([See Program Dates](#)). Training weekends include:

- Yoga classes,
- Experiencing kriyas and meditations
- Lectures & Demonstrations by the incredible trainers
- Yogi Bhajan video classes
- Small group interaction time

All the information is presented in **highly interactive learning environments**. You will explore topics and discuss them with other students in both small and large groups.

In the course, **you will gain the tools** to help yourself and others face the challenges of the times. You will meet an incredible group of **like-spirited souls** also interested in delving more deeply into the teachings of Kundalini Yoga. And, you will have support and encouragement on how to practically improve your everyday life using this powerful technology.

As the birthplace of 3HO and the home of Yogi Bhajan since 1991, Yoga West is devoted to serving humanity by:

- Spreading the science and technology of Kundalini Yoga, Meditation and Humanology as taught by Yogi Bhajan.
- Creating global teachers of Kundalini Yoga, Meditation and Humanology.
- Creating conscious, vital communities of yoga practitioners, living and sharing a Healthy, Happy, Holy lifestyle.

We have been offering daily Kundalini Yoga and Aquarian Group Sadhana **since January 1991**, as well as Teacher Training shortly thereafter. With master teachers and a cozy environment, Yoga West is a powerful center where the subtle body of Yogi Bhajan can be directly experienced.

From the moment you arrive, our supportive staff, teachers and students all generate a feeling of community and welcome you. Before and after class, you are invited to enjoy a **complimentary cup of Yogi Tea** and relax in our lounge where you can visit together, relax and reflect. Our boutique offers eco-friendly yoga apparel, mantra & music, DVDs, books, healing crystals, tea, oils, gifts, and yoga and meditation props.

Whether you are looking to center yourself, calm your mind, move your body, listen to your spirit, challenge yourself, melt stress, or grow and glow, Yoga West is a vibrant community center for teaching, learning and celebrating. **The legacy of Yogi Bhajan, the science of Kundalini Yoga and the heart and soul of the 3HO – Happy, Healthy and Holy- community is ready to welcome you.**

TRAINERS

This course is taught by a core group master yogi teachers, many who studied directly with Yogi Bhajan. Additional master teachers host weekend segments on specific topics.

Guru Singh (Lead Trainer) - Guru Singh is a celebrated third-generation yogi, master spiritual teacher, author, and musician. In January 1969, Guru Singh met Yogi Bhajan, a spiritual leader from Northern India and master of Kundalini yoga. From that moment on Guru Singh has been studying and teaching Kundalini yoga and meditation, a science taught in India for over five thousand years. He has spread this ancient science with passion and a practical fusion of Eastern mysticism into Western pragmatism. Guru Singh teaches conscious living through the tools of Humanology, Kundalini yoga, meditation, and sacred sound. Guru Singh's books, music, yoga/meditation classes, blog posts, podcasts, and humanology lectures uplift thousands worldwide. www.gurusingh.com

Guru Prem Singh – GuruPrem Singh was named “Posture Master” by Yogi Bhajan, and is an expert on body awareness in relationship to personal growth. He has been practicing and teaching Yoga for over 30 years. GuruPrem has had an active practice at the World famous Khalsa Medical Clinic in Beverly Hills, as a teacher, structural, breath, Yogic and Massage Therapist for over 28 years and is available for private consultations. He is the author of three books, *Divine Alignment*, *The Heart Rules* and *Everyday Devotion* and a musician, producer and composer. www.DivineAlignment.com

Sat Devbir Singh – Sat Devbir Singh, Dr. of Divinity, is KRI Kundalini Yoga Teacher Trainer, International Speaker, Natural Healer, and Ordained Minister. Kundalini Yoga initiated an awakening of his spiritual essence and facilitated a whole new life trajectory. Leaving behind the corporate world, he launched *Chateau Singh*, a wellness company offering healing, retreats, workshops, and trainings. His greatest joy is to assist others in empowering themselves to live at their highest potential. www.SatDevbirSingh.com

Daya Kaur (Danielle Radl) – Daya Kaur is a mother, wife, educator and yogini. She is a KRI Certified Kundalini Yoga Teacher, Levels 1 & 2, a Member of the Aquarian Teacher Academy, a 500 Hour Certified Hatha/Vinyasa Yoga Teacher & Trainer, as well as a Children's Yoga Teacher/Trainer. She is the founder and director of Kids to Teens Yoga® School, fully actualizing her purpose of bringing yoga, meditation, and mindfulness practices to children all over the world. Daya shares her depth of knowledge, personal experience and love with all of her students. www.kidstoteensyoga.com

