

# KRI AQUARIAN TEACHER TRAINING™



**KRI International Teacher Training Level One**  
**A certification program in Kundalini Yoga as taught by Yogi Bhajan**  
**STUDENT CONTRACT 2016-2017**  
**VANCOUVER ISLAND**

**This contract is between:**

**The institution:**

3HO Foundation Society, (a non-profit society), Yoga West Enterprises  
2662 W 4<sup>th</sup> Ave., Vancouver, BC V6K 1P7 • 732-YOGA (9642) [info@yogawest.ca](mailto:info@yogawest.ca)  
(BC Private Career Training Institutions Agency registered institution #2484)

**AND the student,**

First Name(s) \_\_\_\_\_ Last Name \_\_\_\_\_

Street \_\_\_\_\_ Apt. \_\_\_\_\_

City/Country \_\_\_\_\_ Postal Code/Zip \_\_\_\_\_

Tel: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_ Fax \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

*PERMANENT ADDRESS (if different from one above)*

Street \_\_\_\_\_ Apt. \_\_\_\_\_ City/Country \_\_\_\_\_ Postal Code/Zip \_\_\_\_\_

Initials \_\_\_\_\_

## COURSE CREDENTIALS

- . All course content is taught in English
- . Is locally sponsored by 3HO and Yoga West Vancouver
- . Is licensed by the Kundalini Research Institute (KRI) headquartered in Espanola, New Mexico. KRI is the international Certification Body for Kundalini Yoga as Taught by Yogi Bhanjan.
- . Yoga West is registered with Yoga Alliance as a certified school [www.yogaalliance.com](http://www.yogaalliance.com) This program meets the standards for the Yoga Alliance 220-hour Yoga Teacher Certification.
- . Is registered with the Private Career Training Institutions Agency of British Columbia (PCTIA). PCTIA is mandated by the BC Ministry of Advanced Education to set basic education standards for registered private career training institutions in British Columbia and establish standards of quality which must be met by accredited institutions. [www.pctia.bc.ca](http://www.pctia.bc.ca)

**Phone:** Local: 604-569-0033 Toll-free: 1-800-661-7441

### A. COURSE DATES (take place over 32 weeks)

**START DATE: Thursday, October 27, 2016**

**ENDING DATE: Monday, May 29, 2017** (possibly Tues, May 30, 2017 based on # of students)

**CLASS DATES:**

**October 27-Oct. 31, 2016**

*Saturday, November 19 – Vancouver White Tantric course*

**January 5-9, 2017**

**March 23-27, 2017**

**May 25-29, 2017 (possibly Tues., May 30, 2017)**

Dates for personal Entrance & Exit Interviews, will be arranged subsequent to registration.

Your Practice and Practicum Sessions & Practicum will be incorporated into these class dates.

### B. FEES

1. The cost for the course is **\$3900.00**. Early Bird Price \$3750 if paid by **September 23, 2016**. All payments to be made in Canadian Funds. US Exchange will be calculated on the day of transaction.

Discount of 10% is available for full time students and seniors (65 and over).

Course fees include:

- . A non-refundable deposit of \$200.00 application fee.
- . Course fees for all instruction.
- . A one-year Associate Membership to IKYTA which includes the IKYTA newsletter and discounts for products. Upon completion of the course students will automatically be upgraded to a Professional Membership which includes a listing published on the Internet and in Aquarian Times Magazine.

Fees do not include:

- . Price of books (approximately 300.00)
- . White Tantric Yoga Course (approx. \$175 to be paid at course in November)

Initials \_\_\_\_\_

## PAYMENT SCHEDULE

NON-REFUNDABLE REGISTRATION FEE OF \$200.00 TO BE PAID WITH APPLICATION

### BALANCE OF PAYMENT

Option A. (Total tuition \$3750 before September 23, 2016; \$3900 after September 23, 2016)

- . Before September 23, 2016, balance of payment of \$3550.00 (after \$200 deposit)
- . After September 23, 2016, balance of payment of \$3700 (after \$200 deposit)
- . Additional Manual fees (approx. \$300) due by start of class
- . Additional White Tantric Yoga course fee (approx. \$175 due at time of course)

Option B. (**Total tuition \$3900** by October 18, 2016)

