

“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

This comprehensive 220+ hour training includes 180 hours of classroom instruction and 40 hours of home study in a well-defined curriculum which includes:

- Teaching Kundalini yoga kriyas and meditation
- Study of breath (*pranayam*), postures (*asanas*), sound (*mantra*) and meditation to awaken your body, mind, and spirit
- Yogic philosophy & the origin of Kundalini yoga
- Yogic and western anatomy
- How to develop a daily yoga practice (*sadhana*)
- How to deal with stress using yogic relaxation techniques
- Exploring sound and mantra
- How to develop a meditative mind
- Practical class preparation
- Humanology and 3HO yogic lifestyle
- Role and ethics of a Kundalini yoga teacher



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 travelled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO -- the Happy, Healthy, 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.

SCHEDULE 2016

CLASS LOCATION

Classes will be held at the **Shunnya Home** in Ottawa and at **Adi Shakti Yoga Centre** in Orléans.

About The Shunnya Home

The Shunnya Home is Kulmeet's residence where for the past 10 years, she provides private healing sessions, teaches cooking, kundalini yoga and meditation classes, and hosts “yogi family dinners” for the community. Located in a quiet tree-lined neighbourhood in central Ottawa, steps from the Rideau Canal and The Green Door Vegetarian Restaurant, the Shunnya Home will be a sweet place to call home during your teacher training program. Enjoy Kulmeet's ‘yogi kitchen’ with complimentary yogi tea, fresh fruit and granola breakfasts and an ayurvedic vegetarian lunch served in a cozy home setting with a patio terrace, lush gardens, river paths and parks nearby, with ample free parking.

Shunnya Home

159 Concord Street South, Ottawa, Ontario
kulmeet@me.com; www.kulmeet.ca; 613.316.5219

Adi Shakti Yoga Centre

1445-A Youville Drive, 2nd Floor, Orléans, Ontario
www.adishaktiyogacentre.com

HOURS

Early morning Sadhana: 5AM - 7:30AM
Class times: 8:30AM - 6:30PM

DATES (subject to change)

Jan 22-24, 2016	3 DAYS	Guru Dharam & Siri Sat
Feb 18-21, 2016	4 DAYS	Gurmukh & Gurushabd
Mar 11-13, 2016	3 DAYS	Amandeep
Apr 21-24, 2016	4 DAYS	Kulmeet & Shabad Saroop
May 7, 2016	1 DAY	White Tantric Yoga, Toronto
May 27-28-29	3 DAYS	Meherbani & Kulmeet
June 9-12, 2016	4 DAYS	Guru Dharam & Siri Sat
Date TBD by group	1 DAY	Community Teaching Day

Early Bird Rate
\$2795
+TST
by JAN 8 2016

kulmeet
613-316-5219
kulmeet@me.com
www.kulmeet.ca

meherbani
613-833-1218
meherbanik@yahoo.ca
www.meherbaniyoga.com

INFO & REGISTRATION



THE AQUARIAN TEACHER™ KRI LEVEL ONE TEACHER TRAINING PROGRAM

Kundalini Yoga as taught by Yogi Bhajan®

JANUARY 2016 TO JUNE 2016



Early Bird Rate
\$2795
+TST
by JAN 8 2016

TEACHER TRAINING PROGRAM

OTTAWA ONTARIO

THE AQUARIAN TEACHER PROGRAM

The Aquarian Teacher Certification program is open both to yoga students ready to become teachers and to those who wish to immerse themselves in the science of *Kundalini Yoga as taught by Yogi Bhajan*.

This certification is internationally recognized and exceeds *Yoga Alliance* standards, and will qualify you for the *YA Registered Yoga Teacher Certificate, RYT (200)*.

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*; and
KRI Level Three: *Realization - Teacher*.



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. You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice), and experience the powerful transformational energy of *White Tantric Yoga*.

TUITION AND ENROLMENT OPTIONS

1. Pay in full by January 8, 2016 * \$2795 +HST
2. Pay in full after January 8, 2016 * \$2995 +HST
3. Payment plan * \$3320 +HST

Deposit of \$500 +HST by January 8, 2016
Refunds (less \$200 admin fee) before January 8, 2016
No refunds after course begins
* Methods of payment are cash or cheque

Tuition fee includes

- 180+ hours of classroom instruction
- Kundalini Yoga training text book and yoga manual
- *Master's Touch*, book by Yogi Bhajan
- 1-year membership with IKYTA
- KRI certification fee
- Home study assignments

**INFO &
REGISTRATION**

www.kulmeet.ca
613-316-5219

www.meherbaniyoga.com
613-833-1218



Certification Requirements

Evaluation is based on successfully meeting the following course requirements:

- Attendance and participation at all classes (make-up for missed class time is available at the discretion of the teacher training team).
- Complete payment of all course fees
- Satisfactory completion of practicum assessment
- Passing grade on the KRI written exam
- Completion of 20 Kundalini Yoga classes
- Creation of two yoga class curriculum
- Attendance of one full day of *White Tantric Yoga*
- Participation in a minimum of 5 group sadhanas
- Completion of assigned 40-day meditation
- Completion of all home study assignments
- Course and trainer evaluation feedback
- Proper representation of the *Code of Professional Standards for Kundalini Yoga Teachers*

The KRI Teacher Training Team reserves the right to grant certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga Teacher.

YOUR TEACHER TRAINING TEAM



Guru Dharam Singh
Lead Trainer, Sweden
kundalinimedicine.com



Siri Sat Kaur
Lead Trainer, New York City
kundaliniyatras.com



Gurmukh Kaur
Lead Trainer, Los Angeles
goldenbridgeyoga.com



Gurushabd Singh
Lead Trainer, Los Angeles
goldenbridgeyoga.com



Shabad Saroop Singh
Lead Trainer, Montreal
equilibriumyoga.ca



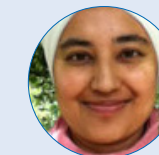
Amandeep Singh
Professional Trainer, Edmonton
yogiamandeepsingh.com



Kulmeet Kaur
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Meherbani Kaur
Associate Trainer, Ottawa
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Navjit Kaur
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