

## **KRI Level 2 Teacher Training**

Level 2 is a deep, personal study of 5 key life-topics, designed to lead you to deep personal transformation. After 10 years of development, its debut came soon after Yogi Bhajan recently departed, as a way to continue our study. Now's the time to come together as elevated peers and dedicated students of these teachings and go to the next level.

This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. It is part of the Aquarian Teacher program, a journey of personal development and training as a Kundalini Yoga Teacher, leading to self mastery.

There are 3 levels of certification:

KRI Level 1 — Instructor  
KRI Level 2 — Practitioner  
KRI Level 3 — Teacher

The 5 modules, in order of their debut, are: Conscious Communication, Authentic Relationships, Mind and Meditation, LifeCycles and LifeStyles, Vitality and Stress. They can be taken in any order, any time, just not too fast (no less than 2 years). Modules are each 48 hours of class study, followed by a 90-day home study and personal sadhana.

Yogi Bhajan, PhD., Master of Kundalini Yoga, arrived in the US 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. 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.

## **Authentic Relationships Stillpoint Body Lounge 965 2nd St Encinitas, CA 92024 October 3-4-5, & 9-10-11, 2009**

### **Course Hours**

8:00am-6:00pm

<b>Days</b>	<b>Dates</b>
Friday	October 3
Saturday	October 4
Sunday	October 5
Saturday	October 9
Sunday	October 10
Monday	October 11

For more information and registration form go to: [www.yogamurrieta.com](http://www.yogamurrieta.com)

A KRI course by:  
Object Radiance Inc.  
AKA Yoga Healing

With Senior Trainers  
GuruMeher Singh & GuruTej Kaur

For questions, lodging, and to register call:

GuruMeher Singh 310-788-0339  
email: [gurumeher@earthlink.net](mailto:gurumeher@earthlink.net)

Atma Kaur 951-696-9063 ext. 105  
[atmak@objectrad.com](mailto:atmak@objectrad.com)

GuruTej Kaur Khalsa  
[ji@gurutej.com](mailto:ji@gurutej.com)

Registrations can be faxed to:  
951-240-3405 Fax



## **Authentic Relationships Kundalini Yoga Level 2 Teacher Training Encinitas, California October 3-4-5, & 9-10-11, 2009**



*Transform Your  
Relationships*



**With GuruMeher Singh  
& Gurutej Kaur**

## ***In Depth Training Program***

This Aquarian Teacher program leads to certification as a KRI Level 2 Teacher. This Certification is internationally recognized and exceeds Yoga Alliance standards, making you eligible for the YA Registered Yoga Teacher Certificate, RYT-500.

In Level 2, you will gain a deeper understanding and experience of the core and science of Kundalini Yoga as taught by Yogi Bhajan, PhD.

You will further develop your skills and tools to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan.

Authentic Relationships is a practical study which:

- Offers practical tools for satisfying relationships
- Clears blocks from the past
- Balances the male-female dynamic within us
- Improves relationship to self, to others, to God
- Clarifies the nature of relationship in this Aquarian Age

Our entire life existence unfolds within the matrix of our relationships and is the key to all our success. To live in authentic relationships, we must first embrace our true identity (Sat Nam) and consciously connect with our Divine Self. From this place we can then connect to the divine in the other and recognize the ONE that lives in all.

Understand how to cultivate the courage and neutrality necessary for authentic, conscious relationships. Learn how neutrality easily translates to unconditional love which elevates, motivates, and inspires.

## ***More About Authentic Relationships***

### ***The Teacher Training Team***

Are experienced senior teachers who will lead you on your transformational journey of self mastery using the science and technology of Kundalini Yoga. Meet your team at [www.yogamurrieta.com](http://www.yogamurrieta.com)

### ***Tuition and Enrollment Options:***

Pay in full \$1,095  
Early Registration by September 4th \$995  
Full-time student rate available

### ***Course Fees Include:***

- 50 Hours of class instruction
- Extensive Course Manual
- Personal mentorship
- Certification
- Home study projects

**Authentic Relationships allows you the structured opportunity to deepen your relationship with yourself, your soul and your community with the power of Kundalini Yoga Through kriya, meditation and group work we will explore the experience of authentic relationship, healing the wounds of love and living as your authentic self.**



### ***Requirements***

**Level 1 completion or your current enrollment**

**Participation in 50 hours of classroom Training Make-ups for missed class time is available**

**Timely payment of all course fees**

**Passing grade KRI written exam**

**Completion of all home study assignments 12 hours**

**Completed 3 bridgeline calls or meetings with Group Leader**

Level 2 Certification is based on successful completion of all 5 Modules, and is

### ***What is Being Said About The Training***

"Authentic Relationships brought immediate improvement to my 20-year marriage." GSK

"This has been the single most profound course I have taken." Tom K.