Option C. NOTE: An administration fee of \$150.00 will be charged to payment plan.  
(\$3900 + \$150 = \$4050)

- . By October 18, 2016, payment of \$2000.00 (after \$200 deposit)
- . By December 16, 2016 payment of \$925
- . By March 10, 2017, payment of \$925
- . Additional Manual fees (approx. \$300) due by start of class
- . Additional White Tantric Yoga Fee (due in November at time of course)

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

### C. ADMISSIONS POLICY AND PROCEDURES

1. Any student of Kundalini Yoga who wishes to participate in the KRI Certified Teacher Training Program may apply for admission.
2. It is required that a student experience a minimum of three Kundalini Yoga classes before undergoing the program of training and understand the 3HO Code of Ethics & Professional Standards for Kundalini Yoga Teachers.
3. Neither the student or the Institution may waive any of the admission requirements.

### D. EVALUATION PROCEDURES

1. Evaluation is based on successfully meeting the KRI Teacher Training course requirements, including: (Note: Recommendation by the Lead Trainer is required for final Certification)
  - Attendance at all classes
  - Attendance at 20 Kundalini Yoga classes outside of class time during the course.
  - Satisfactory performance in practicum
  - Passing grade (85%) on the KRI Take-Home Exam
  - Creation of two yoga course curricula
  - Completion of the assigned 40-day meditation
  - Completion of all home assignments/meditations
  - Participation in fifteen (15) Aquarian Sadhanas. (Early morning yoga practice)
  - Attendance at a one day White Tantric Yoga course
  - Participation at the scheduled practice sessions
  - Complete payment of all course fees
  - Submit a Confidential Evaluation Form for each KRI Teacher Trainer
  - Complete an exit interview with Lead Trainer or assigned Trainer

Initials \_\_\_\_\_

## 2. ATTENDANCE POLICY

- Attendance at all classes. (Any missed time for emergency reasons will be required to be made up as decided by the Lead Trainer.
- Attendance at twenty (20) Kundalini Yoga classes outside of class time during the course
- Attendance at a one-day White Tantric Yoga course

The Lead Trainer reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher in accordance with Code of Professional Standards and Code of Ethics. The Participant has the right to appeal to KRI, whose decision shall be final.

In the event that not all certification requirements are met by the end of the program (May 29, 2017) a fee of \$26/month will be charged starting 1 month after completion date until all requirements are completed and certification is received. If all requirements are not met within one year (May 29, 2018) the course will need to be re-taken in order to receive certification from KRI.

## E. DISMISSAL

1. In the case of disruptive behaviour during the course, the Lead Trainer may exercise their discretion to dismiss the student in question.
2. The student is entitled to fair warning of this possibility before a final decision is reached.

## F. DISPUTE RESOLUTION

**Policy:** Individuals should always try to resolve issues informally. If a more formal approach becomes necessary, the institution provides a fair and reasonable mechanism for resolution.

### **Procedure:**

*Step One* First try to resolve the issue directly with the other party. Failing this...

*Step Two* Put the complaint in writing to the Course Administrator. He/She will request submissions from all involved parties, including witnesses; conduct an investigation and set up a meeting within 7 days. The course administrator will provide a written decision to all parties within 48 hours. Failing this...

*Step Three* Repeat Step Two with the Lead Trainer and/or the 3HO Vancouver Board of Directors, as appropriate. If no resolution is forthcoming...

*Step Four* The parties appoint an outside mediator/arbitrator within 48 hours. The institution and the student will share the cost of mediation/arbitration.

## G. REFUND POLICY

1. Written notice must be provided by
  - (a) a student to the institution when the student withdraws, and
  - (b) the institution to the student where the institution dismisses a student.

Initials \_\_\_\_\_

## 2. Refunds before the program of study starts:

- (a) If written notice of withdrawal is received by the institution less than seven (7) calendar days after the contract is made, and before the start of a program of study, the institution may retain the lesser of 10% of the total tuition fees due under the contract or \$200.
- (b) Subject to subsection (1)(a), if written notice of withdrawal is received by the institution thirty (30) calendar days or more before the start of a program of study, the institution may retain 10% of the total tuition fees due under the contract.
- (c) Subject to subsection (1)(a), if written notice of withdrawal is received by the institution less than thirty (30) calendar days before the start of a program of study, the institution may retain 20% of the total tuition fees due under the contract.