VISITING GUEST TRAINERS

Guru Meher Singh – GuruMeher means compassionate teacher. He has taught self-guidance for healing and empowerment as a yoga and meditation teacher, trainer of teachers and professional life coach. Author and creator of Senses of the Soul, the book and groundbreaking system of emotional self-therapy, he offers live presentations, workshops, and web courses. For over 15 years has helped people one-on-one in his professional Life Coaching practice in Los Angeles.

www.SensesOfTheSoul.com

Kia Miller – Kia Miller is a devoted Yogini and teacher who imparts her wonderful passion for life and well-being in her teaching. Her style pulls from multiple yogic disciplines, and is both intuitive and steeped in the traditional aspects of yoga. She is certified in the Ashtanga / Vinyasa Flow tradition, as well as Kundalini Yoga as taught by Yogi Bhanan. Kia views the science and spirituality of Yoga as a path to explore our inner selves and elevate our consciousness, while creating a counter-balance to the stresses of modern life. Her Radiant Body Yoga course is a holistic approach to yoga, which has its roots in the ancient Kundalini and Tantric traditions. www.kiamiller.com

Tommy Rosen – Tommy Rosen is a yoga teacher and addiction recovery expert who has spent the last two decades immersed in yoga, recovery and wellness. He holds certifications in both Kundalini and Hatha Yoga and has 24 years of continuous recovery from drug addiction. Tommy is one of the pioneers in the field of Yoga and Recovery assisting others to holistically transcend addictions of all kinds. Tommy is the founder and host of the Recovery 2.0: Beyond Addiction Online Conference series and the #MoveBeyond Group Coaching Program. www.tommyrosen.com

JETHAS & JETHA LEADERS

One of the unique features of Yoga West's training is that in addition to the main trainers, you are assigned to a small group also known as a "Jetha" and two personal mentors that support you throughout the year.

Each Jetha is led by a certified Kundalini Yoga teacher and supported by a "Graduate Assistant" who has completed the training as well. Your Jetha leader is another valuable resource and a partner throughout your training and transformation. They lead "check-ins" with the small groups where students share their insights while group members compassionately listen. They facilitate group exercises and assignments in class. They are there for you to answer any questions, help with understanding and completing requirements, and grade your assignments.

Jetha leaders will host mid-month meetings. This allows time out of the classroom to deepen your understanding of the teachings, share your experiences, and focus on the reading assignments, homework and self-study. This is often students' favorite part of the whole course!

(If you cannot attend your group meeting scheduled time, you can attend another group's meeting. The meeting times and locations will be shared on "Basecamp" our online Student/Teacher forum (more about this further on. Out of town students will be assigned to a Jetha that hosts their monthly meetings via conference Zoom.)

PROGRAM DATES

Course Dates	Date	Day	Time
Weekend 1	October 18	Friday	6pm - 9pm
	October 19	Saturday	7am - 5pm
	October 20	Sunday	7am - 5pm
Weekend 2	November 9	Saturday	7am - 5pm
	November 10	Sunday	7am - 5pm
Weekend 3	December 14	Saturday	7am - 5pm
	December 15	Sunday	7am - 5pm
Weekend 4	January 11	Saturday	7am - 5pm
	January 12	Sunday	7am - 5pm
Weekend 5	February 8	Saturday	7am - 5pm
	February 9	Sunday	7am - 5pm
Weekend 6	March 7	Saturday	7am - 5pm
	March 8	Sunday	7am - 5pm
Weekend 7	March 28	Saturday	7am - 5pm
	March 29	Sunday	7am - 5pm
Weekend 8	April 18	Saturday	7am - 5pm
	April 19	Sunday	7am - 5pm
Weekend 9	May 2	Saturday	7am - 5pm
	May 3	Sunday	7am - 5pm
Weekend 10	May 30	Saturday	7am - 5pm
	May 31	Sunday	7am - 5pm

* Attending White Tantric Yoga Course is a Certification Requirement. Registration and Fees are not included in your tuition. It will be held in Los Angeles will be on Saturday, November 16, 2019 & Saturday, April 4, 2020. You may attend any White Tantric Yoga event globally. Visit: <https://www.whitetantricyoga.com/> to view schedule and register.

