

## **KRI Level 1 Certified Kundalini Yoga Aquarian Teacher Training**

The program is open to both yoga students ready to become teachers and to beginners wishing to learn this yogic science, as well as experienced yogis who want to deepen their personal practice.

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

**"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**

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. 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.

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

"Teachers training provided me with a structure and discipline that I yearned for. The Kundalini Yoga teachings were presented in a loving, nurturing and social environment. I feel a stronger and clearer connection to the universal force within me that connects us all." Thi Hoang

## **ENCINITAS, CA Teacher Training 1401 Windsor Rd., Cardiff 2009/2010**

<b>Saturday Hours</b>	<b>Sunday Hours</b>
7:30am-7:00pm	4:30am-5:30pm
<b>Dates</b>	
October 24	October 25
November 14	November 15
December 5	December 6
January 16	January 17
February 13	February 14
March 13	March 14
March 27	March 28
White Tantric Yoga	April 17
April 24	April 25
May 22	May 23
Graduation	May 23

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 Lead Trainer GuruMeher Khalsa

For questions and to register call:

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

Atma Kaur 951-696-9063 ext. 105  
email: [atmak@objectrad.com](mailto:atmak@objectrad.com)  
951-240-3405 Fax

## **Kundalini Yoga Teacher Training Encinitas, California Begins October 24, 2009**



**Join Us to Awaken  
Your Spirit...**



## **An Immersion in Yogic Living**

**With Senior Teachers  
trained by Yogi Bhajan**

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

This Aquarian Teacher program leads to certification as a KRI Level 1 Teacher. This Certification is internationally recognized and exceeds Yoga Alliance standards, making you eligible for the YA Registered Yoga Teacher Certificate, RYT-200.

In Level 1, you will become an instructor and gain a deep understanding and experience of the core of the science of Kundalini Yoga as taught by Yogi Bhajan, PhD.

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.

This is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum which includes:

- Teaching Kundalini Yoga
- Posture & Exercise
- Kriyas and Meditation
- Meditation and the Mind
- Sound and Mantra
- Science of Breath
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy
- The Origin of Kundalini Yoga
- Yogic and Western Anatomy
- The Chakras
- Sadhana, Daily Spiritual Discipline
- Conscious Relationships
- Yogic Diet and Nutrition
- Humanology & Yogic Lifestyle
- Art of Relaxation

### ***More About The Training***

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

The course will be taught by a talented group of experienced senior Kundalini Yoga teacher trainers. They 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 \$3,095

Payment Plan \$3,295 (see below)

Early Registration discount of \$100 with paid registration by September 25th

Payment plan: \$895 down (\$795 if received before 9/25) plus 6 payments of \$395 due the 10th of each month from November to April. Automatic payment of \$395 will occur on the 10th of each month unless other arrangements are made.

Full-time student rate available

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

- 180 Hours of class instruction
- Text Book and Yoga Manual, 452 pages
- Master's Touch Book
- 1 year membership with IKYTA
- Personal mentorship
- Certification fees
- Home study projects



#### ***Requirements***

Attendance and participation at all classes  
Make-ups for missed class time is available

Timely payment of all course fees

Practice teaching assessment

Passing grade KRI written exam

20 Kundalini Yoga classes outside the course

Attendance White Tantric Yoga

Participation in early morning group Sadhana

Completion of 40-day personal practices

Completion of all home study assignments

Course and Trainer evaluation feedback

Agreement to teachers code of standards

Certification is based on successful completion of KRI Teacher Training course requirements including, but not limited to the above. The KRI Teaching Training Team reserves the right to grant KRI Certification based solely upon their discretion and evaluation of each student's readiness to be a Kundalini Yoga teacher.

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

"I have done many teacher trainings in the past and this one had the most organized and supportive environments. They really teach an in depth study of the spiritual, philosophical, and practical elements of yoga. If you want to heal, open, live more powerfully and meet amazing people then this training is for you." L.P.