

Kundalini Yoga East

KUNDALINI YOGA AS TAUGHT BY YOGI BHAJAN

The Aquarian Teacher:

KRI Level 1 International Kundalini Yoga Teacher Training Certification program

Congratulations! You are taking the first step in a potentially life changing journey to be a Kundalini Yoga teacher. Yogi Bhajan said that our highest destiny is that of a teacher and you are to be commended for initiating this spiritual quest.

Whether you intend to use the knowledge you gain during the 9 month program to actually be a Kundalini Yoga teacher or are merely interested in deepening your yoga practice this program will give you the foundation for a lifelong yoga and meditation practice and all the information you need to better understand the incredible technology of Kundalini Yoga as taught by Yogi Bhajan. With this technology you will find that you have the ability to better meet the challenges of this new century and the coming Aquarian Age.

While Yogi Bhajan said that November 11, 2011 marks the actual beginning of the Aquarian Age its energy is already creating deep and profound changes on a planetwide basis. A transformation of humanity into self-sensory beings has already begun and Kundalini Yoga teachers will be right at the center of this human evolution. This course will uplift your spirit, raise your consciousness to a new awareness and give you the tools you need to make this transition as gracefully as possible. It will also empower you to do the same for others. By the end of the course you should have a deep and profound understanding of this ancient and timely science.

The documents that follow will enroll you in this dynamic and enjoyable program and will provide us with the information we need to register you. Included in this packet please find the following documents:

- Registration Application 2018 – 2019 (Form 1)** – Please fill this out giving us your personal contact information as well as indicating how you wish to pay for the course. When you send this form back, if you did not register online, give us your credit card information or enclose your check for either your deposit or full tuition.
- Kundalini Yoga East Release and Waiver of Liability Form (Form 2)** – This is a waiver and release form from you to Kundalini Yoga East. Please fill this out completely, sign it and return it.
- KRI Registration and Release Form (Form 3)** – This is a waiver and release form from you to KRI. This is the organization that will certify you when you successfully complete the course. Please fill this out completely, sign it and return it.
- KRI Certification Requirements Verification Form (Form 4)** – This sets forth all of the requirements that you must complete in order to obtain certification from KRI as a Certified Kundalini Yoga Teacher. Please fill this out completely, sign it and return it.
- Information Sheet** – This gives you the information you need to remind you of all the dates that we meet as well as other information about the course. **This is the only form that you keep.** Put this somewhere for easy reference (your bedroom mirror or refrigerator) so you don't forget our meeting dates.

For more information call Sat Jivan Kaur at (212) 995-0571 or write satjivankaur@verizon.net

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The Aquarian Teacher: KRI Level 1 International Kundalini Yoga Teacher Training Certification program Registration Application 2018 - 2019

PLEASE PRINT LEGIBLY

FIRST NAME										MIDDLE NAME										LAST NAME									
HOME PHONE					CHECK IF PRIMARY					WORK PHONE					CHECK IF PRIMARY														
MOBILE PHONE					CHECK IF PRIMARY					BIRTHDAY (MMDDYY)																			
STREET ADDRESS																													
CITY															STATE			ZIP CODE											
EMAIL ADDRESS																													
SPIRITUAL NAME (IF YOU HAVE ONE)																													

DEPOSIT DUE NOW \$1,000.00 registration fee by **Check** () **Cash** () **Credit Card** () **Online** ()

TUITION PAYMENT OPTIONS (choose your payment option):

(___ initial here) **A. \$3,300.00** – I will pay my full tuition prior to May 31, 2018.

(___ initial here) **A. \$3,400.00** – I will pay my full tuition prior to June 30, 2018.

(___ initial here) **A. \$3,450.00** – I will pay my full tuition prior to July 31, 2018.

(___ initial here) **B. \$3,600.00** – I will pay my full tuition prior to August 31, 2018. I agree that if I fail to make this payment in full on or before August 31, 2018 I will pay a late fee of an additional \$150.

(___ initial here) **C. \$3,900.00** – I will pay \$1,000 deposit by August 31 to reserve my place and 4 monthly installments of \$725.00 each beginning on September 21, and then on October 22, November 19 and December 17, 2018. I will give my credit card to allow these payments to be charged automatically. If I choose to pay by other than credit card I will nonetheless give my credit card to insure timely payment.

By agreeing to Choice C I agree to pay fully for the course according to the agreed upon plan. If I miss a session of the course I am still responsible for all installments. If I miss a payment, I understand that I will not be allowed to participate in the following weekend until the payment has been made. I agree that the full amount is due and owing once I commence the course and that should I cease to participate in the course for any reason I acknowledge owing the full amount.

REFUNDS: \$500 of the deposit (plus the cost of any materials) is non-refundable. No deposit refunds after the course begins.

ADMISSION TO COURSE: I understand that KRI and the KRI Teacher Training Team at Kundalini Yoga East reserves the right to admit to the program and grant certification based on its sole and absolute discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher.

