



Golden Sol Yoga & Wellness
4446 Ambrose Avenue, Los Feliz, CA 90027
goldensolcollective@gmail.com / GoldenSol.org

Level I: Kundalini Yoga Aquarian Teacher Training FAQ

Golden Sol is honored to facilitate the KRI Aquarian Teacher Level I training with the lead instructor Siri Marka Singh Khalsa. You will be joined by senior instructors who trained with Yogi Bhajan that are enthusiastically sharing the teachings all over the world.

Amongst the guiding instructors in this course are Dharam Dev, Krishna Kaur, Guru Meher, Nam Kaur, Siri Atma, and Guru Jodha.

Are you called to study this profound technology? Learning the path of a Kundalini Yoga teacher is a true grace and you will be supported by the best, wisest teachers of this technology in the world.

We open the program to all students- to anyone who wants to have a deeper relationship with their Soul. The process of deeply engaging in learning will bring you to a level of awareness, a level of consciousness that is rich, complex, and vital in the Aquarian Age.

What is the Level I Aquarian Teacher Training?

Level I Teacher Training is an engaging program of the mind, body, and spirit. We will closely look at the theories, practices, and important skills of a Kundalini Yoga instructor.

This Level, the “Foundations” is an intimate look into the ethics, principles and an encouragement of the embracing of a yogic lifestyle.

The Level I program is 220 hours (180 hours in class, and 40 hours of home practice). Graduates of our program will earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bhajan and will fulfill the 200 hour requirement expected by the Yoga Alliance RYT (Registered Yoga Teacher).

Why pursue Level I Kundalini Yoga Teacher Training?

The Kundalini Research Institute (KRI) is the international organization that promotes and preserves the teachings of Yogi Bhajan and graduates more than 3,000 new Kundalini Yoga teachers a year! You will be in a wonderful group of people, who are dedicated to being beautiful, bountiful, and blissful! The best company a person could ask for.

We will help you register with the International Kundalini Yoga Teachers Association and meet the 200 hour requirement. You will be in a community of excellent teachers working towards a common goal.



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The Course Work:

There are six elements to the Level I training that you will learn about.

- 1) **Kriya and Meditation:** The foundation of kriya, asana, and mudras, meditation, mantra, and pranayama will be practiced.
- 2) **Humanology and Philosophy:** The Lifestyle of a Kundalini Yogi—we will learn about the history and philosophy. We will explore nutrition and lifestyle practices to promote well-being.
- 3) **Anatomy & Physiology:** Essential Yogic and Functional Anatomy—We will learn traditional Western anatomy (nervous, endocrine, immune, musculoskeletal, circulatory, digestive systems) and Yogic anatomy (nadis, vayus, chakras, and the ten yogic bodies).
- 4) **Consciousness of a Teacher:** Virtues and Values of Living in the Golden Chain—How to become an effective, dynamic teacher, whose ethics and personal development are at the forefront of their practice. You will learn about curriculum planning and strategies to support any student that comes to study with you.
- 5) **The Master's Touch:** Cultivating a Connection with Yogi Bhajan. We will have study groups, meditations, and watch DVDs of Yogi B. teaching so that we can embody his energy.
- 6) **The Practicum:** Teaching Well—You will teach and be guided by a KRI Yoga Teacher Trainer, receive written evaluations and feedback from your peers.

Training Dates:



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August 18,19, 20

September 16, 17

October 14, 15

November 4, 5

November 11: White Tantric

December 2, 3

January 6, 7

February 3, 4

March 2, 3, 4

March 31: White Tantric

April 20, 21, 22

May 12, 13

Graduation: Afternoon of May 13th, friends and family are invited to Celebrate you!

Over a period of 10 months we will work together in class, plus home study, group study, attendance at 5 Group Sadhanas, 20 Kundalini Yoga classes, 1 White Tantric Yoga Meditation (see dates above), and 1 (2.5 Hour) Ek Ong Kaur meditation.

Times:

Orientation: Friday, August 18th, 7pm-9pm

Fridays: 6pm-9pm

Saturdays: 7am-6:30pm

Sundays: 4am Sadhana, 6:30 Breakfast, 7am-5pm

Orientation will take place on August 19th 2017 at 7pm. With time to address any questions about your registration and the program. You will receive your course materials at that time.

We will host an Aquarian Sadhana at 3:45am each morning and you may stay until the class officially begins. The sadhanas will take place at our hosted site.

Where: Studio City, Address will be made known after registration.



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Costs:

Registration Date	Full Payment	Payment Plan Options
Pre-registration Paid on or before July 21st	3,400. Early bird price.	
Pre-registration Paid on or before July 21st		Payment Plan Total \$3,600. Deposit Due of \$1000, 4 installments of \$625.
Paid <u>after</u> July 21st 2016	3,600. Full payment price.	Payment Plan Total \$3,750. Deposit Due of \$1200. 6 installments of \$425.