## 3. Refunds after the program of study starts:

- (a) If written notice of withdrawal is received by the institution, or a student is dismissed, within 10% of the program of study's duration, specifically after October 31, 2016, the institution may retain 30% of the **total tuition fees due under the contract**.
- (b) If written notice of withdrawal is received by the institution, or a student is dismissed within 30% of the program of study's duration, specifically after October 31, 2015 but on or before January 3, 2017, the institution may retain 50% of the **total tuition fees due under the contract**.
- (c) If a student withdraws or is dismissed after 30% of the program of study's duration, no refund is required.
- (d) If a student withdraws before completion date (May 29, 2017), student is still responsible for payment of full course tuition. Any monies still owing will be due and payable in full at that time.

**Specifically there are no refunds after January 3, 2017.**

## H. REFUND POLICY FOR INTERNATIONAL STUDENTS

An International Student is a person who is not a Canadian Citizen or a landed immigrant or who has been determined under the Immigration Act to be a Convention Refugee. Where an institution enters into a contract with an international student the following refund policy is applicable.

### 1. Student Authorization Related Withdrawals

An institution may retain the lesser of 25% of the total fees due under the contract or \$200 by international students who:

- (a) are denied authorization from Citizenship and Immigration, or
- (b) do not receive authorization prior to the start of the program of study, provided that
  - (i) the student notifies the institution of the circumstances in subsection (1) (a) or (b) on or before the first day of a program of study is scheduled to begin, and (ii) the student, within a reasonable time, provides documentation of the circumstances in subsection (1) (a) or (b) to the institution.

### 2. Non-Student Authorization Related Withdrawals

The refund policy for international students with Non- student authorization related withdrawals (fitting into Section H. (1)), is the same as above: Section G. (1), (2) & (3)

Initials \_\_\_\_\_

## I. OTHER REFUND POLICY REQUIREMENTS

1. Where a student is deemed not to have met the institutional and/or program specific minimum requirements for admission, the institution must refund all fees paid under the contract, unless a written agreement is in place as per Section C (3).
2. Refunds owing to students pursuant to Section E (1), (2) and Section(s) G and H must be paid within thirty (30) days of the institution receiving written notification of withdrawal, or within thirty (30) days of an institution's written notice of dismissal.

## J. POLICY FOR UNDERAGE STUDENTS

1. The Lead Trainer of the program may grant students under the age of 16 admission to the program with special consideration. Upon successful completion of the program, a letter of completion will be given. Certification will be granted after the students 16<sup>th</sup> birthday, and completion of the upgrading requirements given by the Lead Trainer in compliance with KRI's certification standards.

## K. POLICY FOR PREGNANCY

1. If you enter into the program pregnant, or become pregnant during the course of the program, an additional 1 year period is given in order to fulfill requirements for certification.

## L. PRIVACY POLICY

Yoga West collects students' personal information for the following reasons:

- To maintain student records as required by PCTIA.
- To keep students/graduates informed of activities within the community.
- To issue a T2202A form in accordance with Canada Revenue Agency  
Student's personal information is not used for any other purpose.

The full student file is retained for a period of seven (7) years following the student's withdrawal, dismissal or graduation. After seven years, the full student record is destroyed using a secure destruction method.

Information on course completion, including Practicum information, and Final Exams are kept on file at KRI in New Mexico, as proof of Certification by the Aquarian Academy.

Additionally Yoga West uploads a copy of the students' contract, and certificate to an approved third-party vendor. These records are retained for a period of fifty-five (55) years by the third-party vendor. Under the personal information protection act, you are entitled to access your student file.

