



**The Aquarian Teacher™**  
**KRI Level One Teacher Training Program**

**Melbourne 2018**  
**Instructor Certification - Foundations**



*"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*

## **Introduction**

In the past few years the Kundalini Yoga community in Australia has grown in numbers and in enthusiasm as more people discover the transformative strength of the practice and science of Kundalini Yoga.

In 1969, Yogi Bhajan, Master of Kundalini Yoga and Mahan Tantric (Master of White Tantra) arrived in the US, not to gather disciples but to create teachers. Before this time Kundalini Yoga was practiced in India and Tibet but was a secret practice only passed down selectively and verbally from a master to chosen disciple.

*You will explore  
your own potential.  
You will challenge  
yourself.*

As we enter the Aquarian Age we no longer have to search for knowledge or be initiated, instead it is time to 'experience' and discover that everything that we need to reach our potential is within us. 'It is time to stand on your own two lotus feet'.

## **Become a teacher!**

Teaching Kundalini Yoga is more than just a profession. It's a way of life. To choose a life as a teacher is to have a commitment to the 'Self'; to work towards living in a positive state of joy, peace and contentment. When people see you smiling and walking tall, they will come to you. The power of your presence will uplift others and create positive change around you.

Becoming an instructor of Kundalini Yoga in times such as these, where people are suffering from stress, anxiety, mental health disorders and "dis-ease" from modern living, will give you the tools to help people immediately. The need for yoga has never been greater.



## Yogi Bhajan – Master of Kundalini Yoga



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 disciples."* For over 30 years, he travelled internationally teaching Kundalini Yoga, the Yoga of Awareness. 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 further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide. In 1969 Yogi Bhajan founded 3HO -- the Happy, Healthy, Holy Organization, based on his first principle *"Happiness is your birthright."*

## Program Overview

The Aquarian Teacher Certification program is open both to yoga students ready to become instructors and those who wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan®.

The course teachings will give you a foundation of Kundalini Yoga as taught by Yogi Bhajan®. The concepts covered will include mudra, mantra, asanas, pranayama, meditation, yogic and functional anatomy, yogic philosophy, the Aquarian Age, Humanology, sadhana, practical teaching, ethics and more.

The course is from April to November made up of four 5 day retreats and one weekend.

The structure and time frame of this course gives you a unique opportunity to really establish your practice and integrate the teachings so that you feel ready to begin teaching with confidence and with a connection to the community.

\*Please note: Retreat structure may change according to student numbers.

## Course Dates

All retreats commence on 9:00 am on the first day and each following day 5:00 am with group sadhana.

Retreat One	21 - 26 April
Retreat Two	21 - 27 July
Retreat Three	1 - 5 September
Retreat Four	10 - 14 November



Attend one full day of White Tantric Yoga (Cost **not** included in course fee).

## Retreat Centre

The Vine & Branches retreat centre, in Lower Plenty, is a homely space on a 5 acre property tucked away from the main road. It is very tranquil, set close to the Yarra River in natural bush-land, about 40 minutes from the CBD. Both retreat have shared accommodation and you will be catered for with nutritious and wholesome vegetarian food prepared with love.



## Program Description

The Aquarian Teacher Program is the KRI Level One Certification program in Kundalini Yoga as taught by Yogi Bhajan®. In Level One you will become an Instructor and learn the fundamental principles and practices of Kundalini Yoga.

The Kundalini Research Institute (KRI) – [www.kriteachings.org](http://www.kriteachings.org) – based in New Mexico, USA, administers the certification standards for Kundalini Yoga Teachers and is the review agency for materials, manuals, and other products developed to support the teachings of Kundalini Yoga as taught by Yogi Bhajan®.

KYTANZ – The Kundalini Yoga Teachers Association Australia & NZ administers the course in Australia ([www.kundaliniyoga.com.au](http://www.kundaliniyoga.com.au)). When you commence training you will become a student to KYTANZ and be listed on the website as a trainee.

The International Kundalini Yoga Teacher's Association (IKYTA) – [www.kundaliniyoga.com](http://www.kundaliniyoga.com) is the worldwide professional organisation of certified Kundalini Yoga Teachers. Once certified, new instructors, who become members of KYTANZ, will also become professional members of IKYTA which allows them to receive such benefits as educational program opportunities, newsletters, product discounts, and listings in printed and web directories.

