

"We are not asking you to find the Master—Be the Master."

—Yogi Bhajan, Teacher Training 1997



YOGI BHAJAN
1929-2004

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States 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—Happy, Healthy, Holy Organization, based on his first principle **"Happiness is your birthright."** The Aquarian Teacher Program of the Kundalini Research Institute (KRI) has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA) was formed as a support in further spreading these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

"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

////// THE TRAINING TEAM //////////////////////////////////////



GURU RAJ KAUR
LEAD TRAINER
LEVELS ONE & TWO TRAINER,
LEVEL THREE TEACHER



NIRMAL KAUR
PROFESSIONAL TRAINER
LEVEL TWO PRACTITIONER



HARI SINGH
PROFESSIONAL TRAINER
LEVEL TWO & THREE PRACTITIONER

The team is led by Guru Raj Kaur Khalsa, founder/director of 3HO Vancouver, who brought Kundalini Yoga to Vancouver 43 years ago. Training teachers for 26 years, she teaches in programs worldwide. She serves on the KRI Teacher Training Executive Council, developing the KRI Aquarian Training Academy. She is in the first graduating class of the Level Three Aquarian Teacher.

Nirmal Kaur is a Professional Trainer in the Aquarian Academy. Practicing Kundalini Yoga for over ten years, she brings experience to the Team through dedicated practice. She is a Certified Level Two Sat Nam Rasayan Practitioner. She has a great love for these teachings and shares them with joy.

Manager of Yoga West Vancouver, and one of Yogi Bhajan's first students, Hari Singh has been practicing and spreading the teachings of Kundalini Yoga for over 40 years. He is committed to sharing the essence of the teachings of Yogi Bhajan to create fulfillment for each individual in spirit, vitality and life.



DR. HARI DASS SINGH
LEVEL ONE LEAD TRAINER
LEVEL TWO PRACTITIONER

Dr. Hari Dass Singh has been a skillful and sensitive Kundalini Yoga Teacher and Trainer, and chiropractic physician in the Portland, Oregon area for over 35 years. He has been part of our Vancouver Teacher Training Team for many years, to which he brings a sound experience of Western Anatomy & yogic understanding.

This expert team is excited about returning to Vancouver Island once again (back by popular demand!) to offer this outstanding Aquarian Teacher Training program.

After being offered and continuing for 26 years in Vancouver, this outstanding program is returning to Vancouver Island!

Kundalini Yoga Teacher Training The Aquarian Teacher

KRI LEVEL ONE TEACHER TRAINING PROGRAM



VANCOUVER ISLAND • BC • CANADA

Four five-day sessions October 2016 through May 2017

220-hour Internationally Certified Program • Lead Trainer: Guru Raj Kaur Khalsa
Local Co-ordinator: Siri Amir (Alanda Carver) 250-642-3001 • muircreek@hotmail.com

yogawest.ca

www.islandkundalini.org



COURSE CURRICULUM

- Posture (*asana*), sets (*kriyas*), sound (*mantra*), breath (*pranayam*)
- Understanding the mind through study and meditation
- Yogic and Western anatomy
- Extensive use of ancient techniques of mantra and sacred sound
- Humanology and 3HO yogic lifestyle
- Chakra system
- Healing yogic foods and herbs
- Yogi Bhajan lecture & meditation DVD classes
- Yogic history, philosophy and psychology
- Self-transformation to the consciousness, essence and projection (identity) of a Teacher
- How to prepare and teach Kundalini yoga classes
- How to present yourself professionally as a Teacher

REQUIREMENTS FOR CERTIFICATION

To successfully complete the course, students are required to:

- Attend *all* class hours
- Attend a minimum of 20 Kundalini Yoga classes *during* the course outside of class time
- Complete an assigned 40 day meditation and all other assigned meditations
- Complete regular homework assignments
- Complete 15 Aquarian *Sadhanas* (early morning yoga practice), including 10 group *sadhanas*
- Complete one White Tantric Yoga workshop
- Satisfactory performance in a supervised Yoga Class Practicum
- Passing grade on the written final exam
- Mandatory Entrance and Exit Interview where applicable
- Participation in all required Yoga Practice Sessions
- Acceptable representation of the Kundalini Yoga Code of Professional Standards and readiness to be a Kundalini Yoga Instructor as determined by KRI and the Teacher Training Team
- Complete a confidential evaluation of the program and the Trainers
- Recommendation of the Lead Trainer is required for certification

In addition to classes, the curriculum and schedule devote a substantial amount of time and focus to assigned meditations, reading, written work, and practice teaching sessions.



LOCATION

A residential program, all classes will be held at Vancouver Island Lodge outside Victoria, B.C.

COURSE DATES

October 27-31, 2016 (Thursday - Monday)

January 5-9, 2017 (Thursday - Monday)

March 23-27, 2017 (Thursday - Monday)

May 25-29, 2017 (Thursday - Monday)

WHITE TANTRIC YOGA DAY

Saturday, November 19, 2016

In Vancouver • 8:00 am - 6:00 pm (end time approximate)

MORE INFORMATION

The following people can be contacted to talk about the program:

Alanda (Siri Amir) *Local Organizer and Hostess*: 250-642-3001

Guru Raj Kaur *Lead Trainer*: 604-657-4481

Yoga West: 604-732-9642

COST

- Total cost for the program is **\$3900**. *Note:* This does **not** include the price of books nor the price of the White Tantric Yoga course.
- Yoga West is registered with the province as a post secondary education institution. Students receive a T2202A form which allows claiming the program on your taxes.

Included in the course:

- Course fees for all instruction
- A one-year Associate Membership to IKYTA (see: www.kundaliniyoga.com)
- Discount of 10% is available to full-time university students and seniors (65 & over)

ACCOMMODATION & MEAL PLAN

Please contact Siri Amir for accommodation and meal possibilities and costs.

PAYMENT SCHEDULE & REGISTRATION

Submitted with your application: a non-refundable fee of \$200

Option A: *Special Early-bird Price*: \$3750 paid in full by Sept 23, 2016

Option B: Total Tuition: **\$3900**. By October 18, 2016

Option C: Payment Plan: Total Tuition: \$3900 + \$150 Admin fee = **\$4050** total

by Oct 18, 2016: \$2000 (after \$200 deposit) / **by Dec 16, 2016:** \$925 / **by March 10, 2017:** \$925

(All payments in plan must be made by post-dated cheques OR post-dated credit card authorizations by Oct. 18, 2016).