

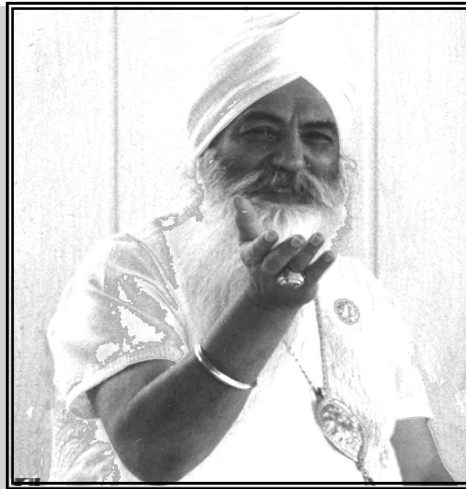
REQUIREMENTS

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. This evaluation is based on successfully meeting the KRI Teacher Training course requirements including but not limited to:

- Participation in all classes;
- Completion of a 40 day yoga set/ meditation, personal sadhana, 20 Kundalini Yoga classes outside of Teacher Training, and participation in five morning sadhanas at the Kundalini Yoga Center;
- Current membership in IKYTA (included in course fees);
- Full payment of all course fees;
- Proper personal representation of the Code of Professional Standards for Kundalini Yoga Teachers;
- Satisfactory practicum assessments by the trainers and fellow students;
- Passing grade on the KRI written exam;
- Payment can be made in cash, by check, and Venmo. Paypal or credit cards incur a +3% surcharge.

COURSE MATERIALS

The Aquarian Teacher-Level One Yoga Manual, Level One Textbook and The Master's Touch by Yogi Bhajan. These books will be used by the trainers in practice, study, discussion and homework assignments. Students are also encouraged to make use of other KRI publications in the course of their study.



Teacher & 3HO Founder

Yogi Bhajan, Master of Kundalini Yoga, arrived in the U.S. in 1969 with a stated purpose: *"I have come to create Teachers, not to gather disciples."* For over 30 years he traveled across the United States and internationally teaching Kundalini Yoga, the Yoga of Awareness. He founded the 3HO Foundation (3HO - Healthy Happy Holy Organization) based on his first principle: *Happiness is your birthright.* Through the Aquarian Teacher program, he has trained thousands of **KRI Certified Kundalini Yoga Teachers**. **IKYTA** was formed to further spread these teachings through the united effort of Kundalini Yoga teachers worldwide.

Trainers

Sat Inder (BA, MSW) and **Karta Purkh Khalsa** (BA, MA) are co-directors of the 3HO Kundalini Yoga Center in Kansas City and have studied with Yogi Bhajan for a combined total of more than 70 years. Karta Purkh is a professor at UMKC teaching Kundalini Yoga in the Phys Ed and Counseling departments.



KUNDALINI YOGA AQUARIAN TEACHER TRAINING



**Level 1 Aquarian Teacher Training-
KRI Certified**

As Taught By Yogi Bhajan

**Sept 10, 2021—July 10, 2022 3HO
Kundalini Yoga Center, KC MO**

www.kckundaliniyoga.org

SYLLABUS

This course, from September 2021 through July 2022, will provide you with a comprehensive and deep understanding of Kundalini Yoga as taught by Yogi Bhajan.

Students will participate in thorough explanations, discussions and experiences of asanas, kriyas, pranayams, mantras, the chakras, naadis, the naad (sound current), the 10 yogic bodies and other related areas of study.

We will extensively discuss: diet for an effective yogic practice; yogic anatomy; physiology of the organ systems; yogic history; and the art and science of relaxation, and other facets of Kundalini Yoga practice.

Students will be prepared to lead others in and explain the benefits of Kundalini Yoga as taught by Yogi Bhajan.

Students will study and practice with close mentoring of and guidance by the trainers and class discussions.

It is a natural unfolding of your own nature. Kundalini Yoga is the supreme technology to awaken your awareness and take you into your original self--Yogi Bhajan

IKYTA MEMBERSHIP

International Kundalini Yoga Teachers Association membership entitles you to recognition in a professional international organization; a quarterly newsletter; discounts on yogic products and events such as the annual IKYTA conference for one year.

PROGRAM

Aquarian Teacher Training is the KRI Level 1 Certification Program in Kundalini Yoga as taught by Yogi Bhajan. In Level 1, you will become an instructor and learn the fundamental principles and practices of Kundalini Yoga. You will teach and practice teaching in a classroom setting, participate in discussion of your abilities and methods, and experiences in early morning Sadhanas (spiritual practices). This course is comprised of 220 hours including 180 classroom hours of instruction in addition to yogic "homework" that will include meditations, journaling, reading assignments and discussions with your fellow students.

Those who shall rise to serve the Age of Aquarius shall live forever in the memory of generations to follow.
Yogi Bhajan



DATES We will meet approximately every month beginning in September. The schedule will be set at the beginning with input from ALL participants. Students are required to attend ALL classes. (Make up assignments will be required for absences.)

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

TUITION & ENROLLMENT Course tuition is \$2400. Early enrollment--(Due 8/15/2021) is \$2200.) Student (high school or college-full time) & Senior rates are \$2000. Reserve your space now with a \$200 non-refundable fee. All tuition must be fully paid by 6/1/2022. Twenty regular Kundalini Yoga classes, taught by a certified Level 1 teacher, are required during the 9 month calendar year.

Tuition includes three required texts and student membership in IKYTA. The cost of 20 yoga classes is discounted to \$6/class at the center.

3HO Foundation
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Kansas City MO 64111
816 561 5337
www.kckundaliniyoga.org