



Karam Kriya School

Aquarian Teacher: Glastonbury 2020/21

KRI Level One Yoga Teacher Training Program in Kundalini Yoga as taught by Yogi Bhajan

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CONTENTS:

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

Internationally recognised yoga instructor certification

In 1969, Yogi Bhajan arrived in the United States with a stated mission: "I have come to create Teachers, not to gather disciples." He brought an efficient and transformational system of Kundalini Yoga relevant for the times, with an emphasis on experience and for each soul to awaken their destiny.

The International Kundalini Yoga Teachers Association (IKYTA) was established in 1994 to further spread these transformational teachings and uplift humanity through the united efforts of Kundalini Yoga teachers worldwide.

The program is open to students who are ready to become teachers and to those who wish to just immerse themselves in the science of Kundalini Yoga.

KRI Level One Yoga Teacher Training starts 17 & 18 October 2020

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 and wellbeing
- o Experience a sense of community with other participants, local teachers and join a global network
- o Develop a link to the Golden Chain and participate in the legacy of serving humanity

COURSE FEES

£1,750 in installments or **£1,600** upfront fee inc. VAT (includes tuition on UK modules, administration, coursework marking, certification process, general support throughout the course, manuals, breakfast & refreshments. It does *not* include attending White Tantric Yoga, any course travel, daily meals or accommodation in Glastonbury or Portugal).

Plus €374 to be paid directly to the Ashram when booking your place for the 5 day Ashram Experience. In the case of cancelling the Ashram Experience, specific terms apply regarding refunds. However, dates can be changed at no extra charge if another time slot is available and you can't make your initial booking slot.

Plus approximately €276 for meals & accommodation at the Ashram paid directly to the Ashram up to 3 weeks before arrival (price worked out per night and per meal). The cost is subject to minor increases per year.

Payment:

1. Refund policy. There are no refunds except in extenuating circumstances, or course postponed or cancelled.

2. Payment of £1,600 upfront. This is a **£150 discount** for full payment in advance of the course start date.

3. Payment of £1,750 by deposit and installments. To register, there is a **non-refundable deposit of £400** to secure your place; £350 before or on weekend 1; £300 on weekend 2; then 7 monthly payments of £100.

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity, the 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 UK course fees to be made by or on the 9th training weekend. Please note: it isn't a "pay per go" system. So payment is made when missing modules but you will be able to catch up any missed modules at a later date on any KKS training (room space allowing) for no extra charge, unless it's a residential with meal and accommodation costs. The School withholds the right to refuse attendance if payments are behind.

Attendance: Students must attend all the teaching sessions including the full Ashram Experience. 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 to receive certification is 2 years from the start date – which provides the opportunity to catch up on missed weekends in the first year and to complete course requirements.

White Tantric Yoga: In addition to the course criteria described below, the student is required to attend one day of White Tantric Yoga (in any country) during the course. In the UK, this takes place in January.

Hours: The course will be at least 200hrs (plus time for exam, written course work and one day of White Tantric Yoga)

- 180hrs classroom instruction (teaching modules and practicums) and minimum 20hrs practice (classes)
- 40 day meditation practice (i.e. 31 mins a day for 40 consecutive days, keeping a journal)
- 12hrs reading (see essential reading - focus on knowing and understanding the technology and its effects)
- Attendance at a minimum of 5 sadhanas on the training days
- Included in the Ashram Experience will be the viewing of at least two video classes by Yogi Bhajan

Essential Reading: The Aquarian Teacher manual and The Master's Touch (included in course fee).

Recommended reading: books on Patanjali's Sutras, Kundalini Yoga books, Jap Ji Sahib by Guru Nanak.

Attending outside KY classes: Students are required to attend a minimum of 20 Kundalini Yoga classes during the training. These must be taught by a KRI qualified Kundalini Yoga instructor and not a teacher still in training.

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:

- The student's involvement with the course (including leading yoga sessions/ practicums on the course)
- General grasp of the practical material
- Commitment to the 3HO Code of Ethics & Professional Standards for Kundalini Yoga Teachers
- Satisfactory completion of exam and course work (see below)

Evaluations may include an individual interview between the student and Tutors during the Ashram Experience.