**I, the undersigned student have read, and understood this contract and all information that is contained within, including all policies and procedures. I verify that I meet all registration requirements and agree to abide by the certification requirements for the Aquarian Teacher: KRI International Kundalini Yoga Teacher Training Level 1.**

(Print Name) \_\_\_\_\_

(Signature) \_\_\_\_\_ Date \_\_\_\_\_

Name of Parent/ Guardian (if student is under the age of 16)

Signature of Parent/ Guardian (if student is under the age of 16)

(Signature) \_\_\_\_\_ Date \_\_\_\_\_

Date of birth of student if under the age of 16 \_\_\_\_\_

**My Course fee will be:**

- A) Early bird tuition: \$3550 + \$200 non-refundable deposit \_\_\_\_\_ (initial)
- B) Regular tuition: \$3700 + \$200 non-refundable deposit \_\_\_\_\_
- C) Regular tuition payment plan: \$3850 + \$200 non-refundable deposit \_\_\_\_\_
- D) Student/senior discount (Early bird): \$3395 + \$200 non-refundable deposit \_\_\_\_\_
- E) Student/senior discount Regular tuition: \$3530 + \$200 non-refundable deposit \_\_\_\_\_
- F) Student/senior discount payment plan: \$3465 + \$200 non-refundable registration deposit \_\_\_\_\_

The undersigned institution agrees to conduct the course of training for The Aquarian Teacher: KRI Kundalini Yoga Teacher Training Level I as per the description in this contract.

\_\_\_\_\_  
Guru Raj Kaur Khalsa, Lead KRI Teacher Trainer Date \_\_\_\_\_

**Sponsored by 3HO in partnership with Yoga West Enterprises, Vancouver**

Initials \_\_\_\_\_



**THE AQUARIAN TEACHER**  
**KRI International Kundalini Yoga**  
**Teacher Training Level One**  
**ISLAND PROGRAM**  
**REGISTRATION FORM 2016-2017**

- **Include your non-refundable deposit of \$200.**
- **Registration Deadline: October 18, 2016**
- Upon registration you will receive the Course Contract
- Complete Payment Schedule as detailed below

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Paying by:**

- Cash (*included*)
- Cheque (*included*)
- Interact (*can be used on site.*)
- Visa
- Mastercard

Credit Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

**Payment Schedule** To receive with your application:

- Non-refundable registration deposit of \$200

**BALANCE OF PAYMENT**

- Before September 23, 2016: **\$3750** (\$3550 + \$200 deposit)
- Before October 18, 2016: **\$3900** (\$3700 + \$200 deposit)

or **BALANCE by Payment Plan**

An extra \$150.00 will be charged to do payment plan: \$3900 + \$150 = TOTAL: **\$4050 paid in 3 payments:**

- By Oct. 18, 2016, payment of \$2000.00 (after \$200 deposit)
- By Dec 16, 2016, payment of \$925
- By March 10, 2017, payment of \$925

*(All future payments must be made by post-dated cheque OR post-dated credit card authorizations by Oct 18, 2016.)*

Signature \_\_\_\_\_

Date: \_\_\_\_\_



# Aquarian Teacher Training Book Order Form

Student name \_\_\_\_\_

**Please mark one circle per book title.**

**1) *The Aquarian Teacher Set: KRI Level 1 Instructor Textbook + KRI Level 1 Instructor Yoga Manual***

- I will obtain the set myself
- Please order my set at \$240.00 + tax

**2) *The Master's Touch, Yogi Bhajan***

- I will obtain the book myself
- Please order my copy at \$60.00 + tax

**3) *How To Know God, The Yoga Aphorisms of Patanjali,***

Translated by Swami Prabhavananda and Christopher Isherwood

- I will obtain the book myself
- Please order my copy at \$12.95 + tax

**Please charge my credit card for the checked books.**

Name on credit card \_\_\_\_\_

Credit card number \_\_\_\_\_

Date of expiry \_\_\_\_\_

Security code (3 digits on back of card) \_\_\_\_\_

**Date** \_\_\_\_\_ **Signature** \_\_\_\_\_



# CODE OF EXCELLENCE

of the **3HO International Kundalini Yoga Teachers Association (IKYTA)**  
& **Kundalini Research Institute (KRI)**



PO Box 1560, Santa Cruz, New Mexico 87567 • ikytaadmin@3ho.org • IKYTA: www.ikyta.org • KRI: www.KRITeachings.org



We recognize that as Kundalini Yoga Teachers we are committed to living in our higher consciousness. We conduct our lives in a spirit of integrity. In *The Teachers Oath*, *The Definition of a Yogi*, and *The 16 Facets of Perfection of a Kundalini Yoga Teacher*, Yogi Bhajan gives us the guidelines for this journey of consciousness, the daily practice of which will support us as Kundalini Yoga Teachers.

