

AQUARIAN TEACHER



KUNDALINI RESEARCH INSTITUTE (KRI) LEVEL ONE TEACHER TRAINING PROGRAM FOR PERSONAL GROWTH AND TEACHER CERTIFICATION

Do You Love Kundalini Yoga?

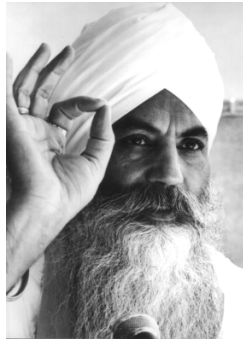
The Aquarian Teacher Certification program is open both to yoga students ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan. The course will give you a lifelong foundation for a successful yoga practice. Those who desire to become teachers will be given the knowledge and experience to become well-rounded, competent, confident teachers of Kundalini Yoga.

In essence, we are all teachers. We each have something unique to share and an instinct to uplift each other, whether we teach formally or informally. This course is the opportunity to commit to positive change and to connect with others willing to do the same. As a certified Kundalini Yoga teacher, you will be trained according to the sacred tradition passed on by Yogi Bhajan to carry the legacy of Kundalini Yoga into the future.

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

—Yogi Bhajan

WHO IS YOGI BHAJAN? Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: "I have come to create Teachers, not to gather disciples." For over 30 years, he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO—the Happy, Healthy, Holy Organization, based on his first principle "Happiness is your birthright". Through the Aquarian Teacher program, Yogi Bhajan has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, IKYTA, was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.



TEACHER CERTIFICATION program is a system of training 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. There are three levels of certification: KRI Level One: **Foundations and Awakening -**

Instructor; KRI Level Two: **Transformation - Practitioner**; and KRI Level Three: **Realization - Teacher**.

COURSE OF STUDY: Level 1 is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum. Some of the topics include:

- Teaching Kundalini Yoga Postures, Kriyas & Meditation
- The Role of a Kundalini Yoga Teacher
- Yogic Philosophy & The Origin of Kundalini Yoga
- Yogic & Western Anatomy
- Humanology & 3HO Yogic Lifestyle & Vegetarian Diet

The 40 remaining hours include a combination of 40 day yoga sets and meditations, assigned readings and White Tantric Yoga.

CERTIFICATION REQUIREMENTS: Attend all classes to gain mastery of the material from experienced teachers. Complete regular homework assignments to reinforce this knowledge. Complete assigned 40 day yoga sets and meditations to develop your own sadhana (spiritual practice). Participate in 5 morning group Sadhanas to develop the experience of group consciousness. Attend 20 extra Kundalini Yoga classes during the course to study different teaching styles. Attend a White Tantric Yoga course to experience the subtle body of Yogi Bhajan. Pass a practicum (practice teaching) exam to demonstrate your teaching skills. Pass a final oral and written exam to demonstrate your knowledge of the teachings.

DATES, TIMES: Sept 24-25, Oct 15-16, Nov 5-6, Dec 3-4, 2011; Jan 7-8, Jan 28-29, Feb 18-19, Mar 10-11, Mar 31-Apr 1, Apr 21-22, May 12-13, Jun 2-3, 2012. Saturdays from 7:30 am to 6:00 pm, Sundays from 7:30 am to 1:00 pm. Sat. breakfast and lunch and Sun. breakfast are included. The Tantric Yoga Course is a required course, is not in Atlanta, and is a separate cost. The Knoxville Tantric is Oct. 22, 2011; other options are listed at www.whitetantricyoga.com. The 20 Yoga classes are also extra; go to www.grdyogacenter.com for the schedule.

LOCATION AND INFORMATION: Classes will be held at 155 Classic Cove, Dunwoody, GA 30350. Overnight lodging is available. Contact Mukta at yogateacher@bellsouth.net or 770-512-0558.

TUITION: \$500 is due by Aug. 24 to reserve course materials and register you as a member of the IKYTA. The remaining cost may be paid in one of three ways:
1. \$2200 is due on Sept 24. Total cost is \$2700 (Cash or check).
2. \$2400 is due in 8 monthly postdated checks of \$300 each, starting Sept 24, ending April 24. Total is \$2900.
3. \$2475 is due in 9 monthly credit card charges of \$275 each from Sept 24-May 24. Total cost is \$2975.

Note: Course fees are non-refundable.

MEMBERSHIP IN IKYTA is included in your registration fee. Once you have received your Level 1 certification, you will automatically be upgraded from Associate Member to a Professional Member of IKYTA, and will be listed in the Teacher's Directory to receive referrals for your Kundalini Yoga Classes.

MATERIALS include a 450 page, two-volume manual, the most complete work ever assembled on Kundalini Yoga, which is an invaluable tool for self-learning and teaching; and "Master's Touch", a volume of 33 lectures from Teacher's Training programs taught by Yogi Bhajan.

REGISTRATION (by August 24; call if after August 24)

Name _____
Address _____
City, State, Zip _____
Telephone H _____ W _____
Cell _____ Birthdate _____
E-Mail _____

- \$500 enclosed. I agree to pay the balance of \$2200 on Sept. 24, 2011 (Cash or check)
- \$500 enclosed. I am also enclosing 8 checks for \$300 postdated monthly starting Sept. 24, 2011- April 24, 2012.
- Please send me credit card authorization forms to pay \$500 on Aug. 24 plus 9 monthly payments of \$275 each from Sept. 24, 2011 - May 24, 2012

Make your checks payable to "GRD" and mail to 1845 Peeler Rd. Ste. A, Dunwoody, GA 30338

- I understand that The Aquarian Teacher Training team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting all course requirements including: attendance at all classes, completion of all homework assignments, completion of assigned 40-day yoga set/meditations, participation in 5 morning Sadhanas, completion of 20 extra Kundalini Yoga classes, attendance at a White Tantric Yoga course, satisfactory practicum sessions, passing grades on the qualifying exams, proper representation of the Code of Professional standards for Kundalini Yoga Teachers, and full payment of all course fees. I have the right of appeal to the Kundalini Research Institute (KRI), whose decision will be final.
- I understand that the White Tantric Yoga Course is a separate expense.
- I understand that the required extra 20 Kundalini Yoga classes are a separate expense.
- I understand that deposits and course fees are non-refundable.

Signature _____ Date _____

Please call to set up an interview with Mukta or Gurusahay and take a class (GRDYogaCenter.com).

ABOUT THE INSTRUCTORS:

Mukta Kaur and Dr. Gurusahay Singh Khalsa have been students and teachers of Kundalini Yoga since 1972 and are certified by the IKYTA. Their studies include intensive training in yoga and the ancient healing arts with Kundalini Yoga Master Yoga Bhajan, and attendance at teacher-training courses at semi-annual yoga retreats throughout the United States since 1973.



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

Dr. Gurusahay Singh is a chiropractor and acupuncturist, practicing in Atlanta since 1978. He studies, practices and teaches varied healing arts including chiropractic, massage therapy, yoga therapy, herbal therapy, acupuncture, and nutritional counseling. He regularly lectures on health and healing and has taught hundreds of yoga, meditation and teacher training courses.

"Thank you, thank you, thank you for a year of change and growth in ways I could never have imagined. It has changed my LIFE!"
-Valerie

"The knowledge, skills and personalities of these two teachers lent a nice balance to the learning experience. What I really appreciated was their active living of the teachings, the Kundalini lifestyle, and their compassionate approach to everyone." **-Koriander**