TUITION

Agreement date	Pay in Full	Payment Plan
Super Early-Bird Rate Paid in Full before or on: Monday, July 1, 2019	\$3,400.00	Not available
Early-Bird Rate Paid before or on: Sunday, September 1, 2019 (Extended until 9/15/19!)	\$3,700.00	\$3,800.00 total Non-refundable deposit of \$500.00 due upon registration Payment of \$1,650.00 Due on 12.1.19 Payment of \$1,650.00 Due on 02.01.20
Standard Registration Rate Paid after: Sunday, September 1, 2019	\$3,900.00	\$4,000.00 total Non-refundable deposit of \$500.00 due upon registration Payment of \$1,750.00 Due on 12.1.19 Payment of \$1,750.00 Due on 02.01.20

* Attending White Tantric Yoga Course is a Certification Requirement. Registration and Fees are not included in your tuition. It will be held in Los Angeles will be on Saturday, November 16, 2019 & Saturday, April 4, 2020. You may attend any White Tantric Yoga event globally. Visit: <https://www.whitetantricyoga.com/> to view schedule and register.

Tuition includes:

- 180 hours of classroom training
- Required course text and materials
- Audio recordings of all Teacher Training lectures and yoga classes
- Lunches on course weekends
- A 20 class pass to Yoga West
- Once in a lifetime experience of transformation
- A lot of love and support!

PAYMENT PLANS

- See chart above. Installments are due on the **first of the month in December and February.**
- Students must leave a current credit card or debit card on file for payment plan installments.
- If paying by check, post-dated checks for all installments are due upon sign up.
- For payment plan, students must leave a current debit or credit card on file and agree to allow Yoga West to charge the credit card provided for the amounts listed above, on the dates shown, in payment for attending Kundalini Yoga Teacher Training Level 1 at Yoga West.
- By signing the registration form, students understand and agree that full, on-time payment is one of the requirements for certification and completion of this course, and understand and agree to the cancellation and late payment policy below.
- **Late Payments:**
 - A fee of \$35 will be charged for any late payments, declined credit card auto-payments, or returned checks.
 - A payment will be considered late after the first of the month.
 - Admission to class will be denied to anyone with any outstanding payments.

CANCELLATION/WITHDRAWALS

- All cancellations/withdrawals must be made in writing (email with date in of withdrawal included) and received by the Program Administrator to be confirmed. Once written confirmation is received from the Program Administrator, withdrawal is complete. Any necessary refunds will be processed within 30 days by Yoga West. Funds will be reimbursed in the form of payment received.
- **Withdrawals prior to the first day of the course:**
 - **Paid in Full:** A full refund will be issued less **\$500 administrative fee..**
 - **Payment Plan:** Your **\$500 deposit is non-refundable.** The payment plan will be cancelled.
- **Withdrawals after the start of the course:**
 - **Paid in Full:**
 - Withdrawal before December 1 = \$2,000 refund
 - Withdrawal before February 1 = \$1,000 refund
 - Withdrawal after February 1 = No refund
 - **Course Materials** may be **returned in original condition** for a reimbursement of \$200. We cannot accept course materials back in used condition.
 - **Payment Plans** are **not eligible for any refund once the course begins.** Your payment plan will be canceled upon withdrawal confirmation.
- **2 Year Plan**
 - After withdrawal, you may opt to return to complete the program within 2 years.
 - If no refunds are made, payment(s) may be applied to re-taking the course. **A \$500 non-refundable deposit is required for re-enrollment.**

CLASS HOURS

Saturdays:

7:00 am - 12:30 pm Class

12:30 pm - 1:30 pm Delicious Vegetarian Lunch provided

1:30 pm - 5:00 pm Class

Sundays:

7:00 am - 11:00 am Class

11:00 am - 12:00 pm Delicious Vegetarian Lunch provided

12:00 pm - 5:00 pm Class

Friday Night Orientation:

In addition to our weekends, we meet one Friday night during the year. On **Friday, October 18** we meet for registration, orientation and to welcome you all. Please arrive at 6:00 pm and no later than 6:15 pm to allow time to complete your in-person registration and receive your course materials for the beginning of the course.