## The Teachers Oath

*"I am not a woman."* (Mercury finger down)

*"I am not a man."* (Sun finger down)

*"I am not a person."* (Saturn finger down)

*"I am not myself."* (Jupiter finger down)

*"I am a teacher."* (Thumb stays up)

## The 16 Facets of Perfection of a Kundalini Yoga Teacher

*Sola Kalyan Sumpuran* Yogi Bhajan, September 1995

1. A Teacher will never alter the teachings because of personal opinion. You will teach by example.

2. The higher you grow as a Teacher, the more humble you have to be.

3. The Teacher always serves the students, so they can become ten times stronger than you, because every student is a Teacher for tomorrow.

4. A Teacher has to be extremely kind, caring, compassionate, and forgiving.

5. As a Teacher you should always poke, provoke, confront, and elevate your students to excellence.

6. As a Teacher you have to continuously imagine, visualize, believe, expand in all directions, connect to everything, meditate, practice, and project that you are *Ang Sang Wahe Guru* ("With every limb, every part of me, I belong to the Divine."), and that the energy of Guru Ram Das is flowing through you.

7. As a Teacher you will always be in *Chardi Kala* (elevated spirits) and connected to your higher self, never caught in emotional turmoil. Count your blessings, not your curses. Always be graceful. Glow and grow.

8. As a Teacher you will continuously graduate towards the Divinity and Infinity that is the essence of your existence. You are not a human born for a spiritual search, you are a spirit, an Atma (soul), born for an experience as a human. Your purity and piety as an Atma is always maintained, protected, exalted, projected, as a priority over everything and kept in sight mentally, physically, and spiritually.

9. As a Teacher listen to, and obey all righteous teachings. If you read something, you will know it; if you write something, you will understand it; if you teach something, you will perfect it.

It is perfection of your deliverance that gives you grace as a Teacher. Your success as a Teacher lies not in what you know, but in what your student receives.

A Teacher is measured by the growth, dignity, and excellence of the student. If you find any talent, nurture it, teach it, exalt it to the best of your ability and divinity.

10. As a Teacher do not relate to ego or politics. Always relate to the spirit, soul, and essence of a person. Always relate to the intelligence, talent, and consciousness of a person. Always relate to the manners, methods, and mentality of a person. Pure thoughts are the way to universal knowledge and will make you bountiful, blissful, and beautiful.

## The Definition of a Yogi

The Yogi is not affected by the opposite polarities of life—neither by praise nor by slander, neither by riches nor by poverty, neither by health nor by illness, neither by life nor by death.

The Will of God is the will of the Yogi. He or she surrenders his or her personal will to the Will of God.

When Kundalini, the primal force of the Prana (life energy), penetrates and prevails throughout the chakras, the Yogi remains stable to the odds of Karma and walks the even path of Dharma.

The Raj Yogi is a sage and a king in the face of all temptations, situations, events, and environments.

Those who meditate on Guru Ram Das are blessed through miracles to be royal sages throughout the ages.

*Yogi Bhajan, September 1995*

11. God and Guru have blessed you with Karma (law of cause and effect). As a Teacher you must offer yourself in Dharma (lifestyle of righteousness) to honor the gift of God of life. Never create a drift or rift between you and your Atma.

12. A Teacher wears white cotton clothing while teaching. White clothing makes you as a Teacher look divine and represent light. The color white represents the seven colors. Cotton is the flower of the Earth. It is good for your psyche, your energy, and your nervous system. Your way of dressing should be saintly and make you glow with grace. You should look like a sage and a prince or princess of peace and divinity. A Teacher is a Ph.D.—Prince or Princess of High Divinity.

13. Just as a seed must transform and mature in order to bear fruit, Teachers who do not become perfect students do not become perfect Masters.

14. The Universal Spirit that rotates the Earth can take care of all your problems. As a Teacher you have to learn trust and faith. Regard every breath of life as a gift. Strive for conscious breathing, breathing one breath a minute.

15. The banner of a Teacher is: "In God I dwell." The standard of arms of a Teacher is: "God within me I trust."

The honor of a Teacher is: "In the Name of God I serve."

The motto of a Teacher is: "Peace of mind and peace within the material world."