This is a 220 hour course, which includes 180 hours of classroom instruction as well as homework which includes reading assignments, written assignments, a 40 day personal Sadhana and independent study.

You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning group sadhana (spiritual practice) and experience the powerful transformational energy of this ancient technology.

The KRI Level 1 Teacher Certification team reserve the right to grant KRI Certification based solely on their discretion and their evaluation of each participant's readiness to be a Kundalini Yoga instructor. Evaluation is based on successfully meeting the KRI Teacher Certification Level 1 course requirements and full payment of training costs.

## Curriculum

There are six principle components you will be working with:

1. Kriya & Meditation: The Foundation of Kundalini Yoga as taught by Yogi Bhajan®
2. Humanology and Philosophy: The Lifestyle of a Kundalini Yoga Teacher
3. Anatomy & Physiology: The Basics of Spiritual and Western Anatomy
4. The Consciousness of a Teacher: The Virtues and Values of Living in the Golden Chain
5. The Master's Touch: Cultivating a Connection to the Master, Yogi Bhajan
6. The Practicum: Teaching on Day One

### **Kriya & Meditation - The Foundation of Kundalini Yoga as taught by Yogi Bhajan®**

Learn the theory and practice of Kundalini Yoga Kriyas & Meditations:

- Kriya: Understand the nature of kriya, a completed action, and its application to Kundalini Yoga, your life cycles, and more
- Asana: Divine Alignment and the Science of Angles and Triangles as applied to Kundalini Yoga Postures
- Pranayam: The Science and Technology of Breath using Breath Retention and the Body's Bandhas, Breath of Fire, One Minute Breath, Sitali Pranayam and more
- Drishti: Dharana, or Concentration, and the Benefits of Eye Focus. The Third Eye, Lotus Point, Moon Center and more



- Mudra: Experience the Qualities of the Different Hand Positions. Gyan, Buddhi, Shuni, and Ravi Mudras as well as Venus Lock and their Relationship to Mastering the Elements
- Naad: The Power of Sound and Mantra to Raise the Kundalini and Serve the Consciousness in the Aquarian Age
- Meditation: Experience Dozens of Meditations to Incorporate into Your Daily Kundalini Yoga Practice

## Humanology and Philosophy - The Lifestyle of a Kundalini Yoga Teacher

Understand the history and tradition of Kundalini Yoga, as well as the underlying philosophy and concepts that make up the yogic tradition.

- The Good Life: Don't drink, don't smoke, what do you do? The disciplined life of a Teacher.
- Sadhana: The foundation of our lifestyle. Experience the practice of yoga and meditation before the sun rises.
- Shakti and Bhakti: Empowering your practice and surrendering through service.
- Good Eats: How to live as a vegetarian and love it!
- The Sun and Moon Teachings: What does it mean to be a woman in the Aquarian Age? A man?
- Yogic Philosophy and the Aquarian Age: Applying Ancient Wisdom in Contemporary Times

## Anatomy & Physiology - The Basics of Yogic and Western Anatomy

Explore the purpose and function of the body's systems and how they support the practice of Kundalini Yoga and the Lifestyle of a Yogi:

- Physical body and its functions and systems: digestive system, respiratory system, nervous system, endocrine system, musculoskeletal system.
- The 10 Bodies: What are they and how do they inform your yoga practice and teaching?
- Nadis, Vayus, and Chakras: The basics of Yogic Anatomy and how they work through with the breath, the movement of energy and the awakening of the Self.
- Integration: How do the Western and Yogic anatomy systems work together to support our understanding of health and the body's functions?

## Your Role as a Teacher - The Virtues and Values of a Teacher

Learn the roles and responsibilities as well as the skills and techniques of an effective instructor of Kundalini Yoga as taught by Yogi Bhajan®

- Practical Techniques for Teaching Beginners
- Ethical Guidelines for Teachers
- Curriculum Development
- The Transformational Role of the Teacher
- The Consciousness of a Teacher

## The Master's Touch - Cultivating a Connection to the Master, Yogi Bhajan

Develop an awareness of your connection to the Master, cultivate a relationship to the Golden Chain of Teachers, and serve the legacy of the teachings.

- Video classes with Yogi Bhajan, Master of Kundalini Yoga
- Connecting to the Golden Chain: Experience the Master's Touch
- Serving Legacy over Lineage
- Experiencing the Subtle Body of the Master: The Tratakam Meditation and the Art of Listening

## The Practicum

Develop an appreciation and understanding of yoga from a teacher's perspective and experience teaching.