On Training Weekends, the Studio doors will open at 6:30 am so that you may have time to settle in before the start of the day.

Additionally, all are welcome to join us for daily Aquarian Group Sadhana at 3:45 am each morning, and you may stay in the room afterwards until Yoga West officially opens at 6:30 am.

STAYING CONNECTED

As a student, you will be invited to join a free online Student- Trainer forum like “Bascamp” where we post notices about scheduling, class topics, questions, inspirations as well as all of the class audio recordings. Everyone is invited to share! (This is a closed community using the web-based program/App)

TEACHER TRAINING LOGISTICS

Where to Park

Saturday: On Saturdays, the best place to park is on side streets east of Robertson, or a couple of blocks west of Robertson in the neighborhood where there are no weekend restrictions. **Be sure to carefully read the street signs.** There is no all day parking on Robertson Blvd. There are a few ten-hour meters on Horner (north of YW) and Pickford (south of YW). These meters accept money as early as Sadhana time (even though it's not due until 8am) and you can refresh them at lunch so you don't miss any class time.

Sunday: Most street parking is available on Sundays. Meters are free and there are no neighborhood restrictions **except** on the residential part of Pickford (Yoga West side of Robertson).

What to Bring

- No matter what you bring, consider writing your name on it. Yoga Mats, cushions, journals, cups, bags, etc. are often left behind at Yoga West. After 30 days they are donated to charity.
- Something to sit on that is comfortable (yoga mat, sheepskin, pillow)
- Water or a bottle that can be refilled for water
- A reusable cup for yogi tea. Please bring refillable water bottles and tea cups. *We endeavor to keep our carbon footprint low and truly appreciate your support.*
- Notebook
- Pen or pencil / highlighters
- Snacks – there will also be snacks for sale in the YW store
- Meditation shawl, head covering, deep relaxation blanket – optional
- Please avoid wearing scents during the training

Meals & Snacks

Lunch will be provided by the Teacher Training Leadership Team. All meals include are vegetarian and include vegan, gluten free options. We provide filtered water and tea all day and sell some snacks at the center like health bars, bean chips and dried fruit. Please note we do not have a microwave or other way to heat food at Yoga West, and there is very limited refrigerator space to keep any items cool.

Cell Phones

Yoga West is a cell phone free zone. Please silence your phones during class. Thank you for taking your calls outside. **NO texting or internet use during class. Use of electronic devices for note taking is acceptable.**

Photography and Filming

Portions of the course may be filmed or photographed for promotional purposes. Our photographers are sensitive to the student experience, and you may always request to not be photographed or filmed.

CERTIFICATION

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.

Anyone can attend this course for non-certification. To receive KRI Level 1 certification credit for this course, participants will need to complete the following.

Attendance:

- 180 hours of classroom time. 40 hours home study and practice.
- 6 Mid-month two-hour meetings with your small group.
- Make up work and documentation for any class time missed.
- Attending one White Tantric course (fees & registration not included in tuition). Visit: www.whitetantricyogala.com to register and learn more..

Personal Practice

- Textbook readings and study guide question completion.
- Attending 20 additional classes (A Yoga West 20 class pass is included with registration).
- At least one (but preferably several) 40 day Personal Sadhana practice.
- Attending 5 Aquarian Group Sadhanas at Yoga West.
- Attending One “Long Ek Ong Kar” meditation (2.5 hours) – This does not count towards your group Aquarian Group Sadhana requirement.

Teaching Practice

- Teaching assigned kriyas and meditation to your small group.
- Teaching at least 3 outside classes & having your students complete an evaluation form.

Written Assignments

- Creating a “Beginner’s Workshop.”
- Creating an “8 Week Series.”
- Creating a promotional flyer for your class.
- Passing grade on in class Final exam.

Code Of Ethics & Professional Standards of A Kundalini Yoga Teacher

- Proper representation of the Code of Ethics & Professional Standards for Kundalini Yoga Teachers.

Administration

- Full payment of Course Fees.

(The Kundalini Research Institute (KRI) and the KRI Teacher Training team at Yoga West reserve the right to grant KRI Level 1 certification based solely on their discretion and evaluation of each student’s readiness to be a Kundalini Yoga instructor.)

