



YOGI BHAJAN
1929-2004

**"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, 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 to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

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

- YOGI BHAJAN, Teacher Training 1997

THE TRAINING TEAM:



GURU RAJ KAUR KHALSA
Level One &
Two Lead Trainer
Level Three Teacher

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 now, 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 Teacher.



BIR KAUR KHALSA
Professional Trainer
Level Two Practitioner

Bir Kaur has been instrumental in the development of Teacher Training in Vancouver over many years. She is a leader of the new generation of Kundalini Yoga Teachers dedicated

to the transformative process of creating teachers. One of her passions is pre-natal yoga, and serving women thru the birth process. Married with a yogi husband and two beautiful young children.



HARI SINGH KHALSA
Professional Trainer
Level Two & Three Practitioner

Manager of Yoga West, Vancouver, and one of Yogi Bhajan's original students, he has been studying 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 body, mind and spirit.



NIRMAL KAUR KHALSA
Professional Trainer
Level Two Practitioner

Nirmal Kaur is a Professional Trainer in the Aquarian Academy. Practicing Kundalini Yoga for 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 great joy.



DR. HARI DASS SINGH KHALSA
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. As a practicing Chiropractor, he brings a unique understanding of Kundalini Yoga, Anatomy and posture to the program.



The Aquarian Teacher

KRI LEVEL ONE KUNDALINI YOGA TEACHER TRAINING PROGRAM

THIS OUTSTANDING PROGRAM NOW IN IT'S 26TH YEAR!

October 2016 through May 2017

VANCOUVER, B.C. CANADA

WWW.YOGAWEST.CA

(604) 732-9642



COURSE CURRICULUM

- Posture (asana), sets (kriyas), sound (mantra), breath (pranayam)
- Understanding the mind through meditation
- Yogic and Western anatomy
- Humanology and 3HO yogic lifestyle
- Chakra system
- Healing yogic foods and herbs
- Yogi Bhajan lecture & meditation DVD classes
- Use of ancient techniques of mantra and sacred sound
- 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:

- Complete course payment paid to Yoga West staff
- Attend a minimum of 20 Kundalini Yoga classes during the course outside of class time
- Complete a 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 1 White Tantric Yoga workshop
- Satisfactory performance in a supervised public class at Yoga West or equivalent venue.
- Passing grade on the written final exam.
- Mandatory Entrance and Exit Interview.
- Participation in two of the arranged Practice Sessions (these occur outside of class time)
- 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.
- Recommendation of the Lead Trainer 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.
- A mandatory entrance interview will be scheduled after receipt of your registration package.

DATES

2016

October 21, 22, 23
November 11, 12, 13
White Tantric Yoga:
Nov. 19
December 16, 17, 18

2017

January 13, 14, 15
February 17, 18, 19
March 10, 11, 12
April 7, 8, 9
May 19, 20, 21

COURSE HOURS

End times are approximate

Fridays 6:00pm - 9:00pm
Saturdays 8:00am - 9:00pm
Sundays 9:30am - 4:45pm

White Tantric Yoga Day

Saturday November 19, 2016
8:00am - 6:00pm
(approximate ending time)

You will sign up for an entrance interview when you register. Dates for your Practice Sessions & Practicum will be forthcoming early in the program.

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 PCTIA 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
- 10 yoga classes at Yoga West Vancouver (students responsible for cost of other 10 required for certification)
- A one-year Membership to IKYTA (see: www.kundaliniyoga.com)
- A discount of 10% is available to full-time students and seniors (65 years & older)
- 10% off books and CDs and Sheepskins at Yoga West
- 10% off yoga passes at Yoga West while in training

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).

Registration Deadline: Tuesday October 18th, 2016

Contact Yoga West 604-732-9642 or info@yogawest.ca