



## The Teachers

*The Training will be led by*

### **Simran Kaur Khalsa**

(Lead Trainer) is a life long Yogi, the daughter of Sat Jivan Kaur and Sat Jivan Singh, she was born and raised in the Kundalini Yoga tradition. She is living example of a Vibrant, Active, Calm, Happy, Flexible & Fun life! She is an expert in body awareness, posture & breath.

### **Angad Kaur Khalsa**

is a beloved teacher of Kundalini Yoga. A practitioner and instructor of the Healing Art of Sat Nam Rasayan, she loves nothing more than guiding students to their depth and width. She is known for her dedication, devotion, boundless humor, love of the teachings and experiential knowledge.

*With special guest teachers*

### **Sat Jivan Singh Khalsa**

is a teacher of dignity and grace. He blends his 51 years of yogic teaching and lifestyle with 48 years in the practice of law to make Kundalini Yoga relevant to his students, fun, invigorating, revitalizing and inspiring.

### **Sat Jivan Kaur Khalsa (Emeritus)**

was sent by Yogi Bhajan to New York in 1971. She is the founder and co-director of Kundalini Yoga East. She is deeply respected and much loved for her profound understanding of Kundalini Yoga, her encyclopedic knowledge and near perfect recall of the teachings of Yogi Bhajan.

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

**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



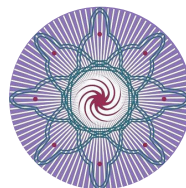
Please see our website for the registration packet as well as for opportunities to attend Teacher Training Open Houses

## Kundalini Yoga East

873 Broadway Suite 614, NY, NY 10003

212-982-5959

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



## The Aquarian Teacher

### KRI LEVEL ONE

### Teacher Training Program

*"I have never been so free, so connected, so light, so full." JPK Class of 2015*

**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.

This is a 220 hour course, which includes 180 hours of classroom instruction in a well defined curriculum.

**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 outside of training hours.
- ✓ Attend one full day of White Tantric Yoga or approved Kundalini Yoga intensive meditation course
- ✓ Satisfactorily perform in the practicum.
- ✓ Create 2 yoga course curricula.
- ✓ Complete assigned 40-day yoga sets/meditations.
- ✓ Participate in 5 full morning sadhanas.
- ✓ Proper representation of the Code of Professional Standards for Kundalini Yoga Teachers.
- ✓ Pay full course fees.

**... and for Instructor Certification**

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

## 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.

**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. 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 effort of Kundalini Yoga Teachers worldwide.



October 14, 2023 – May 19, 2024

### COURSE DATES

**11 IN PERSON WEEKEND SESSIONS  
SATURDAY & SUNDAY 8AM - 5:30PM  
2023**

OCTOBER 14 & 15  
OCTOBER 28 & 29  
NOVEMBER 11 (WTY) & 12  
DECEMBER 2 & 3  
2024

JANUARY 6 & 7  
JANUARY 27 & 28  
FEBRUARY 17 & 18  
MARCH 9 & 10  
APRIL 6 & APRIL 7  
MAY 4 & 5  
MAY 18 & 19

### 11 ONLINE CLASSES

**WEDNESDAYS 6:30PM-8:30PM**

2023 OCTOBER 25, NOVEMBER 8, 29  
DECEMBER 13  
2024 JANUARY 17, 24 FEBRUARY 7,  
28, MARCH 20, 27, APRIL 24

### Tuition and Enrollment Options

**\$3600.00** prior to September 1, 2023

**Full Payment – \$3,800.00.** Pay full tuition prior to October 14, 2023.

**Installment Plan – \$4,100.00.** Pay \$1,000 deposit to reserve your place and 4 payments of \$775 each due on October 9, 2023, November 9, 2023, December 9, 2023, January 9, 2024

Textbooks are included in tuition

White Tantric Yoga or equivalent meditation class and 20 Classes required outside the teacher training are not included in the tuition