



Aquarian Teacher Training

Level 1 Kundalini Yoga Teacher Training with The Karam Kriya School in Brighton



Tel. 07930 570944

angad@kundalinirising.org www.kundalinirising.org

CONTENTS:

- o Course Goals
- o Course Fees
- o Completion Criteria
- o Insurance and registration
- o Weekend schedule and dates
- o Weekend themes
- o Application form



Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated mission: "I have come to create Teachers, not to gather disciples." Since then he has travelled 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 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association, (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

Aquarian Teacher Training Level 1 – Brighton 2012

Training starts 21/22 April 2012

KRI Level I International program in Kundalini Yoga as taught by Yogi Bhajan

COURSE GOALS

- o Understand the fundamental nature, technologies and concepts of Kundalini Yoga
- o Have a transformational experience through the practice of these teachings
- o Develop the skills, confidence and consciousness required to teach Kundalini Yoga
- o Develop a lifestyle of consciousness
- o Experience a sense of community with other participants, local teachers and 3HO worldwide
- o Develop a link to the Golden Chain through the teaching of the master – Yogi Bhajan.

COURSE FEES

The cost of the full course is £1,820 (for tuition, teacher training manual, administration & general services, full accommodation for 7 nights and food for 6 days at Quinta do Rajo, Portugal for the residential week). It will not include White Tantric Yoga, flight to Portugal or lunch during the weekends at Brighton.

Payment: **1. Refund policy.** There are no refunds for any payments made except in extenuating circumstances, or if the course is postponed or cancelled. **2. Full payment up front.** There is a 10% discount for full payment in advance. Payment of £1638 must be received in the Kundalini Rising bank account two weeks before the start of the course.

3. Payment by deposit and instalments. To register for the course, there is a non-refundable deposit of £350. This must be received two weeks prior to the start of the course and followed by 3 payment instalments of £490 on weekends 1, 3 and 6. **4. Early Booking Discount.** If the non-refundable deposit of £350 is received before the end of February 2012 we offer a discount of £60 on the course, thus the 3 further instalments will be for £470 on weekends 1, 3 & 6.

Once fees have been paid, there are no reimbursements, except in extenuating circumstances.

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity the Karam Kriya School reserves the right to refuse entry to any students on grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.



CONDITIONS FOR COMPLETION OF THE COURSE

STUDENTS MUST FULFIL THE FOLLOWING CRITERIA TO COMPLETE THE COURSE AND RECEIVE CERTIFICATION:

Fee: Full payment of all fees by the 6th weekend.

Attendance: Students must attend all the teaching sessions including the 2 practicum weekends. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programmes. Note: maximum length of training is 2 years from the start date – therefore giving students an opportunity to catch up on missed weekends and to complete coursework.

White Tantric Yoga: In addition to the hours described below, the student is required to attend (or have previously attended) at least one day of White Tantric Yoga. Course runs in London in January or across the globe throughout the year. For more information please see: <http://www.whitetantricyoga.com>.

Hours: The course will be at least 200hrs [plus additional time for exam, course work and one day of White Tantric Yoga]

- o 200hrs classroom instruction and practice
- o 40 day meditation and yoga practice (i.e. 31 minutes a day — in student's own time)
- o 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- o Attendance at a minimum of 5 sadhanas/morning meditations (12.5 hrs) (on the training days)
- o Included in this time will be the viewing of at least two video classes by Yogi Bhajan

Essential Reading: The Course Manual and two chapters from "The Master's Touch" by Yogi Bhajan. Recommended reading: Pantajali's Sutras, other Kundalini Yoga manuals, and any book on chakras.

Additional classes: students are required to attend and record a minimum of 20 Kundalini Yoga classes **during** the training. These must be taught by a Kundalini Yoga instructor registered with KYTA.

Evaluation of the Student: The final evaluation of the student for completion of the course will be based on completion of the above criteria as well as the Tutors' general evaluation of:

- o The student's involvement with the course [including leading yoga sessions on the course]
- o General grasp of the practical material
- o Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*
- o Satisfactory completion of exam and course work [see below]

Where appropriate the evaluation will include an interview between the student and two Tutors.

Exam and Course work:

- o Maintain a journal of experience and progress (in particular — recording the experience of a 40 day practice)
- o Pass a satisfactory grade in the written exam
- o Design two separate course curricula

Evaluation of Tutors: The student is required to complete a brief confidential evaluation form for each of the KRI Tutors on the course. These will be submitted to the head office of the Kundalini Research Institute (KRI).