Enrollment Costs Include: 180 hours of in class work, required texts and materials, audio recordings of the lectures, Sunday lunch, One Year Membership to the International Kundalini Yoga Teachers Association with benefits and a website listing. We are also offering a 20 class pass to Golden Sol at an additional fee of \$200.

Payment: Cash, Check, Visa, Mastercard, Discover, Amex cards are accepted.

Payment plans: See chart above. Installments will be due on the 15th of every month, payment schedule will be issued upon enrollment. Certificate of completion will not be issued until full payment of tuition is received.

Late payments:

- A \$35 fee will be charged for any late payments, declined credit card auto-payments, or returned checks. A payment will be considered late after the 19th of the month.
- Admission to class will be denied to anyone with outstanding payments more than one training weekend sessions past due. This is inclusive of all payments: both the deposit and the subsequent installments.

Cancellations / Withdrawals:



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- You must submit your withdrawal in writing. The date it is received is the day it will be considered in effect.
- Prior to the first day of the program, **if you have elected a payment plan option**- you will be eligible for a deposit refund of \$300. If course materials are received, then an additional \$200 will *not* be refunded. After the start of the course no refund will be given.
- For withdrawals after the start of the course, please review the policy for those students, ***who have paid in full:***
 - After training weekend 1: \$2,500
 - After training weekend 2: \$1,900
 - After training weekend 3: \$1500
 - After training weekend 4: \$1000
 - After training weekend 5: \$500
 - After training weekend 6: \$250

There will be no refunds given after January 2017 for withdrawal.

Students on a payment plan are not eligible for a refund after the course begins. The payment plan will be cancelled and all auto-deductions will be cancelled, as well. Students will be responsible for paying an owed/past due amounts.

All fees paid can be applied to Level 1 Teacher Training with an additional payment of \$350 as an administrative fee.

Lead Trainers:



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Golden Sol's Level 1 training is spearheaded by Krishna Kaur and other Master Teachers including Siri Marka, Dharam Dev, and Guru Meier, who all studied directly with Yogi Bhajan. We will have other master teachers join us on specific weekends to teach on special topics.

Group Leaders:

Your "jetha" or group leader will be a Kundalini Yoga teacher of long-standing in our community. They will be a partner and support to you while you are training. Many of you have had the blessing of working and studying with Golden Sol's teachers. We are blessed to have the best and most beautiful teachers. These teachers will lead check-ins and help you with your assignments. They will grade your test at the end of the course.

We will organize for you to do mid-month check-ins with your Group leader. It will be a pleasure to get to know your family groups and have the nourishing support of the Golden Sol family.

What are the Level I Units like with Golden Sol and the Lead Teachers?

Over a period of 10 months, you will take yoga classes, meditate, learn kriyas, and study with amazing teachers. We will share Yogi Bhajan videos and focus in on your family group time, as a well-spring of dialogue and engagement with the practice.

By a wild grace, you will be finessing tools to become your best self. You will meet lovely people in a safe, productive, beautiful environment. Learning this technology will shift all your relationships- most especially your relationship with your own Soul.

Certification:

You can choose to invest in the program through its completion without pursuing certification, if you choose. The great blessing of this technology if you pursue the completion of your Aquarian Teacher Training is you are prepared to teach anywhere in the world.

Attendance:

- 180 Hours of classroom time. 40 hours of home practice
- Make up work and documentation for any class time missed.
- You must attend one White Tantric course and the fee for the course is not included in your tuition

Personal Practice:



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- Attending 5 group Sadhanas, which will be hosted by Golden Sol
- Attending one “Long Ek Ong Kar” meditation (2.5 hours)
- Completion of at least one 40 day Meditation as your Personal Sadhana
- Attending 20 additional classes (You can sign up with us for a 20 class pass for only \$200)
- Dedicated approach to the textbook readings and study guide questions.

Teaching Practice:

- Practice Teaching assigned kriyas and meditations to your family group
- Leading at least 3 outside classes and having your students complete an evaluation form.

*Please approach us if you would like to do donation classes for the Downtown Women’s Center

Practicum/Marketing/Final Exam:

- Create a Series for Beginners
- Create a Workshop
- Create a Promotional flyer for your classes and series

Code of Ethics and Professional Standards of a KRI Certified Teacher must be adhered to!

Administration:

To be certified you must have paid your full course fees.

Missing Class and Make-Up Work:

Please be a good communicator about your absenteeism or lateness. You need to keep up with the group. If lateness or an absence is unavoidable, you must make up the time you missed. We need to certify your hours- so if you miss an hour- we need to have proof of your make-up efforts directly related to the material missed.



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Concerns or Questions:

There are many more details that will be covered in your orientation and in the first weekend of the course, which will answer any questions you have about the nature of the program. We are here to serve and to up-lift you in this transformative process. If you have any questions, please don't hesitate to reach out. We are delighted to help you in any way.