I agree to the above: (Everyone must sign here) _____

For Credit Card Users:

Exact Name on Card _____ Expiration Date: _____

Visa/MasterCard/Amex Number _____ Security Code: _____

Signature Authorizing Credit Card Payment _____

Kundalini Yoga East

KUNDALINI YOGA AS TAUGHT BY YOGI BHAJAN

The Aquarian Teacher: KRI Level 1 International Kundalini Yoga Teacher Training Certification program **Release and Waiver of Liability**

PLEASE PRINT LEGIBLY

FIRST NAME										MIDDLE NAME										LAST NAME									
HOME PHONE				CHECK IF PRIMARY				WORK PHONE				CHECK IF PRIMARY																	
STREET ADDRESS																				BIRTHDAY (MMDDYY)									
CITY																STATE		ZIP CODE											
EMERGENCY CONTACT										PHONE NUMBER																			
EMAIL ADDRESS																													
SPIRITUAL NAME (IF YOU HAVE ONE)																													

I am aware that the Kundalini Yoga Teacher Training Program is here to serve me by sharing knowledge of Kundalini Yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Program. In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program.

I agree to indemnify and hold harmless KYE; KRI; Harbhajan Singh Khalsa Yogiji, a.k.a. Yogi Bhajan; YB Teachings, LLC; 3HO Foundation; Sikh Dharma; Humanology, Health Science Incorporated; and any affiliations and/or subordinate corporations not stated herein, their officers, directors, employees, agents, or volunteer staff from and against all claims, actions, demands, proceedings, liabilities, cost and expenses, including reasonable attorney's fees, which they may have ascertained against or incurred by them based upon my activities or in any way related to the instruction I receive in Kundalini Yoga or related subjects.

I agree that I, my heirs, assigns or legal representatives will indemnify and hold harmless KYE, or any of the aforementioned parties for any injury, property damage/loss, or death caused by their negligence or other acts. I also give my permission to appear in photographs and videos that may take place during the course of the Program. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

SIGNATURE (LEGAL NAME): _____ DATE: _____

Kundalini Yoga East, 873 Broadway, Suite 614, New York, NY 10003 (212) 982-5959



The Aquarian Teacher™ KRI Level One CERTIFICATION REQUIREMENTS FORM



To be filled out by Lead Trainer (or assigned person responsible) when student certifies:

Please check each box to indicate student has completed qualification.

- Attended all Teacher Training classes – minimum **180** classroom instruction hours.
- Received a passing grade of _____ on the exam(s).
- Completed 20 Kundalini Yoga Classes during or after the completion of Teacher Training.
(each class must be a minimum of 1 hour each)
- Performed satisfactorily in the student practicum.
- Created two acceptable yoga course curricula.
- Completed the assigned 40-day yoga set/meditation *(11-minute minimum)*.
- Participated in at least five full morning Aquarian Sadhanas: 2½ hours each.
- Participated in one day of White Tantric Yoga: **City:** _____ **Date:** _____
- Read, understood, and signed:

The Code of Ethics and Professional Standards of a Kundalini Yoga Teacher.

I recommend this trainee be certified as a KRI Level One Instructor of Kundalini Yoga as taught by Yogi Bhajan®.

SIGNATURE Lead Teacher Trainer
(or responsible person assigned by Lead Trainer)

Today's Date

PRINT Name of Lead Teacher Trainer *(or assignee)*

Course Location (City, State, Country)

To be read and signed by the student before the course begins:

I, the undersigned, agree to the following:

1. KRI and the KRI Teacher Training team reserve the right to grant KRI Level One certification based solely on their discretion and evaluation of each student's readiness to be a Kundalini Yoga Instructor. This evaluation is based on successfully meeting the course requirements including, but not limited to those listed in this document.
2. I understand that I am strongly encouraged to submit my certification requirements within 6 weeks after the end date of the course. All requirements must be completed and submitted **no later than 12 months after the conclusion of the course**. If for any reason I do not complete the requirements for the course within this timeframe, I will not be certified.
3. If I am not granted certification, I understand that I have the right to appeal to KRI, whose decision shall be final.

Signature (Legal Name)

Date

PRINT (Legal Name)

PRINT (Spiritual Name)

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Information Sheet 2018 - 2019

Course outline:

This is a 220 hour course. Your course fee includes in-class instruction, a practicum teaching evaluation and examination and course materials. Homework for the course includes reading assignments, written assignments, 5 sadhanas, several 40 day personal sadhanas, community service, and independent study.

Hours for Teacher Training
9am-6:30pm

2018 Dates:

September 22 - 23
October 7
October 20 - 21
November 17 - 18
December 8 - 9

2019 Dates:

January 5 - 6
January 19 - 20
February 2 - 3
March 9 - 10
April 7
April 13 - 14
May 4 - 5

NYC White Tantric Yoga Dates: One Required

- Saturday, October 06, 2018 (White Tantric Yoga)
- Saturday, April 6, 2019 (White Tantric Yoga)

You are required to take one White Tantric Yoga course between September 22, 2018 and May 5, 2019. The White Tantric Yoga course is not included in your tuition

20 Kundalini Yoga Classes:

You are required to take 20 Kundalini Yoga classes with a KRI certified instructor between October 2018 and May 20, 2019. We recommend that 10 of those classes be done before December 25, 2018. You are encouraged to take as many as possible at Kundalini Yoga East with Sat Jivan Kaur, Sat Jivan Singh, Angad Kaur. These 20 classes are not included in your tuition

Course Materials: These are included in your tuition.

- The Aquarian Teacher© KRI International Kundalini Yoga Teacher Training Level One **Textbook**
- The Aquarian Teacher© KRI International Kundalini Yoga Teacher Training Level One **Yoga Manual**
- **The Master's Touch**

Location: Kundalini Yoga East, 873 Broadway, Suite 614, New York, NY 10003, Buzzer 020

More Information: Sat Jivan Kaur will be happy to answer your questions. Please contact her at (212) 995-0571, during normal business hours or via email at satjivankaur@verizon.net