On completion: The student will obtain the KRI Level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan. This course is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of the national Kundalini Yoga Teachers Association (KYTA UK) and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits.

Insurance cover for trainee teachers:

After attending four teaching modules, trainees will be given a confirmation letter from the school so they can obtain independent insurance cover.



THE TUTORS

Shiv Charan Singh is a renowned teacher of Kundalini Yoga and Applied Numerology throughout the world since the early 1980s. He continues to travel extensively teaching Karam Kriya. Author of 'Let the Numbers Guide You', he has written five books, including a poetry book. He is the founder of the Karam Kriya School and sees people daily in his practice as a counsellor.

Satya Kaur BA (Hons), Dip. H. E. Midwifery. Has been practicing Kundalini Yoga since 1980 and teaching since 1981. She qualified as a Kundalini Yoga teacher in 1996 and is co-director of the Karam Kriya School. She has actively served the 3HO community in the UK and Europe in various official roles over the years. She is an appointed trainer of the KRI approved Conscious Pregnancy training. She is married to Shiv Charan Singh and they have three sons.

Amrit Singh BA (Hons) Dip TCM RCHM Dip BSS has been a teacher of Kundalini Yoga since 1995. He has long standing experience and understanding of other forms of Yoga, Oriental Energetics and the mind-body dynamic. He is a practitioner of Shiatsu (since 1989), Acupuncture and Chinese Herbal Medicine (since 1995).

Angad Kaur is a KRI qualified Kundalini Yoga teacher and a Karam Kriya teacher and consultant. She runs Karam Kriya workshops in the UK and overseas, and in 2012 joins the team for delivering a Consultancy Training in Holland. She is a Sikh Chaplain working in hospital environments and has been a Trustee of the Guru Ram Das Project since 2008.

Satwant Kaur has been teaching Kundalini Yoga since 2001. She is also a trained linguist and works as a Speech and Language Therapist. She has a particular interest in the healing and transformative power of sound and mantra.

All the tutors on the training look forward to sharing with you the technology that conquers the ego-mind and opens the heart.

WEEKEND SCHEDULE AND DATES

DAILY SCHEDULE FOR TRAINING DATES

5am	Sadhana
8am	Breakfast
9am	Morning session
1.00pm	Break
2.00pm	Afternoon session
5.30pm	End

TRAINING DATES 2012 - 2013

Weekend **1** – 21 & 22 April 2012
(*There is no Sadhana on Saturday 21 April)

Weekend **2** – 2 & 3 June 2012

Weekend **3** – 7 & 8 July 2012

Weekend **4** – 1 & 2 September 2012

Weekend **5** – 29 & 30 September 2012

Weekend **6** – 27 & 28 October 2012

Weekend **7** – 24 & 25 November 2012

Sessions **8/9/10** – 6 – 11 December 2012
6 day residential, Quinta do Rajo Portugal

PRACTICUM DATES

13 & 14 October 2012 and 2 & 3 February 2013

LOCATIONS:

Weekends 1-7 & Practicum Weekends:

The Garden Studios, Ship Street Gardens, Brighton BN1 1AJ
Nearest Station: Brighton (Southern Railway)

6 day Residential:

Quinta do Rajo, Portugal <http://www.eng.quinta-do-rajo.pt/>

Quinta do Rajo is located in Santa Susana, between Sintra and Ericeira, about 45 minutes away from Lisbon. It is surrounded by a beautiful rural landscape, with a wide view over the Lizandro river valley.

Please direct any enquiries to: Angad Singh on 07930 570 944 or angad@kundalinirising.org
or visit our website www.kundalinirising.org



