

## ***200 Hours of Dynamic Inspirational Instruction***

The Aquarian Teacher program is the KRI Level 1 Certification program in Kundalini Yoga s taught by Yogi Bhajan. In Level 1 you will become and Instructor and gain a deep understanding and experience of the core of the science of Kundalini Yoga. You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice) and experience the powerful transformational energy of White Tantric Yoga. This is a 200 hour course which includes 160 hours of classroom instruction in a well-defined curriculum which includes:

- Teaching Kundalini Yoga Postures, Kriyas and Meditations
- Role of a Kundalini Yoga Teacher
- Yoga Philosophy & The Origin of Kundalini Yoga
- Yoga & Western Anatomy
- Humanology & 3HO Lifestyle

### ***The Teaching Team:***

*A team of accomplished KRI Teacher Trainers from the Northwest will instruct this course. The core teachers are Viriam Singh Khalsa, M.A., Jai Kartar Kaur (Joan Davis), Simrat Kaur (Annski Williams) from Eugene and Dr. Hari Dass Singh Khalsa, and Ajeet Kaur Wise from Portland. Together they bring over 100 years of yoga teaching experience to share with you.*

Need more information go to [www.kynw.com](http://www.kynw.com) or:  
Dr. Hari Dass S. Khalsa [haridass@aracnet.com](mailto:haridass@aracnet.com)  
503-238-1032 (Portland)

NW Kundalini Yoga Teachers Training  
6214 SE Lincoln  
Portland, OR 97215  
503-238-1032

# ***The Aquarian Teacher: Instructor Training in Kundalini Yoga***

***As Taught By  
Yogi Bhajan***



**KRI Level 1 Instructor  
Certification Course  
October 2008 - June 2009  
Portland, Oregon**

## Explore Your Potential

Whether your intention is to teach at a professional level or to accelerate your own personal growth, this comprehensive 9-month training course is designed to provide you with the tools necessary for a more complete understanding of the philosophy, techniques, practice and lifelong benefits of Kundalini Yoga, the Yoga of Awareness.

### Course Benefits to You:

- Gain a sound understanding of the technology and concepts of Kundalini Yoga.
- Have a transformational experience through the practice of these teachings.
- Develop the skills, confidence, and consciousness to teach Kundalini Yoga.
- Develop a lifestyle of consciousness.
- Develop a bond with the other participants, teachers and the 3HO community worldwide.
- KRI Certification upon fulfilling requirements.

### KRI Certification Requirements:

Evaluation of each student's readiness to be a Kundalini Yoga teacher is based on successfully meeting the KRI Instructor Training course requirements including:

- Attendance at all classes.
- Satisfactory performance in a practicum.
- Passing grade on KRI's written examination
- Completion of 20 Kundalini Yoga Classes (during or after completion of Training).
- Completion of the assigned 40 day yoga set/ meditation.
- Participation in five morning sadhanas.
- Attendance at a one day White Tantric Yoga course.
- Proper representation of the *Code of Professional Standards for Kundalini Yoga Teachers*.
- Full payment of course fees.

The KRI Teacher Training team reserves the right to grant KRI Certification based solely on their discretion.

The Level 1 Instructor training course fulfills the Yoga Alliance's 200 hour national standard for a Registered Yoga Teacher (RYT).

## Yogi Bhajan

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a state purpose: *"I have come to create Teachers, not to gather disciples."* For over 30 years, he travelled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO -- the Healthy, Happy, Holy Organization, based on his first principle *"Happiness is your birthright."* 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 efforts of Kundalini Yoga teachers worldwide.

*"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

### Instructor Training Schedule 2008 - 2009

Saturdays 12 noon - 8:30 p.m.

Sundays 8:00 a.m. - 6:30 p.m.

Oct. 11/12	Mar. 14/15
Nov. 8 /9	Apr. 11/12
Dec. 13/14	May 9/10
Jan. 10/11	May 16/17*
Jan. 24/25	June 6/7
Feb. 14/15	
*White Tantric weekend (Eugene)	

### Location:

Awakenings

1016 SE 12th Ave

Portland, OR 97214

(1-1/2 blocks S. of SE Belmont on 12th)

### Course Registration Fees:

There is limited space in this course. To secure your space, you must pre-register and pay your \$500 deposit on or before 9/1/08.

### There are three payment options:

1. Payment in full by the first day of course: \$1800 in addition to the \$500 deposit (\$2300 total)
2. 2 payments of \$1000 one on 10/11/08 and the second on 01/10/09 in addition to the \$500 deposit. (\$2500 total)
3. Monthly auto-draws of \$275 for 8 months on the 15th of each month starting 10/15/08 in addition to the \$500 deposit. (\$2700 total) debit or credit card required.

There is a \$600 discount for full time students from an accredited college or university with student ID.

### Price Includes:

All instruction and required text books

KRI Teachers Training Manual and books & White Tantric Yoga Course fees.

Associate Membership in IKYTA

Saturday course dinners, Sunday breakfasts and lunches.

**Send Payment (check payable) to:**

**NW Kundalini Yoga Teachers Training**

**6214 SE Lincoln, Portland, OR 97215**

**(503) 238-1032 with questions or credit cards**

Local hotel information is available upon request.