MISSED CLASS TIME & MAKE-UP WORK

Attendance is one of the key requirements for certification. If more than two weekends, or the equivalent of four days of course class time is missed, then the student will not be eligible for certification. If less than four days of class time is missed, then the appropriate make-up work must be completed to be eligible for certification.

Students who do not complete the course certification requirements in this course year will have the opportunity to complete the requirements within the next 2 years, with an additional \$500 administrative fee. Once this 2-year time frame has passed, the student is required to begin the course again in order to pursue certification.

Please alert your group leader if you will be late or absent for any portion of the weekend. In this way, we can be sure to let you know what material you need to review to keep pace with the group.

In order to receive KRI Certification, students are *required* to make up ANY time they miss – in class, a YB video, or even if they miss more than 2 of the mid-month jetha meetings. Please contact your group leader to find out how to make up any time you missed. Students will need to make up:

- The time you missed. Yoga West certifies that students are graduating from a 220 hour course. So if you miss 1 hour, you need to make up 1 hour. If you miss 10.5 hours, you need to make up 10.5 hours of time.
- The material that was covered. If you missed a lecture on the Shabd Guru for example, you will need to ensure that you go through a make-up process that will enable you to absorb that information.
- The experiences that they missed. If you missed a 62 minute meditation, or a Yogi Bhajan video, those are all experiences of the technology that will be important for you to make up.

AQUARIAN GROUP SADHANA

Aquarian Group Sadhana is different than traditional Kundalini classes in that it is “led” not “taught.” Which means that the teacher doesn’t lecture or explain much – simply announce the exercises, with a minimum of description.

The Aquarian Group Sadhana schedule at Yoga West is:

- 3:45am – Japji (Sikh morning prayer) Participation is optional but head covering is required.
- 4:05am – We tune in with the Adi Mantra three times, chant “Ad Gureh Nameh” three times and then begin exercises followed by a short relaxation.
- 4:40am – begin waking up from relaxation
- 4:45am – begin Morning Call & proceed with Aquarian Sadhana chants.

(At the end of Aquarian Group Sadhana, all are invited to Guru Ram Das Ashram across the street.)

SADHANA PRACTICE RESOURCES:

- www.3ho.org
- www.gururamdashram.org
- [Preparing for Sadhana](#)
- [The Aquarian Sadhana](#)
- [Yogi Bhajan on Sadhana](#)
- [40/90/120/1000 Day Sadhanas](#)
- [Sadhana Q & A](#)

40-DAY SADHANA KRIYA & MEDITATION HOMEWORK

Yogi Bhajan gave us a very special technology relating to habits. Every single kriya or meditation in Kundalini Yoga changes us in very specific ways. If you practice a kriya a few times, you receive a wonderful benefit. But if you want to permanently change your habits, and realize the full effects of the kriya, this is what you can do:

Practice a particular kriya or mantra every single day for the same amount of time. Based on the number of days you do this, here is how it will affect your habits.

- **40 Days:** Practice every day for 40 days straight. This will break any negative habits that block you from the expansion possible through the kriya or mantra.
- **90 Days:** Practice every day for 90 days straight. This will establish a new habit in your conscious and subconscious minds based on the effect of the kriya or mantra. It will change you in a very deep way.
- **120 Days:** Practice every day for 120 days straight. This will confirm the new habit of consciousness created by the kriya or mantra. The positive benefits of the kriya get integrated permanently into your psyche.
- **1000 Days:** Practice every day for 1000 days straight. This will allow you to master the new habit of consciousness that the kriya or mantra has promised. No matter what the challenge, you can call on this new habit to serve you.

WHY DO KUNDALINI TEACHERS WEAR WHITE?

Yogi Bajan taught us that wearing **all white clothing expands our auric radiance** by at least one foot. That is a good thing. A strong aura gives us a strong and solid identity and projection, and negative influences are automatically filtered.

Wearing white is also an exercise in awareness, as it takes more consciousness and care to keep white clothes clean. Here is a taste of what Yogi said about wearing white:

"We wear white because it's a simple scientific fact that every piece of matter or material has a foot and a half aura. Every animal has a three and a half foot aura. Every human has a nine foot aura. And if we wear the cotton and we wear the white, this color therapy gives us one extra foot of aura."

"We adopted this color because of our background and to support our development. We ask you to wear white so that you will reflect what is outside and go within yourself—that's what white clothes can do for you."