- Practice teaching Kundalini Yoga Kriyas and Meditation under the guidance of the teaching team
- Receive feedback from Practicum



## Requirements and Certification

- Attendance at **all** group classes and retreats including early morning group Sadhana (5am start)
- Completion of the assigned 40-day sadhana (spiritual practice) of given set / meditation including keeping a journal of the experience.
- Preparation of two course outlines (5 weeks for a club or theme & 10 week beginners program)
- Write a research assignment on a yogic topic of your choice (which has been approved by the team) and present it to the rest of the group
- Ongoing home practice
- Completion of all assignments
- Satisfactory practicum (presentation and facilitation skills teaching a class to the group)
- Passing grade on final KRI written examination (administered during the course)
- Completion of all homework and/or makeup assignments, which constitutes the KRI take-home examination (an open book exam).
- Completion of 20 Kundalini Yoga classes as taught by Yogi Bhajan (outside of training classes; taken during or after completion of Teacher Training). Please note that a certified KRI Level 1 teacher must conduct and sign the record of class attendance.
- Attendance at White Tantric Yoga
- Agreement with the Code of Excellence and Professional Standards for Kundalini Yoga Teachers.
- Live a yogic lifestyle to the best of your ability
- Full payment of course fees

## Pre-course requirements

- Attend 10 Kundalini Yoga classes before commencing the course.
- Read Kundalini Yoga The Flow of Eternal Power by Shakti Parwaha Kaur Khalsa

## Ongoing Training

The Aquarian Teacher program is a journey of your development as a Kundalini Yoga Instructor. Once you have completed level one Foundations and Awakening – Instructor certification there is the opportunity, in both Australia and overseas, to continue your study and experience by completing Level two Transformation – Practitioner certification. Level two consists of five modules, each a six day retreat, on the topics of Conscious Communication; Authentic Relationships; Mind & Meditation; Lifestyle and Lifecycles and Stress & Vitality. You can then go on to complete the level three program - Realization of a Teacher certification.

You may also like to broaden your skill and train in other areas of Kundalini Yoga such as the Radiant Child Yoga Program, Conscious Pregnancy, 21 Stages of Meditation, Sat Nam Rasayan or Yoga Therapy. These are just some of the teachings available.

Kundalini Yoga, as taught by Yogi Bhajan, is a tradition which is so well resourced, that it would take more than a lifetime to study the texts; practice the yogic techniques and listen to the music and mantra.

*Becoming a teacher is not only the study and experience of the yogic teachings and of human nature, it is a lifestyle. To choose a life as a teacher is to have a commitment to the "Self"; to work towards living in a positive state of joy, peace and contentment.*

*When people see you smiling and walking tall, they will come to you. The power of your presence will uplift others and create positive change around you.*



## Teacher Training Team



### **Gurujivan Kaur Khalsa** (Lead Teacher Trainer / Licensee)

Gurujivan is a Lead Teacher Trainer of Kundalini Yoga in Australia. She studied directly under Yogi Bhajan, the Master of Kundalini Yoga, and has been teaching for the past 45 years. Gurujivan is humbled by the opportunity to share this technology with so many people from around the world, leading workshops, retreats and Teacher Training. Gurujivan respects each person's individuality and encourages students to pursue their own goals during practice while maintaining the highest level in teaching and the practice of Kundalini Yoga as taught by Yogi Bhajan®. Gurujivan will be overseeing the training and teaching on occasions.

**Balwant Kaur** is a Lead Trainer on the team and has been teaching Kundalini Yoga for over a decade. She comes from a corporate background, having worked in the IT industry for approximately 20 years. She believes that we have lost our connection with ourselves and our environment. Kundalini Yoga has helped her to go within, learning to balance life. According to Balwant it doesn't matter what you look like, what size you are or how flexible you are, everyone can benefit from Kundalini yoga. It is the yoga for the regular person who has a job, has a family and has commitments. It is a technology that we can use for living a harmonious, healthy and happy life.



**Siri Bhagvati Kaur** started practicing yoga because she was searching for a practice that integrated the theories, concepts and knowledge of her health science studies into a direct experience. She started teaching yoga in 2003 and is a Professional Kundalini Teacher Trainer. She is also in the Yoga Therapy teaching faculty team with Dr Shanti Shanti Kaur. Her training in kundalini yoga, yoga therapy and in natural health and healing has given her the tools to meet people where they're at and be able to help guide or simply create the space and awareness needed, to embark on the journey of discovering who they are.

