

KRI Level 1 Certified Kundalini Yoga Aquarian Teacher Training

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

Based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan, it is part of the Kundalini Research Institute's Aquarian Teacher Training, a journey of personal development and training as a Kundalini Yoga Teacher leading to self mastery.

"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 to live the real yogic life. The Kundalini Yoga teachings were presented in a loving and nurturing social environment. I feel a stronger and clearer connection to the universal force within me that connects us all." Thi Hoang

ENCINITAS, CA KRI Level 1 Teacher Training 1401 Windsor Rd., Cardiff 2010/2011 Training Course Dates

Saturday Hours	Sunday Hours
7:30am-7:30pm	4:30am-5:30pm
October 30	October 31
November 13	White Tantric Yoga
November 20	November 21
December 11	December 12
January 15	January 16
February 12	February 13
March 12	March 13
April 2	April 3
April 16	White Tantric Yoga
April 30	May 1
May 21	May 22
Graduation	May 22

For more information and registration
form go to: 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.net

Atma Kaur 951-696-9063 ext. 105
email: atmak@objectrad.com

Kundalini Yoga Teacher Training Encinitas, California Begins October 30, 2010



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

*"This training will give you
the teachings that are the
foundation of my life and my
music. It's a complete practice
to help your light shine."
Snatam*



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about Snatam's
peaceful music:
spiritvoyage.com

An Immersion in Yogic Living

**With Senior Teachers
trained by Yogi Bhajan
www.yogamurrieta.com**

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 sadhana (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



"I did not come to collect students, but to train teachers."

Yogi Bhajan

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

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-up work for missed class time iavailable

Timely payment of all course fees

Practice teaching assessment

Passing grade on KRI written exam

20 Kundalini Yoga classes outside the course

Attendance of White Tantric Yoga course

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