Exam and Course work:

- Maintain a journal of experience and progress (specifically — recording the experience of a 40 day practice)
- Pass a satisfactory grade in the written or home exam
- Design two separate course curricula (beginners course and a specialist course)

Evaluation of Tutors: The student is given the opportunity to complete a brief confidential evaluation form for each or any 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 One 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 a 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. It is an internationally recognised teaching certificate.

Teaching public classes before certification including insurance for trainee instructors:

After teaching a practicum on the course, or upon special request, trainees may request a letter from the School confirming their attendance on the training if they have the opportunity to teach public classes. It is the responsibility of the trainee teacher to obtain appropriate insurance for any teaching outside of the training (which the School can recommend if required). Trainee teachers must be clear in their advertising that are not yet fully qualified but are in the process of completing a certification course. And they are responsible for any medical forms, evaluation forms and disclaimers they choose to give to students in their classes. The teacher training organiser or training team is not obliged to negotiate public classes or mentor/ provide additional support to trainee teachers through teaching classes in public spaces. But the course will offer feedback through practicums and practical advice.

THE TRAINING TEAM

Course Organisers:

The training is organised by **Preet Kaur** and **Angad Kaur**, who will be the consistent points of contact through the course and certification process.

Trainers:

Shiv Charan Singh (Lead Trainer) based in Portugal, and will lead the 5 day Ashram Experience

Angad Kaur (Lead Trainer in Practicum) based in UK

Preet Kaur based in UK

Siri Sadhana Kaur based in UK

Ardas Kaur based in Germany

All trainers will bring their longstanding experience and specialist expertise to the course curricula.

For information about the UK training team, further details at: www.karamkriya.co.uk

All the Trainers look forward to sharing with you the technology of Kundalini Yoga that conquers the ego-mind and opens the heart to live a life of excellence and authenticity.

WEEKEND SCHEDULE AND FULL PROGRAM DATES

DAILY SCHEDULE FOR TRAINING DATES

TRAINING DATES 2020/2021

Weekend 1 – 17 & 18 October 2020

(*There is no training Sadhana on Saturday 17 October)

5am Sadhana

Weekend 2 – 14 & 15 November 2020

7.30am Breakfast

Weekend 3 – 12 & 13 December 2020

9.00am Morning session

Weekend 4 – 9 & 10 January 2021

1.00pm Lunch

Weekend 5 – 6 & 7 February 2021

2.00pm Afternoon session

Weekend 6 – 6 & 7 March 2021

6.00pm End

Weekend 7 – 10 & 11 April 2021

Weekend 8 – 8 & 9 May 2021

Weekend 9 – 26 & 27 June 2021

Weekend 10 – 20 & 21 November 2021

Ashram Experience - 8 - 12 October 2021

Please note: On rare occasions dates can be subject to change. Whilst we aim to attend the Ashram Experience together as a group, if you can't make this date, there are other date options (and you will be assisted with this).

Training locations:

Glastonbury for the 10 weekend UK modules

Quinta do Rajo, Portugal for the 5 day **Ashram Experience**

LOCATIONS:

Weekend training Modules 1 – 10 :

St Edmonds Hall, Chinnock Road, Windmill Hill, Glastonbury, Somerset BA6 8EF=

Ashram Experience – 5 day residential

Quinta do Rajo, Santa Susanna, near Lisbon, Portugal (www.quinta-do-rajo.pt)

"Why are you becoming Teachers? Because it is the highest status in a human life. It is elegant, it is excellent and it is very, very, very, very, very fulfilling."

Yogi Bhajan

Kundalini Yoga is a **Raj Yoga** that is rooted in ancient yogic science, philosophy and spiritual texts. Kundalini yoga as taught by Yogi Bhajan brings the teachings into the form of a householder's dharma through experience; practical, inclusive, efficient, transformational and relevant for the times.

Kundalini Yoga is also known as the "**Yoga of Awareness**". It is a path of self-initiation, of the awakening soul and consciousness, aligned with each person's destiny.

Central to the practice of Kundalini Yoga is the experience and impact of yoga on the mind, body and spirit through the **kriyas** (specific sequences of postures), **meditations** and **mantras** (transformation through the sound current or Naad), which will be explored throughout the course.