"When you are totally dressed in white, the entire face reflects, and then it is very difficult to become intimate. Wearing white demands that the other person deal with you on a higher level, because that person has to concentrate himself in order to advance."

"Colors create an uncontrollable action in your subconscious mind of inspiration, productivity and expansion. Colors have an effect on consciousness. The most difficult thing on this planet is to wear white top to bottom; but it is also the greatest therapy. If you really want to test yourself, live in a white room. What it does to you in one week will shock you. From one Sunday to another Sunday, you'll be a different person without doing anything."

"We wanted to develop a very fast, progressive, spiritual and technical method of all the colors, so we have adopted the one color of the seven colors, which is white. To you, white is just one color, but to me it is the total balance of seven colors."

HEAD COVERINGS DURING MEDITATION

Head coverings of any kind are useful for a meditative practice. Turbans in particular are useful for holding energy in, and for creating a meditative focus at the third eye point (brow point). In addition, the turban provides a nice cranial adjustment. During a class of Kundalini Yoga as taught by Yogi Bhajan®, chances are the teacher and many of the students will have their heads covered with a scarf, hat, or turban. Some teachers wear a turban or head covering for these yogic reasons alone.

Yogi Bhajan taught us that the hair is alive and has an energy function. We are training ourselves to be aware of and master our subtle energies and so he recommends covering the head and hair with a cotton cloth or wrapped turban.

Wearing a head covering enables you to command your sixth center, the Ajna Chakra. Covering the head stabilizes the cerebral matter and the 26 parts of the brain, which are interlocked with the neurological system and electromagnetic field. Covering the head creates a focus of the functional circuit of the hemispheres of the brain, and tunes the neurological system. The whole head is to be covered, not just the crown chakra.

Turbans as Technology : The skull is made up of tiny bones that are constantly moving even if only by micro millimeters and the degree to which they move impacts levels of calmness or anxiety. Covering the head provides a sense of containment and focus while practicing yoga or while doing work that requires clarity of thought.

The benefit of wearing a turban is that when you wrap the 5 to 7 layers of cloth, you cover the temples, which prevents any variance or movement in the different parts of the skull. A turban automatically gives you a cranial self-adjustment. You can pay for a cranial adjustment, or you can tie a turban for free!

SPIRITUAL NAMES

Many teachers of Kundalini Yoga request a spiritual name. This is a name that was given by Yogi Bhajan, the master teacher of Kundalini Yoga, or since Yogi Bhajan's passing, has been given by Nirinjan Kaur (a member of Yogi Bhajan's staff who was trained by him to give the names.) It represents the highest purpose of the person who is called by that name. A spiritual name is like a personal mantra. To learn more visit: www.3ho.org

KUNDALINI YOGA AVAILABLE GLOBALLY

Kundalini Yoga is practiced all over the world. There are Kundalini Yoga classes and teacher training programs offered throughout the United States, Canada, Europe, South America, Africa, and Asia.

There are many Kundalini Yoga events held around the world, including yoga festivals, training courses, women's camps, and other events. Each year, many teachers and students from all over the world travel to New Mexico for some of these events.

One of the most popular events is the Summer Solstice Sadhana Celebration, held in beautiful Jemez Mountains of New Mexico every June. It is a 10-day Kundalini Yoga event involving camping, early morning sadhana, yoga classes, and three days of White Tantric Yoga. It is an amazing and profoundly transformational experience. Summer Solstice is the ultimate experience for the advancing Kundalini student - and it is well worth planning to attend!

There is also a Winter Solstice Sadhana Celebration held in December in Florida that is very cozy and uplifting. Visit www.3HO.org and www.whitetantricyogala.com for a listing of upcoming Kundalini Yoga events or ask your teacher for more information.

ABOUT YOGI BHAJAN

(A Biography by Yogi Bhajan's first student: **Shakti Parwaha Kaur Khalsa**)

"It was the summer of 1929. In the little village of Kot Harkarn in what is now Pakistan a child was born who had a great destiny written upon his forehead. The man we know today as Yogi Bhajan was born Harbhajan Singh Puri. His father, Kartar Singh, was a well-known doctor and healer; his mother, Harkrishan Kaur, was a woman of great strength and righteousness. She kept everyone in the village in line and treated all the young men as if they were her own sons.