WEEKEND THEMES & PRACTICUM DAYS

<u>Weekend 1</u> Definition of yoga, identity of a teacher The seven steps	Introduction and course guidelines. Definition of yoga and yogi. Types of yoga. Purpose of yoga. 7 Steps to happiness, 7 Chakras. 3HO Code of Professional Standards for Kundalini Yoga Teachers. Identity of a teacher, the Teachers' Oath. The 16 facets of a teacher. Keeping a record/journal.
<u>Weekend 2</u> Sounds, mantras, Personal practice	Shabd Guru — The quantum technology of sound. Aquarian Age. The changes and the challenges of the times. Mantras — their meaning, effects and how to chant them. Sadhana: your personal spiritual practice. Choosing and committing to a 40-day meditation. Two laws of being a teacher: 1) Sustenance — keep up, 2) Deliverance — deliver students to the infinite.
<u>Weekend 3</u> Origins of Yoga, The path of Kundalini	Origins and foundations of yoga. Stages of its development. What is KY — its comprehensive unity. Householder's Dharma. 5 stages of a student, the 4 errors Intro to body/breath/brain. Locks and the vertical journey. Path of Kundalini. Golden chain. Sant Hazara Singh, Yogi Bhajan. Ong Namō Gurudev Namō; art of being a student.
<u>Weekend 4</u> Anatomy, energetics, lifestyle	Western anatomy, the yoga process, organs, elimination, some breathing. Life-style: ishnaan, diet, wakeup, sleep. Cautions and pitfalls. Power/money/sex. Addiction and how yoga helps.
<u>Weekend 5</u> Knowing and sharing the technology	KY — the technology for the times. Kriyas and asanas (angles, triangles, rhythm). The effects/benefits/cautions. Navel. Ida/Pingala/Sushmana. Breath and consciousness (relate all to neutral mind).
<u>Weekend 6</u> Meditation	Meditation, types, stages, states, concentration, time in minutes and days. Gong, mala, Tratakam, points of focus, More on mantra, Celestial Communications, Mudras, Prayer, Banis, Sat Nam Rasayan healing
<u>Weekend 7</u> Consciousness & Relationship	Humanology. The soul coming into birth, 120 days, life cycles. Relationships: the highest yoga — from perspective of spiritual psychology. Meditations for men and women, Venus Kriyas, Tantra, Moon-points, etc.
<u>Sessions 8/9/10</u> Roles & responsibilities	Roles and responsibilities in and out of class setting. Class structure, preparing to teach. Setting and maintaining tone and environment. Difficult questions, difficult situations. Class & curricula preparation, relation to students, administration, PR, Gurudakshina. Relation of KY and Sikh Dharma. Teaching in different spaces, different levels, and different groups.
The eight limbs Self healing & dying	Yogic Philosophy. The eight limbs of Pantajali. More sophisticated Pranayama. Death and dying.
Being a relaxed and conscious ten-in-one human being	Relaxation — its importance, different techniques. Concentration, master/mystery. Ten Spiritual Bodies. Community and continuity. Resources for the teacher. Answer & questions. Preparation and exam.
<u>4 Practicum Days</u>	Extra Teaching Practice – with feedback. Reading and discussing the Master's Touch book. Watching and discussing videos of Yogi Bhajan.



APPLICATION FORM FOR LEVEL I TRAINING - KUNDALINI YOGA INSTRUCTOR

I hereby apply for participation on the Kundalini Yoga Instructor's course as detailed below.

I have read and understood the conditions for completion of the course.

I understand the cost of the full course is £1,820 (or £1,638 if paid in full in advance) and that I must pay £350 two weeks prior to starting the course on the **21 April 2012** as well as three subsequent payments of £490 by the start of the 1st, 3rd and 6th weekends. (£470 if deposit received before the end of February 2012).

I have enclosed payment (or arranged a direct transfer) to cover deposit / first instalment / discounted course fee.

I attach a letter detailing my yoga experience to date and a passport size photo.

Name.....
 Address.....

 Post code.....
 Telephone..... Mobile.....
 E-mail.....
 Date of Birth.....

Fee enclosed/paid	Please tick
£350 non-refundable deposit	<input type="checkbox"/>
£490 first instalment	<input type="checkbox"/>
£470 [discounted first instalment]	<input type="checkbox"/>
£1,638 [discounted full course fee]	<input type="checkbox"/>
Please make cheques payable to: 'Kundalini Rising'	
Or Bank Transfer arranged to:	
Kundalini Rising HSBC Bank Sort code: 40-14-03 Account: 02537184	Please use your surname as payment reference. Date of transfer:.....

Full payment of the first instalment entitles the student to collect his/her copy of the Training Manual from the School.

In emergency contact:

Name..... Relation to you
 Telephone..... Mobile.....
 Address.....

Where did you hear about the Karam Kriya School?

If it was through a Kundalini Yoga teacher who was it?

Disclaimer

To the best of my knowledge there is no physical or mental medical reason why I should not do this course.
 I understand that the teachings of Yogi Bhajan do not constitute medical advice.

SIGNED (by applicant)..... Date

**For more information contact Angad Singh on:
 07930 570 944 or angad@kundaliniyogainstructor.org**

Now send this form along with your LETTER, PHOTO and PAYMENT to:

**Angad Singh
 281 Bear Road
 Brighton BN2 4DD**

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 281 Bear Road, Brighton, BN2 4DD
www.kundaliniyogainstructor.org

