



Level 2: Mind & Meditation FAQ

Join Master Teachers Guru Singh, Krishna Kaur & Nirvair Singh for this powerful and transformative training!

About Mind & Meditation:

The mantra for this course is:

As I master and train my Mind, I master my world.

Our mind creates our world. Understanding the essential qualities of your mind allows you to exercise choice in the world you create in partnership with your mind.

Mind & Meditation is a course created to support you as you deepen your practice of meditation, and recognize the composition, nature and dynamics of your mind.

What is Mind & Meditation Training?

Mind & Meditation is a 60-hour course as taught by Yogi Bhajan with classroom hours and independent study. It is an in-depth transformational learning and teaching experience with a well-designed curriculum, manual, and support materials.

Mind & Meditation is one of the five modules required for Level 2 certification as a Kundalini Yoga Practitioner.

Who should take this course?

This program is open to everyone: those who have completed KRI Level One Teacher Training, Aquarian Teachers, Yoga Students, Yoga Teachers, and everyone wanting to understand and gain awareness about Authentic Relationships. Anyone can attend this course for non-certification credit. Those students desiring Level 2 credit for the course, there is a Level 1 pre-requisite.



What will I Learn?

In this transformational Kundalini Yoga Level 2 teacher training, we will explore the following themes of Mind & Meditation:

- Enhancing the depth of your understanding of meditation and deepen your practice
- Focus on and explicitly elaborate your relationship to your own mind
- Increase your ability to observe neutrally, to become still, to clear your mind of distraction, and to recognize when you establish a state of shuniya
- Experience and practice the use of intuition as a primary skill
- Awaken your heart and embody in your life the skills of a Teacher

Dates: Three weekends at Yoga West LA (with additional home study):

Saturday, February 9 & Sunday, February 10
Saturday, February 23 & Sunday, February 24
Saturday, March 9 & Sunday, March 1

Times:

Saturdays:

9:00 AM – 12:00 PM
12:00 PM – 1:00 PM lunch (served by Yoga West)
1:00 PM – 6:00 PM

Sundays:

9:00 AM – 11:00 AM
11:00 AM – 12:00 PM lunch (served by Yoga West)
12:00 PM – 6:00 PM

Please complete your registration form online at yogawestla.com prior to the start of the course, which will help with our first morning of the course.

Arrive early! We request that you arrive between **8:00 - 8:15 AM on Saturday, February 9.** The course will begin promptly at 9 :00 AM

After day one, the doors will open at 8:30 AM. Additionally, all are welcome to join us for Aquarian Group Sadhana at 3:45 AM each morning.



Where: Yoga West
1535 S. Robertson Blvd., Los Angeles, CA 90035
310.552.4647 • www.yogawestla.com

Contact: Nampreet Kaur • erica@yogawestla.com • 310.552.4647

Cost: Price includes: 6 days of classroom training, KRI Mind & Meditation manual filled with lectures, kriyas, meditations & study guide questions, a set of 6 DVD's of Yogi Bhajan classes/lecture, and vegan/vegetarian lunches served at Yoga West.

Payment Option	Cost
Pre-Registration by January 26	\$1195
Registration after January 26	\$1395

Payment: Cash, Check, Visa and MasterCard, AMEX

Cancellation/Withdrawals:

Withdrawals prior to the start of the course will be eligible for a refund less \$100. Withdrawals after the start of the course will be eligible for a Yoga West credit: a pro-rated amount based on percentage of class attendance, less \$300 for materials and registration fees. This amount will be credited to your Yoga West account for future class, course or retail purchases. All requests for withdrawals must be in writing erica@yogawestla.com.

Instructors:

This course is taught by three master yoga teachers who studied directly with Yogi Bhajan since the early 70's and have been practicing and teaching Kundalini Yoga worldwide ever since.

Guru Singh: 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. To learn more:

www.gurusingh.com

Krishna Kaur: Krishna Kaur, a dynamic, heart centered Yoga teacher, began studying with Yogi Bhajan in 1970 and has passionately taught the art and science of Kundalini Yoga and Self Awareness for 40 years. She brings a wealth of knowledge and experience from her teaching in Africa, Mexico, and inner cities throughout the United States. A master teacher trainer of Kundalini Yoga as taught by Yogi Bhajan, she conducts workshops in Canada, Europe, and Latin America. Krishna also founded and runs Y.O.G.A. for Youth, a non-profit dedicated to training yoga teachers to work with at-risk youth and creating yoga programs in schools and juvenile facilities. To learn more:

www.krishnakaur.org

Nivair Singh: Nirvair Singh Khalsa began studying with Yogi Bhajan in 1971. He is a retired University Instructor at the University of Alaska Anchorage where he taught classes in Kundalini Yoga for 31 years. He has authored nineteen best-selling DVD's/Videos and four books on Kundalini Yoga as taught by Yogi Bhajan. He has also taught classes, workshops and trainings throughout the Americas, Europe and Asia. Currently he is the CEO and President of The Kundalini Research Institute. To learn more: www.kundaliniyoga.net

Group Leaders: In addition to the main instructors, you will be assigned to a small group also known as a “Jetha.” Each group has a leader. This experienced person will help facilitate your journey, answer questions and facilitate the 90-day self-study portion of the course. They will lead “check-ins” with the small groups where students share their insights while group members compassionately listen. They may facilitate group exercises and assignments in class. Group leaders will organize and host three conference call meetings with the group during the 90-day self-study to focus on the reading assignments, homework and self-study. Jetha Leaders are another valuable resource and partner throughout your training and transformation. They are here to answer questions, help with understanding and completing requirements, as well as grade student exams at the end of the course.

What is Level 2 Teacher Training?