The content delivered through the training includes a diverse range of topics from the yogic perspective to support wellbeing and truthful living. In addition to the training weekends taught in the UK, the 5 day **Ashram Experience** offers the opportunity to dive deeper into the teachings, living together in the consciousness of community and in relation to nature. Everyone will also have the opportunity to teach practicum classes with feedback from the trainer and support from the training group.

Alongside delivering the course content and certification requirements, the training has an emphasis on building peer groups and community networks so each person can establish their own journey of Truth and Service as a teacher of the Aquarian Age. There will be online support between training modules and the opportunity to practice teaching or sharing your inspiration on topics with your peers.

We recognise that each person will be touched, inspired and motivated differently through the diamond that is Kundalini Yoga and there isn't only one way to bring the teachings alive in your life or only one way to teach and share them with others.

In past years, the training experience has been greatly enriched by the breadth of people joining from a range of cultures, religions, sexual orientation, gender identification, physical ability, age, profession and unique talents.

As Kundalini Yoga is an inclusive practice, the School has a policy of equal opportunities. We welcome women who are pregnant and mothers with babies to join the course, providing that babies and children can be appropriately cared for in the space and aren't disruptive to the experience of other trainees. For the Ashram Experience, trainees are welcome to bring their partner, children and family members to Quinta do Rajo by prior arrangement.

We look forward to being part of this exploration and adventure with you!

Course Outline - brief summary:

Requirement of physical attendance for certification:

10 weekend modules in Glastonbury
5 day Ashram Experience in Portugal
White Tantric Yoga (or 5 Rebirthing Workshops as a potential alternative led by a KRI trainer)
Sit Down Exam

Additional attendance via Zoom:

Peer Group Meet ups through the training
1-2-1 consultation during the course
Series of talks by invited Guest Speakers relevant to training topics (optional)

Coursework:

Take Home Exam
2 x Course Curricula
40 day practice with journaling
Record of 20 KY classes attended outside of the training by a KRI qualified teacher

