

*The Aquarian Teacher- KRI Level One
Teacher Training/ Advanced Study Program
MN 2018*

FAQ's

Location

Where is the course held?

All course hours will be held at Solomon's Porch
100 W 46th St Minneapolis MN 55419 (4 blocks west of 35W on 46th St)

Where is Parking? Is there free parking?

Street parking is available. The location is also very accessible by public transportation.

Is the building wheelchair accessible?

No the building is not wheelchair accessible.

Trainers

Who are the teachers? What are their certifications?

All trainers for this course are licensed through the Aquarian Trainer Academy and the Kundalini Research Institute. They are all at least 500-hour certified teachers and have been teaching Kundalini Yoga and Meditation, as taught by Yogi Bhajan for 10-40 years.

The Trainers for this course are:

Kirn Kaur Khalsa
Nirvair Singh Khalsa
Sat Purkh Kaur Khalsa
Sat Siri Dougherty
Nirmal Lumpkin

You can read their full bios on the Teacher Training page of
www.KundaliniCollectiveMN.com

Updated 4/23/2017

Certification

What will I be able to do with my certification? Can it be taken anywhere?

If you complete all course requirements you will be granted a Level 1 Kundalini Yoga Instructor certification through the Kundalini Research Institute. This certification is recognized by the Yoga Alliance.

You can bring your certification with you where ever you choose to teach.

I have to miss a month; can I still take the course? Still get certified?

If you just have to miss one month, it's okay. You can still get certified, but you'll need to make up that weekend. You will work with Nirmal to determine how to make up the material missed. You'll be required to complete all other course requirements (practicum, final exam, curriculum design project, etc) by the stated due dates.

But what if it's the first weekend I have to miss?

It's okay - just start the second weekend!

What other work (besides attending all course hours) do I need to complete to get certified?

- Complete 20 Kundalini Yoga classes with a KRI certified teacher (not included in course tuition)
- Receive a satisfactory review of 2 practicum teaching sessions
- Attend (at least) one day of White Tantric Yoga (not included in course tuition)
- Complete all reading and homework assignments
- Receive a passing grade on the final, written exam

The course requirements must be completed during the course dates. We send certification packets to KRI one month after course completion. If you do not have all requirements submitted by October 15, 2018, you will incur a late fee of \$26/month. The one exception to this is White Tantric Yoga. You have one year to complete WTY. If you do not have WTY completed and verification sent in my October 15, 2019 you will begin incurring the late fee.

I already did White Tantric Yoga; do I need to do it again?

Yes, you must complete one day of White Tantric Yoga while you are taking the Teacher Training course, even if you've already done it. You can take White Tantric Yoga anywhere in the world within the year. Just provide us with the receipt. Please note that White Tantric Yoga is NOT included in your course tuition.

How can I fulfill my 20 class requirements for the course homework?

If there is a Kundalini Yoga Teacher in your area, you can take classes with that teacher. To find a teacher in your area, please go to www.kundaliniyoga.com. If it is absolutely impossible to find a KRI certified teacher in your area, you can do Gurmukh's or Nirvair's DVDs at home. Please discuss with Nirmal before moving forward with DVD classes.

There are exams?!?!

Yes, we want to make sure that instructors who graduate from this course are well prepared to teach Kundalini Yoga and Meditation classes. So, there are 2 types of exams in this course: practical and written.

- **Practicum:** You will teach an assigned Kriya and meditation to a small group of your fellow teacher trainees. Practicum are evaluated by one of the Trainers or TNT's helping with the course. There is an opportunity for feedback after the class. You will teach 2 practicum classes. More information on practicum experience will be covered in the first two TT weekends. You will sign up for your practicum weekend schedule at the first TT weekend.
- **Written:** There is a final written exam. This is a take home exam. You will be given the questions about half way through the course. Exams are due BEFORE the final weekend. More information about the written exam will come during the course.

There is homework?!?!

Yes! Kundalini Yoga has a rich history, beautiful philosophical underpinning, and it is important for you to be well versed in all of this. You will have assigned reading of Yogi Bhajan's lectures and the content from the TT manual. There will also be review questions for you to answer and bring with you to each weekend.

If this is a Level 1 course, what are the other Levels of Teacher Training?

KRI Level One: Foundations and Awakening – Instructor (200 hr equivalent)

KRI Level Two: Transformation – Practitioner (500 hr equivalent)

KRI Level Three: Realization – Teacher (Still in development)

Who is KRI? Why would I want to be certified through KRI?

KRI (Kundalini Research Institute) is the organization that licenses and certifies people to teach Kundalini Yoga, as taught by Yogi Bhajan™. Yogi Bhajan created the framework for the Teacher Training program and many experienced teachers and practitioners have worked thousands of hours to create the most powerful, in depth, and accurate program to share the technology of Kundalini Yoga and Meditation.

I'm not sure I'm ready now...can I just take the program next year?

Unfortunately no, we don't anticipate offering another Level 1 program until 2021! We do hope to offer some of the Level 2 modules in the mean time. You must be Level 1 certified to participate in the Level 2 modules for credit.

What if I don't want to be certified? I don't ever plan on teaching.

You can take this course for the sole purpose of developing your own practice and gain a better understanding of the technology of Kundalini Yoga. We often find that students who come into the program with no desire to actually teach yoga are the ones who end up teaching a lot! We encourage everyone to complete all requirements in order to attain certification. However, if you choose not to pursue certification you don't have to do the additional requirements. However, in the future, if you wish to become certified you would have to take the whole course again.

Finances

What is your Refund policy?

We are committed to delivering an excellent course that will not only prepare you to be a Kundalini Yoga teacher, but will also affect, and even, transform your life.

