

ABOUT THE PROGRAM

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. 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 sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga. This is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum which includes the following:

Teaching Kundalini Yoga Postures, Kriyas & Meditation

Role of a Kundalini Yoga Teacher

Yogic Philosophy & The Origin of Kundalini Yoga

Yogic & Western Anatomy

Humanology & Yogic Lifestyle

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.

There are three levels of certification:

KRI Level One: Foundations and Awakening - Instructor;

KRI Level Two: Transformation - Practitioner;

KRI Level Three: Realization - Teacher.

ABOUT YOGI BHAJAN



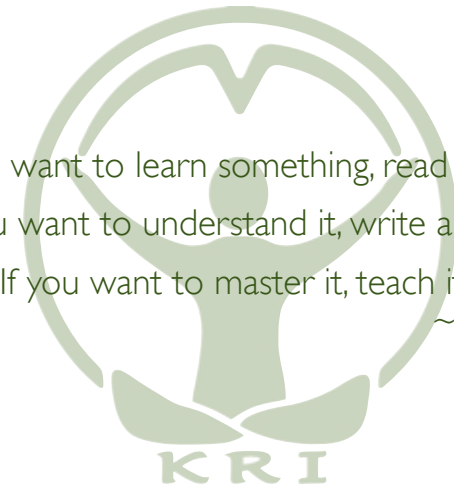
Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: "I have come to create teachers, not to gather disciples." For over 30 years, he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO—the Happy, Healthy, 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 spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

"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



COURSE SCHEDULE

Dates and hours subject to change

Saturdays 8:30-6:00

Sundays 8:30-5:00

May 7 & 8, 2011

May 21 & 22, 2011

July 9 & 10, 2011

July 23 & 24, 2011

August 27 & 28, 2011

September 10 & 11, 2011

October 9, 2011 in San Leandro

November 11-13, 2011 Retreat

December 3 & 4, 2011

January 21 & 22, 2012

February 11 & 12, 2012

February 25 & 26, 2012

March 24, 2012

White Tantric Yoga

March 10, 2012

TRAINING TEAM

Lead trainer Awtar Kaur Khalsa infuses her classes with practical wisdom about dealing with life's challenges. Awtar has been living, studying, and teaching in Kundalini Yoga ashrams since 1972. She sat at the feet of Yogi Bhajan with a notebook, timer, and camera, prompting him to remark, "She has perfect notes." Her students say that her sense of humor and transparency allow them to get real about their own practice and teaching.

Trainer Team: Guru Kar Singh Khalsa, Dr. Hari Simran Singh Khalsa, Dr. Krishna Kaur Khalsa, Madhur Nain Webster, Prabhu Nam Kaur Khalsa, Saram Singh Khalsa, Sat Rattan Kaur Khalsa & Siri Gian Singh Khalsa, assisted by Guru Amrit Kaur and Seva Simran Singh Khalsa



kimblakephotography.com

KUNDALINI YOGA TEACHER TRAINING THE AQUARIAN TEACHER

May 2011 – March 2012

San Francisco



LEVEL I

LEARN TO ELEVATE YOURSELF AND
OTHERS WITH KUNDALINI YOGA

as taught by Yogi Bhajan

This Teacher Training Program meets at the Kundalini Yoga Center in Haight Ashbury, a yoga ashram since 1975. 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 presents the theory of this ancient art along with the opportunity to experience it firsthand.



khalsaphoto.com

OPEN YOUR HEART IN THE HEART OF SAN FRANCISCO. DEVELOP A BOND
WITH A NEIGHBORHOOD ASHRAM FAMILY, LOCAL TEACHERS,
TRAINEES AND A WORLDWIDE COMMUNITY.

KUNDALINI YOGA TEACHER TRAINING

May 2011 – March 2012
in San Francisco

THE AQUARIAN TEACHER

KRI Level I
as taught by Yogi Bhajan

FEES

Books: 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 22 lectures from Teachers Training programs taught by Yogi Bhajan

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White Tantric Yoga March 10, 2012 in Oakland:	\$155
Meals:	\$220
Retreat Accommodations:	\$200
Program Price:	\$2265
Total:	\$2985
Deposit due by March 27, 2011:	\$500
Balance Due by May 7, 2011:	\$2485
Discount Option Total- If paid in full by March 27, 2011	\$2485
Time Payment Option Total Cost:.....	\$3197

\$500-due March 27, 2011; \$899-due May 7, 2011, \$899-due June 7, 2011, \$899-due July 7, 2011

Please note that course fees are non-refundable.

LOCATION

The Kundalini Yoga Center
1390 Waller Street
San Francisco CA 94117

IKYTA MEMBERSHIP

Membership for one year in the International Kundalini Yoga Teachers Association (IKYTA) is included in the cost of training. Once you have received your Level I certification, you will be listed in the Teacher Directory online to receive referrals for your Kundalini Yoga classes.

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May 2011 – March 2012
in San Francisco

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KRI TEACHER CERTIFICATION REQUIREMENTS

The Aquarian Teacher,™ KRI International Teacher Training Certification Level 1 course fulfills the Yoga Alliance's 200 hour national standard for a Registered Yoga Teacher (RYT). The KRI 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 the KRI Teacher Training course requirements including, but not limited to:

- Attendance of all 180 hours of classroom instruction plus 40 hours of assigned homework
- Completion of a minimum of 20 Kundalini Yoga classes during the course
- Satisfactory practicum assessment
- Passing grade on KRI's written and oral examination
- Membership in IKYTA (one year included in cost of training), needs to be renewed annually
- Completion of the assigned 40 day yoga set / meditations
- Development of two course curricula and review of assigned chapters from Masters Touch
- Participation in 5 morning sadhanas
- Attendance of one full day at a White Tantric Yoga course
- Proper representation of the Code of Professional Standards for Kundalini Yoga Teachers
- Full payment of course fee

REGISTRATION

Name _____

Address _____

City, State, Zip _____

Telephone H: _____ W: _____ Cell: _____

E-Mail _____

____ \$2485 Enclosed. Paid in full before March 27, 2011

____ \$500. enclosed. I agree to pay the balance of \$2485 by May 7, 2011

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\$899. by July 7, 2011

Mail to: The Kundalini Yoga Center, 1390 Waller Street, San Francisco CA 94117

Make checks payable to Awtar Kaur Khalsa.

Or go to www.iDoYoga.com to register online

I understand that the Aquarian Teacher Training team grants KRI Certification based 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 the following:

Full payment of all course fees; attendance at all classes; completion of all homework assignments; successful practicum session(s); a passing grade on the qualifying exam; completion of 20 extra Kundalini Yoga classes; participation in five morning sadhanas; and attendance at a full day White Tantric Yoga Course.

I also agree to uphold the 3HO Code of Professional standards for Kundalini Yoga Teachers. I have the right of appeal to KRI, whose decision will be final. I understand that the required extra Kundalini Yoga classes are separate expenses.

Signature _____ Date _____

For further information: (415) 863-0132
www.iDoYoga.com

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