Level 2 Teacher Training focuses on Transformation. There are five Level 2 courses. Level 2 courses develop the inner growth and personal discipline of a truly excellent teacher. Open to KRI Level 1 Certified Instructors, this 300-hour certification program consists of five, 62-hour modules. Graduates of Level 2 earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan® and combined with Level 1 certification, fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour requirement.

Building on the foundation of Level 1, Level 2 Teacher Training is about personal transformation and deepening the core capacities, character and consciousness of a



Kundalini Yoga Teacher. In this level, the Instructor cultivates the yogic capacities of intuition, neutrality and self-assessment within the five mirrors of consciousness:

- Authentic Relationships – Unfold your true identity in the matrix of conscious relationship.
- Conscious Communication – Uplift and penetrate through the power of the word.
- Mind and Meditation – Conquer the mind and conquer the world.
- LifeCycles and LifeStyles – Discover mystery and mastery through every cycle of life.
- Vitality and Stress – Cultivate the caliber to guide yourself and others through life's challenges.

What are Level 2 classes like at Yoga West?

The training at Yoga West LA is centered around three weekends at the studio where you'll experience a combination of: lectures by Master Teachers, video classes with Yogi Bhajan, kriya, meditation, and group discussion in both large and small groups. You will have time to review information and practice the meditations and kriyas that are given in both the manual and home study guide, as well as on the set of six DVDs that you receive in the course.

The course emphasizes carefully chosen meditations, kriyas, and readings. 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. You will have the opportunity to practice meditations deeply over an extended time. You will test and observe the application of these techniques and attitudes in your life.

Pivotal to this path of study is a chance for you to encounter the energy, teaching and character of Yogi Bhajan as directly and personally as you can. We use videos of him teaching classes and mediations throughout the course.

Certification:

Anyone can attend this course for non-certification credit. To receive KRI Level 2 certification credit for this course, participants must be certified Level 1 instructors. If you have not taken Level 1 Teacher Training, but desire to receive credit for this Level 2 course, completion of Level 1 is required prior to re-taking any Level 2 courses for credit. To fully reap the benefits of this amazing course and receive a letter of completion, you will need to do the following:

- Completion of the 90 day meditation
- Three conference calls with your group
- Watch all Yogi Bhajan videos
- Complete study guide questions
- Take home exam
- A minimum of 40 days of journaling



Mind & Meditation is one of five modules required for KRI International Level 2 Certification. This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhanan. The Aquarian Teacher program is a journey of your development as a Kundalini Yoga Teacher.

Teachers who complete all 5 Level Two Courses earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhanan®. Combined with Level One certification, completion of Level Two certification fulfills the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour teacher training requirements.

Please let your study group leader know 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.

Missed Class Time & Make-up Work

In order to receive KRI Certification, students are *required* to make up ANY time they miss, including the three conference calls following the in-class weekends. Please contact your Group Leader to find out how to make up any time you missed. If you miss more than eight total hours of the course, then you will not be eligible to complete the course for certification.

What is the Home Study Part?

- A minimum of six hours of reading Yogi Bhanan transcripts, watching the videos and practicing the meditations given in the videos.
- A minimum of 6 hours of study group meetings or conference calls
- A minimum of 40 days of journaling
- Completion of the 90 day meditation
- Completion of the exam questions

Why Do We Do A 90 Day Meditation As Homework?

Yogi Bhanan 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.

What Else Does Yoga West Offer?

Every day begins at Yoga West LA at 3:45 am with a free community offering of 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, Deep Meditation, Income Sensitive Community classes, Celestial Communication, Humanology & Chanting and much more.

Every year, we host Aquarian Teacher Training Level 1 as well as a Level 2 course. Every month there are new workshops to inspire & enrich our lives. First time students pay only \$11 and then receive an offer to enjoy unlimited classes for \$25 for twenty-five days. It's a great way to immerse yourself in the teachings and experience a range of teachers and kriyas.

Why Should I Study at Yoga West?

As the birthplace of 3HO and the home of Yogi Bhajan's first classes in America, Yoga West is devoted to serving humanity by:

- Spreading the science and technology as taught by Yogi Bhajan, of Kundalini Yoga, Meditation and Humanology
- 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 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 and yoga inspired apparel, a wide variety of spiritual books and manuals, healing crystals and jewelry, yoga and meditation props and beautifully elevated gifts to uplift your life and lifestyle.

Whether you are looking to center yourself, calm your mind, move your body, listen to your spirit, challenge yourself, melt stress, 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.

We are located near Pico & Robertson just a short walk from the Guru Ram Das Ashram where Yogi Bhajan first taught, lived and shared his life with us. Harbhajan Singh Khalsa Yogiji, aka Yogi Bhajan, arrived in Los Angeles in 1968. As part of his mission to share the teachings of Kundalini Yoga and to help people live healthy, happy, and holy lives, he created Guru Ram Das Ashram in 1972. It was here in Los Angeles that Kundalini Yoga in the West was born, and it was here at Guru Ram Das Ashram that Yogi Bhajan first taught, lived, and shared his life. To Learn More: <http://www.gururamdhasashram.org>

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).

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

- 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 we truly appreciate your support.
- Notebook
- Pen or pencil
- 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

Yoga West will provide a vegan/vegetarian, gluten free lunch both days of the training,

We provide filtered water and tea all day and additional snacks are available for purchase in the studio. Please note we do not have a kitchen or place to heat food or store food in a cold place at Yoga West.

Cell Phones

Yoga West is a cell phone free zone. Please silence your phones during class. Thank you for taking your calls outside. We ask that students refrain from texting during class.

Photography and Filming

Yoga West may photograph or film portions of the Level 2 course for promotional purposes. Our photographers are sensitive to the student experience, and you may always request to not be photographed or filmed.

Other Inquiries

Please don't hesitate to call or email 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,
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