Withdrawal within 5 days of your in person orientation session- Full refund

Withdrawal before course begins (January 26, 2018)- You will be refunded all tuition paid, minus a \$100 deposit.

Withdrawal between the 2nd and 6th weekend of the course- You will be refunded a pro-rated amount that equals the total amount you have paid minus \$170 per course day completed prior to cancellation.

Withdrawal on or after July 15, 2018- No refund will be given.

All cancellations/withdrawals must be made in writing via email to KundaliniCollective@gmail.com. Refunds will be issued by check and will be mailed within 30 days of receipt of your email cancellation notice. Non-attendance at a training session without written notification will not be considered a withdrawal and refunds will not be given for missed class time.

Can I pause the training and come back to it?

Generally, no. Each course is unique and designed to be completed as a whole. If some emergency situation arises you can discuss options with Nirmal. However, we do not plan to run another Level 1 program in Minnesota until 2021.

What forms of payment do you accept?

We accept cash, check or credit card. If you pay in full, a check is preferred to help cut down on administrative costs. A \$75 fee for returned checks will be assessed.

If you are using the payment plan, you must provide credit card information and sign the payment plan agreement during your in-person orientation interview. You may provide post-dated checks for all payments if you prefer. However, we will run payments on the credit card if checks do not clear.

What are the tuition costs?

Everyone pays a \$100, non-refundable deposit at the time of his/her online registration. At your in-person orientation interview we will finalize your payment plan.

Pay in Full

SUPER Early Bird Pricing (until 6/7/2017): \$2650

Early Bird Pricing (until 10/20/2017): \$2800

Full Pricing (after 10/20/2017): \$3000

Payment Plan

SUPER Early Bird Pricing (until 6/7/2017): \$2850

Early Bird Pricing (until 10/20/2017): \$3000

Full Pricing (after 10/20/2017): \$3200

How much do I put down when registering?

\$100 non-refundable deposit. This amount is included in the totals listed above.

Are there any scholarships or work-study program available?

Unfortunately, not at this time. If any scholarship money becomes available we will let people know via the website and Facebook. There are significant discounted rates available to anyone who has completed another 200-hr Kundalini teacher training program.

What does my Tuition Include?

- ✓ Training manuals (the Aquarian Teacher Textbook & Manual and Masters Touch)
- ✓ All weekend teacher training classes
- ✓ Lunch- one day each weekend
- ✓ Student membership in IKYTA
- ✓ Kundalini Collective- General membership. You can choose to upgrade to Teacher Member status upon receiving your certification.

❖ Tuition does not include 20 Kundalini Yoga classes and White Tantric Yoga.

How do I register?

1. Complete the Teacher Training Application on the website, KundaliniCollectiveMN.com
2. We will contact you to schedule an in-person orientation interview.
3. Submit your deposit or your entire tuition amount.
4. Sign a Teacher Training agreement and release of liability form.
5. Watch your life begin to transform!

What's the deal with the in person orientation interview?

This is our opportunity to sit down together and have a conversation about the course. We will review all course requirements and expectations. You will have the opportunity to ask any other questions you may have. We will also complete some paperwork, including agreeing to a payment plan.

Course Time/Structure

What is the course schedule? Are there breaks?

Fridays 8:30am-6:00pm

Saturdays 9:00am-6:00pm

Sundays 9:00am-3:30pm

Yes, there will be about a one hour lunch break every day, as well as other short bathroom breaks etc.

What are the course dates?

January 26-28: Roots of Yoga & Awakening Consciousness

February 9-11: Humanology & Yogic Lifestyle

March 9-11: Yogic History & Philosophy

April 13-15: Sound & Mantra

May 19-21: Mind & Meditation

July 13-15: Prana & Pranayaam

August 3-5: Bhandas, Mudras & Postures

September 14-16: Yogic Anatomy & Philosophy

How do we handle meals?

One lunch per weekend will be provided. All other meals are for you to supply. You may want to bring meals with you and pack snacks. Tea will also be provided.

Are we really doing yoga 8 hours a day?

No! There will be lots of yoga and meditation, but also a lot of small and large group discussion, lecture, video classes with Yogi Bhajan, activities and sharing.

What is that crazy early morning thing? Do we have to go?

Practicing in the quiet, peaceful, pre-dawn hours is a cornerstone practice of Kundalini yoga. While it can be challenging to get yourself out of bed that early....it is really the most powerful time of day to practice! Aquarian Sadhana is offered EVERY Sunday at River Garden Yoga Center in Saint Paul. You must attend 5 Aquarian Sadhanas during the training. However, they don't have to be on training weekends. You can also volunteer to lead sadhanas for extra teaching practice if you want. Check in with Julie Hartmans about this opportunity.

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Registration

Are there any pre-requisites for this course?

No, but we strongly recommend that you take at least 10 - 20 Kundalini Yoga classes prior to beginning the Teacher Training course. That will give you a solid foundation for your future studies.

If I register after December 1, will I still receive my materials at the start of the course?

We can't guarantee it - we have to order the books by that date so any registrations after that date may not receive materials in time, but you'll get them by the 2nd weekend.

Miscellaneous

I have noticed Kundalini Yoga Teachers are generally wearing white and have a head covering. Do I have to do this too?

No, this is not a requirement. We will talk about the technology of wearing white and covering your head, and we encourage you to try it out, but it is not a requirement for taking the course.

I have noticed many Kundalini Yoga Teachers have spiritual names. Do I have to do this too?

No, this is not a requirement. If you are interested in requesting a spiritual name or want more information, please visit 3ho.org/spiritual-names