**Didar Kaur** is a Professional Teacher Trainer on the team. She is the caretaker of Kundalini Books and the Mackay Healing Centre in Queensland. Didar has been teaching for over a decade and is also a Yoga Therapist. Didar started her yoga journey over three decades ago. She is passionate about assisting you achieve the best from your life and improving your wellness and has devoted most of her life doing so.



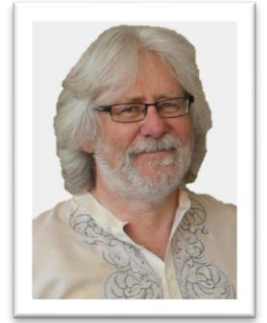
**Seva Simran Kaur** is a Professional Teacher Trainer on the team. Her first introduction to Kundalini Yoga was in London in 1991 and she began teaching in Perth in 1998. From her first class she knew that she had found a profound yogic spiritual practice, one that brings transformation, awareness, insight and intuition. Seva Simran also works as a Traditional Chinese Medicine Practitioner.



## KYTANZ KRI Level 1 Aquarian Teacher Program

*"Don't love me, Love my teachings" Yogi Bhaajan*

**Balwant Singh** is an intern on the training team and has been teaching Kundalini Yoga since 2012. After a career in IT he discovered Kundalini Yoga at White Tantric Yoga in 2010 and realised the benefits of this ancient technology. In 2014 he became a full-time Kundalini Yoga teacher. Balwant Singh has a love for the gong and sound healing and is a Gong Therapist. He feels privileged to be able to devote himself to bringing Kundalini Yoga to the community.



**Vikrampreet/Nancy** is an intern of the training team and is a devoted practitioner of yoga who teaches because her own practice ignited a deep desire to inspire growth, self-knowing and personal responsibility in others. She believes yoga is a tool to bring us home to ourselves. A teacher of Kundalini Yoga and Hatha Yoga, Vikrampreet is also a crystal singing bowl sound healer.

We may will also be joined by local instructors during the course.

*"Remember, the first student you will have to teach as a teacher is yourself. And as the light of one candle can light thousands of candles, you must first illuminate your own consciousness. Awaken your own awareness. Then you can help. You can serve."*



## Investment

The investment for the course: This includes all teaching, retreat costs and textbooks.

**Single Payment Option:** \$5300 paid in full on registration

**Multiple Payment Option:** \$5550 deposit upon registration of \$1000 and 5 payments

Deposit due on registration	\$1000	3 <sup>rd</sup> Payment due by 1 April 2018	\$ 900
1 <sup>st</sup> Payment due by 1 February 2018	\$ 950	4 <sup>th</sup> Payment due by 1 May 2018	\$ 900
2 <sup>nd</sup> Payment due by 1 March 2018	\$ 900	5 <sup>th</sup> Payment due by 1 June 2018	\$ 900

A payment plan will need to be entered into, approved and signed.

## To Apply

Please mail a completed application form, registration and release form, the bottom of the verification form and the payment of the deposit to reserve your place. You will be notified of your acceptance within a fortnight of our receiving your application. If your application is unsuccessful there is no charge.

## Refund / Cancellation Policy

Cancellation fees apply please see below.

An amount of \$500 is non-refundable this is to cover administration and material costs.

Course Cancellation Fees:

Before 31 <sup>st</sup> March 2018	\$500 cancellation fee
From 1 <sup>st</sup> April to 19 <sup>th</sup> April 2018	\$1000 cancellation fee
After 20 <sup>th</sup> April 2018	No refund

If a student decides to withdraw from the course a written request for refund must be received stating a reasonable basis for dissatisfaction. All such requests should be emailed to [info@kundalinihouse.com.au](mailto:info@kundalinihouse.com.au).

## Course Policy

The Kundalini Yoga Teacher Training Course is a drug, alcohol and cigarette free environment. All meals are vegetarian. We reserve the right to request anyone disobeying the course policies to leave the course. For more information and to receive the registration kit please contact Kundalini House on 03 9482 4325 or email [info@kundalinihouse.com.au](mailto:info@kundalinihouse.com.au).

**To complete your application please remember to write approximately 500 words as to why you would like to undertake Kundalini Yoga Teacher Training.**