His parents decided that he should have the finest education available. The problem was that the best school available was a Catholic Girls' Convent school, so there he went. (Needless to say, the nuns were a bit unnerved.) As a young man, Harbhajan Singh was in the habit of seeking out and visiting every holy person he could find. He studied the spiritual teachings, scriptures, and technologies of all the religions of the world. He learned Kundalini Yoga with Master Sant Hazara Singh and he became a Master himself at the age of only sixteen.

Of course, along with mastering yoga, young Harbhajan Singh attended high school where he was a star athlete—winning top prizes in track events, served as captain of the soccer team, and played field hockey. While the other athletes ran and did the usual physical training exercises, Harbhajan Singh did yoga! It was his mastery of yoga that gave him the strength and stamina to be a consistent winner. When India was partitioned in 1947, he was only 18 years old. It was a terrible time as hundreds of thousands of people resettled and many families were torn apart. Even then, he took charge and led his family and over 7000 people from the surrounding areas to safety. Majoring in Economics at Punjab University, Harbhajan Singh won prizes in Debate, and continued his athletic achievements. He served in the Indian Army. After military service he worked for the Indian Government, until 1968 when he resigned to answer the call of his destiny and travel across the world to serve us here in the West.

The Pundits warned him and the Astrologers said all the signs pointed to a great deal of suffering and hardship if he left India in September of 1968—but as usual, his higher guidance prevailed and he flew to Canada to take a job he had been offered—teaching yoga at the University of Toronto. True to predictions, not only was his luggage lost en route, so that he arrived with nothing but his Air India carry-on bag, but also, the man who had hired him had been killed in an auto accident, just a few days before. No job, no money, except for \$35 the Canadian Government supplied, the yogi accepted everything as God's will. He got a job as a clerk in a bookstore. He ate day-old donuts softened in water, and wrapped newspapers around his thin shoes to keep out the brutal, cold Canadian weather. Then he was hired as a nerve therapist at a yoga center.

Invited to visit Los Angeles for a weekend, he discovered there the souls whose aspiration and longing had drawn him to the West. He gave his first public lecture in the United States on January 5, 1969, at the East West Cultural Center where he stated his firm conviction that it is the birthright of

every human being to be “Healthy, Happy, and Holy.” The young people he met wanted to experience God. Unfortunately, many had been using drugs to alter consciousness. Despite the centuries old taboo against teaching Kundalini Yoga publicly, the Yogi knew that it was the most effective technology he could share with them to heal their bodies and their minds, and give them a valid experience. They could get “high” without side effects, and it was legal! Their souls were hungry to be awakened.

He told them he hadn’t come to gather students; he had come to train teachers. In his Kundalini Yoga classes he told inspiring stories about the Sikh Gurus, he talked about the virtues and values that would bring happiness. He made people laugh, never criticized anyone, and though he told them, “Don’t love me, love my teachings,” he touched the hearts of every seeker. A master of communication, whenever he spoke, each person felt he was talking directly to him or her. His words sank in.

In the next few years he sowed the seeds for institutions and events that have multiplied and mushroomed worldwide, attracting thousands of people who embraced the 3HO way of life. He said 3HO was to be a family of people who lived not just “with” each other but “for” each other. To provide a structure for the teachings, the 3HO Foundation was legally incorporated in California on July 29, 1969. Yogiji also founded KRI, the Kundalini Research Institute in 1971.

Yogiji went to Gurdwara every Sunday. Many of his students went with him. A devout Sikh, Yogi Bhajan never tried to convert anyone to follow the Sikh Path. But his faith and devotion, and his deep love of the Guru were contagious. People wanted to learn more about the Sikh religion. Some of his students went to the local Gurdwara in Los Angeles and asked to be baptized as Sikhs. The Granthi (religious official) there didn't know what to do, because Americans had never done this before, so he called Yogiji for help.

In 1971, Yogi Bhajan was bestowed the title of *Siri Singh Sahib* by Sant Chanan Singh at the Akal Takhat^[1] and was authorized to ordain Ministers and perform the Amrit Ceremony^[2] Through his efforts, Sikh Dharma became officially incorporated and recognized by the US Government as a Religion on April 10, 1973.

Yogi Bhajan encouraged his young students to complete their education and start careers. But many of them could not get jobs because of their long hair and turbans, so he suggested they start their own businesses. Nanak's Conscious Cookery was the first business they started. Akal Security, Golden Temple, Khalsa International Industries and Trades (KIIT) soon followed with all the products you now see in stores worldwide—like Wha Guru Chews, Peace Cereals, Sunshine Oils, and Yogi Tea.