WEEKEND THEMES & ASHRAM EXPERIENCE

Weekend 1 (UK)	<p>Introduction and course guidelines.</p> <p>What is yoga? Origins & history up to present. Transition into Aquarian Age.</p> <p>Types of Yoga: Traditional & modern.</p> <p>KY as the mother of all yogas. Householder's Dharma. Balance of Shakti/ Bhakti.</p> <p>Golden Chain: Adi Mantra, class structure. Baba Sri Chand, Guru Ram Das, Yogi Bhajan.</p> <p>Code of Ethics – Professional Code & 16 Facets of the Teacher. 7 Steps to Happiness.</p>
Weekend 2 (UK)	<p>Quantum Shabd Guru: 4 Yugas, Kali Yug and Naam as the supreme yoga of Kali Yug.</p> <p>The nature and age we live in, the transition between Piscean and Aquarian era.</p> <p>The changes & challenges of the times & what is needed.</p> <p>Sensory human: The body as a communication system.</p> <p>Mantra: The meanings, effects & how to chant the mantras of Kundalini Yoga.</p> <p>Sadhana: Daily discipline of exercise & meditation. Building your sadhana slow & steadily.</p>
Weekend 3 (UK)	<p>The Map: Yogic & Western Anatomy:</p> <p>Western Anatomy: Body systems & specific organs.</p> <p>How stress & lifestyle can effect & how yoga & diet help. Addiction & how yoga helps.</p> <p>The yoga process: Concept of energetics & rejuvenation/ balance/ elimination (G.O.D.).</p> <p>Yogic Anatomy: Gunas, Tattwas, Chakras, Nadis, Vayus, Prana & Apana.</p> <p>The Path of Kundalini & the Three Locks/ Bhandas.</p>
Weekend 4 (UK)	<p>Breathing & Living:</p> <p>Pranayama: Body – Breath – Brain – Consciousness. Its nature, importance & effects.</p> <p>Yogic Lifestyle: Guidelines, wisdom & tips for all aspects of life.</p> <p>How to wake, hydrotherapy, diet, times of day, getting the best sleep.</p> <p>Addiction: and how yogic lifestyle helps, link to Cautions & Pitfalls.</p> <p>Relaxation: Its importance, different techniques.</p>
Weekend 5 (UK)	<p>Asana - the Technology of the Times:</p> <p>Posture, Kriyas (concept & practice), Asanas (angles, triangles & rhythm).</p> <p>The effects/ benefits/ cautions. Including shivasana.</p>
Weekend 6 (UK)	<p>Mind & Meditation:</p> <p>The techniques, types, effects over time, stages.</p> <p>Patanjali: Pratyahar, Dharana, Dhyana, Samadhi.</p> <p>The 3 Functional Minds. Training the mind.</p>
Weekend 7 (UK)	<p>Humanology: We are Spirits here for the Human Experience.</p> <p>The possible Hu-man Be-ing. Soul's choice, soul's journey, birth, 120 days, the mother. Being fe/male, growing up, Moon Points, Lifecycles. Meditations for wo/men. Relationships – the highest yoga. Venus Kriyas. Communication.</p>
Weekend 8 (UK)	<p>Roles & Responsibilities: In & out of the class setting.</p> <p>The art of being a student, 5 Steps to Wisdom, the 4 Errors, 2 Laws – keep up & deliver.</p> <p>The nature & art of a teacher – Teacher's Oath.</p> <p>Teaching in different spaces, different levels, different groups.</p> <p>Before, during & after the class. Managing the time, space, ambience & the people.</p> <p>Message, marketing, media. Preparing yourself & preparing the class.</p>
Weekend 9 (UK)	<p>Yogic Philosophy: Key terms & common concepts in Yogic Philosophy. Sutras of Patanjali.</p> <p>Importance of concentration. Yamas & Niyamas in detail. From Pranayama to Samadhi.</p> <p>Death & Dying: What happens when we die & after we die?</p> <p>The stages, issues, opportunity & technology. Dead/ Liberated while alive.</p>
5 day residential (Portugal)	<p>Ashram Experience (5 days):</p> <p>Ten Spiritual Bodies & The Applied Science of Spiritual Numerology.</p> <p>Kundalini Yoga & Sikh Dharma: Differences & Similarities.</p> <p>Resources for the teacher. Personal check in. Improving teaching skills.</p> <p>Viewing the Master's Touch videos with group discussion.</p>
Weekend 10 (UK)	<p>Completion & Continuity</p> <p>Review of the course, setting up for the future, exploring each person's inspiration for taking the teachings forward, community connections, placements. Exam.</p>

APPLICATION FORM FOR KRI LEVEL ONE YOGA TEACHER TRAINING PROGRAM IN KUNDALINI YOGA WITH KARAM KRIYA SCHOOL IN GLASTONBURY 2020/21 (starting 17 & 18 October 2020)

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

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

I enclose (please circle): **£400.00** non-refundable deposit **£350** first installment **or** **£1,600** up-front payment

I understand the UK course fee is **£1,750** inc. VAT if paid in installments or otherwise **£1,600** if paid up front. **Plus** Ashram Experience costs that include: **€374** for registration & teaching fees (booked online independently) **and** costs for meals & accommodation which is an approximate total of **€276** (**Note:** this charge is subject to minor increases each year).

If paying in installments, I understand I pay £400 deposit in advance, £350 by/on weekend 1, £300 on weekend 2, then 7 monthly payments of £100 to the complete payment plan before or on weekend 9.

I attach a letter detailing my yoga experience and a passport size photo (can be a head shot from holiday photo).

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

Fee enclosed	Please tick
£400 non-refundable deposit	
£350 first installment	
£1,600 (discounted full course fee)	
Please make cheques payable to:	
Preet Kaur	
Or Bank Transfer arranged to:	
Preet Kaur (reference: "L1G2")	
Lloyds TSB	
Sort code: 30 97 90	
Account: 57097568	

In emergency contact

Name..... Relation to you

Telephone..... Mobile.....

Address.....

.....

Where did you hear about the teacher training course?

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 and Kundalini Yoga do not constitute medical advice.

SIGNED (by applicant)..... Date

For more information, contact:

Preet Kaur: 07704 636 647 or preetkaur108@yahoo.co.uk
Angad Kaur: 07771 803 562 or angadkaur@karamkriya.co.uk

or

Send this form along with your LETTER (YOGA/RELATED EXPERIENCE) & PHOTO to:

preetkaur108@yahoo.co.uk
angadkaur@karamkriya.co.uk
