

### For Students of All Levels

- ❖ Gain a sound understanding of the fundamental nature, technologies and concepts of Kundalini Yoga.
- ❖ Have a transformational experience through the practice of these teachings.
- ❖ Develop the skills, confidence & consciousness required to teach Kundalini Yoga.
- ❖ Develop a conscious lifestyle.
- ❖ Develop a bond with other participants, local teachers, and the international Kundalini Yoga community.



### Our Teachers

Sat Jivan Singh and Sat Jivan Kaur Khalsa were sent by Yogi Bhajan in 1971 to introduce Kundalini Yoga to New York. Both are recognized worldwide as Kundalini Yoga experts and are the elder statespersons of the New York yoga community. They have followed in the footsteps of their Teacher, Yogi Bhajan, training hundreds of teachers and sending them throughout the world to continue to spread the teachings of Kundalini Yoga. Among their many honors are membership on Board of Directors of the International Kundalini Yoga Teachers Association (IKYTA) and the Kundalini Yoga Research Institute (KRI).

Our main teachers will be Sat Jivan Singh, Simran Kaur and Angad Kaur

*Now is the time for you to become  
what you were meant to be: Teachers  
of the Aquarian Age.*

~ Yogi Bhajan



KUNDALINI YOGA EAST

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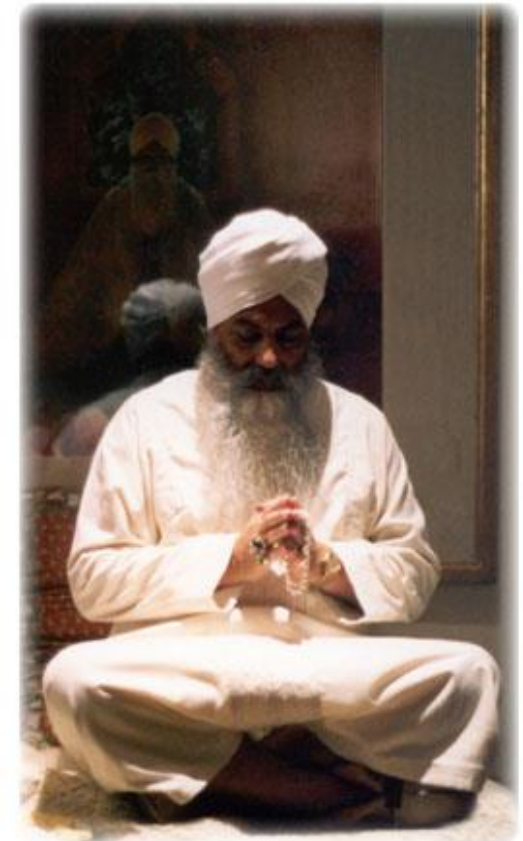
[www.kundaliniyogaeast.com](http://www.kundaliniyogaeast.com)



All graduates from KRI International Level One Teacher Training are eligible to become Registered Yoga Teachers RYT 200 hours in Yoga Alliance's Yoga Teacher Registry.

## The Aquarian Teacher™

Teacher Training  
KRI International Certification Level 1  
in Kundalini Yoga as Taught  
by Yogi Bhajan



*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*

**SEPTEMBER 2018-MAY 2019**

### To successfully complete the course, students are expected to:

- ✓ Attend all 180 hours of classroom instruction plus 40 hours of assigned homework.
- ✓ Receive a passing grade of 75% or better on the KRI examination.
- ✓ Complete 20 Kundalini Yoga classes during Teacher Training.
- ✓ Satisfactorily perform in the practicum.
- ✓ Create 2 yoga course curricula.
- ✓ Complete assigned 40 day yoga sets/meditations.
- ✓ Participate in 5 full morning sadhanas.
- ✓ Attend one full day of White Tantric Yoga.
- ✓ Proper representation of the *Code of Professional Standards for Kundalini Yoga Teachers*.
- ✓ Pay full course fees.

### ... and for Teacher Certification

- ✓ Pass the oral and written exams
- ✓ Make acceptable representation of the Kundalini Yoga Code of Professional Standards



The course is 220 hours, including 180 hours of instruction and 40 hours of homework, practicums and evaluations. Homework for the course includes reading and substantial writing assignments, 5 morning sadhanas, 40 day personal sadhanas, community service and independent study.

### The Course Will Include:

- ❖ The Roots of Kundalini Yoga
- ❖ Yogic History and Philosophy
- ❖ Pranayama, Asanas, Kriyas and Mudras
- ❖ Western and Yogic Anatomy (chakras, tattvas, gunas, the Ten Bodies)
- ❖ Mind and Meditation
- ❖ Mantra and Sacred Sound
- ❖ The Role of the Kundalini Yoga Teacher
- ❖ The Structure of a Kundalini Yoga Class
- ❖ Teaching Kundalini Yoga Postures, Kriyas & Meditation
- ❖ The Study of Humanology & the 3HO Kundalini Yoga lifestyle
- ❖ Relaxation and Stress Relief
- ❖ Introduction to Yogic Foods and Dietary Awareness
- ❖ Development of a Daily Yogic Practice



Yogi Bhanan, 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." All teacher training modules at Kundalini Yoga East include videos and DVD's of Yogi Bhanan teaching lecturing so students will have the opportunity to study "directly" with the Master.

### Course Dates

2018 Dates:

September 22 - 23  
October 6 - White Tantric Yoga (one required)  
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 6 - White Tantric Yoga (one required)  
April 7  
April 13 - 14  
May 4 - 5

### Hours

Saturdays & Sundays: 9:00 am-6:30 pm

### White Tantric Yoga Dates (One required)

October 6, 2018 (White Tantric Yoga)  
April 6, 2018 (White Tantric Yoga)

### Tuition and Enrollment Options

**Deposit – \$1,000** is due immediately to reserve your place.

Registrations received after September 1, 2018 cannot be assured receipt of course materials by September 22. (20 Classes and White Tantric Yoga are not included in the tuition)

**A. Early Bird Discount – \$3150.00** Pay full tuition prior to March 31, 2018 **\$3,300.00**. Pay full tuition prior to May 31, 2018. **\$3400.00** prior to June 30, 2018. **\$3450.00** prior to July 31, 2018.

**B. Full Payment – \$3,600.00**. Pay full tuition prior to August 31, 2018.

**C. Installment Plan – \$3,900.00**. Pay \$1,000 deposit immediately to reserve your place and 4 payments of \$725 each due on September 21, October 22, November 19, and December 17, 2018.

*Please see our website for the registration packet as well as for opportunities to attend Teacher Training Open Houses*