The transformation of “Chicks into Eagles” was one of Yogi Bhajan’s main stated goals, and in 1976 he started the first Khalsa Women’s Training Camp in New Mexico. That first KWTC lasted for 8 weeks. He taught that woman is the Grace of God, and any country in which she is not honored and

respected is going to fail. He empowered women to realize their own worth and potential. Not to leave out the men, he also taught Men's' courses. Long before *Men are from Mars, Women are from Venus* he explained the differences.

In 1971 the mantle of authority and responsibility as the only living Mahan Tantric—Master of White Tantric Yoga—was passed to him when the former Mahan Tantric left his body. Yogi Bhajan personally led this group meditation experience in cities all over the world until 1987 when he was able to transfer the workshops to videotape. He selected representatives to facilitate these courses, while his subtle body continues to direct them.

Pioneer in Interreligious dialogue, outstanding advocate of World Peace, Yogi Bhajan established the first interfaith International Peace Prayer Day in 1985, which now draws thousands to the mountains of New Mexico every summer. In May 1994, his pamphlet, "The Sensory Man" was circulated at the United Nations, when 3HO became an NGO.^[3]

A great many of the people who have been impacted by Yogi Bhajan's wisdom, knowledge, and teachings are sharing the technology of peace, strength, and awareness to the whole planet. His knowledge and his teachings are reaching out through Kundalini Yoga Teachers, through businesses, and through Sikh Dharma. Today, the natural foods, healing herbs, and teas conceived and formulated by Yogi Bhajan are benefiting people all over the world. May the teachings of Yogi Bhajan be engraved on all our hearts forever and ever."

(Excerpts from Yogi Bhajan's 75th Birthday Tribute presented on August 28, 2004, in Espanola, New Mexico, five weeks before his passing. **Shakti Parwha Kaur Khalsa** was Yogi Bhajan's first student-teacher in the United States. She has been teaching Kundalini Yoga since 1969. Author of *Kundalini Yoga: The Flow of Eternal Power*; *Kundalini Postures and Poetry*; and *Marriage on the Spiritual Path: Mastering the Highest Yoga*)

ABOUT KRI

KRI (Kundalini Research Institute) is the official international training organization that promotes the teachings of Yogi Bhajan and oversees teacher training globally. The primary regulatory body for Kundalini Yoga teachers is IKYTA, (International Kundalini Yoga Teachers Alliance), not Yoga Alliance. Your KRI certificate qualifies for Yoga Alliance credit. Students need to register with Yoga Alliance directly: www.yogaalliance.org

OTHER OFFERINGS AT YOGA WEST

Every day at Yoga West begins at 3:45 am with a free community offering of Aquarian Morning Sadhana. Sadhana is a daily spiritual practice that brings out the best in you. To learn more about Sadhana visit: www.3ho.org/kundalini-yoga/sadhana

The rest of the day is filled with an invigorating mix of Kundalini classes, workshops and teacher trainings presented by an inspiring mix of talented teachers who share the Kundalini Yoga technology from their own unique perspective. Classes include: Kundalini Yoga & Meditation for all levels, Mommy & Me (Daddies and caregivers welcome!), Pregnancy Yoga, Sat Nam Rasayan, Sound Bath Nights, Discounted Community classes, Celestial Communication, Humanology, Chanting and much more. We also offer:

- 21 Stages of Meditation
- Level 2 Teacher Training
- Level 3 Teacher Training

More information about the daily schedule and other programs, go to: www.yogawestla.com.

CONTACT US

We are here to support you in your journey! Please don't hesitate to call or email the Guru Singh Training Team at: gurusinghkritrainings@gmail.com or Course Administrator Navneet Kaur at 310.913.7173 | NavneetKaurChicago@gmail.com or Yoga West (310.552.4647 | info@yogawest.com or with any additional questions you may have. We'd love to see you in the training and are here to support you during this powerful transformation.

Sat Nam,

Navneet Kaur & The Guru Singh KRI Teacher Training Leadership Team



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**Immerse Your Self within the Self • Experience Your Infinity
Deepen Your Practice • Become a Kundalini Teacher**