16. A Teacher needs to commit to Nam, the God-given identity.

Without Nam, you cannot have the purity of self and the divine projected grace to master all the elements.

Without commitment there is no character.

Without character there is no dignity.

Without dignity there is no divinity.

Without divinity there is no grace.

Without grace you cannot sacrifice or serve others. Your compassion and presence will not work, and you cannot be happy.

Remember once and for all, happiness is your birthright, and it is always right to be happy. So be happy, be healthy, and be holy.

We are all holy, because we all have nine holes. Adding two arms and two legs makes thirteen. You are born with thirteen, you will live with thirteen, you will die with thirteen. Thirteen (three and one) makes four—Cup of Prayer. Prayer is your power, your protector, and your provider. *Sat Nam*

# THE CODE OF ETHICS & PROFESSIONAL STANDARDS OF A KUNDALINI YOGA TEACHER

## TEACHER-STUDENT RELATIONSHIP

It is the responsibility of the Teacher to maintain a conscious and professional relationship with students and with other Teachers. A Teacher recognizes that the teacher-student relationship involves a power imbalance. This is true even with a student who is no longer studying with the Teacher.

1. A Teacher recognizes the implicit trust placed in him or her because of the unique power of the teacher-student relationship. A Teacher consciously avoids any relationship with a student that is exploitive in any way, i.e., he or she never uses such a relationship for personal gain or benefit.
2. All forms of sexual involvement with students are unethical, even when a student invites or consents to such behavior. Sexual behavior includes, but is not limited to, all forms of overt and covert seductive speech, gestures, and actions.
3. All forms of financial involvement with students are discouraged and may be subject to a disciplinary review. Financial involvement includes but is not limited to loans, gifts and business relationships. Payment for teaching services is acceptable. If you have any question about financial involvement, contact the Office of Ethics & Professional Standards & Conscious Conflict Resolution (EPS).
4. The above points shall be in effect as long as the Teacher is in a teacher-student relationship and for not less than 6 months after the student has ceased taking any classes or trainings from the Teacher.
5. A Teacher never engages in harassment, abusive words or actions, or coercion of students or former students.
6. A Teacher shows sensitive regard for the moral, social, religious standards, and sexual orientation of students, and avoids imposing his or her personal beliefs on others.
7. A Teacher will not advise a student to go against the advice of his or her health care provider.
8. A Teacher realizes that he or she is a vehicle for these Teachings, never their source. A Kundalini Yoga Teacher does not initiate anyone as a disciple.
9. A Teacher strives to build the student's connection to the teachings and to his or her own soul, rather than to any personality.
10. If a Teacher is unable to continue the teacher-student relationship, the Teacher will, upon the request of the student, connect the student to other appropriate Teacher resources in the 3HO Global Community.
11. A Teacher treats all communication with students with respectful and appropriate confidentiality.

## CLASS STRUCTURE

1. A Teacher teaches kriyas (which includes postures, mantras, meditations or sets) as they were taught by Yogi Bhajan, with the exception of reducing the timing of postures, or providing variations of postures when necessary to accommodate physical limitations of students.
2. A Teacher does not create kriyas (postures, mantras, meditations or sets.) A Teacher does not combine teachings or practices from other paths into a Kundalini Yoga kriya as taught by Yogi Bhajan.
3. A Teacher acknowledges that they are part of the Golden Chain by beginning every class with the Adi Mantra, chanting "Ong Namoh Guru Dev Namoh" at least 3 times. Every class ends with the "Long Time Sun" song.
4. A Teacher is responsible to maintain the integrity and sacredness of the Kundalini Yoga Teachings.
5. A Teacher does not exaggerate or misrepresent the benefits of Kundalini Yoga as taught by Yogi Bhajan®.
6. In a Kundalini Yoga class, a Teacher wears appropriate, modest, clean white clothing. A head covering is strongly recommended.
7. A Teacher upholds the yogic law "If you come empty handed, you will leave empty handed" by encouraging students to make an offering.

***The purpose of this Code is to help Teachers serve in their purest consciousness and to protect our students, communities and organizations. If a Teacher is in breach of this Code he or she may be subject to review by EPS. Substantial violations of this Code (including changing the Teachings, actions that may be harmful to students, or substance use or abuse) can result in discipline, including being prohibited from representing 3HO, IKYTA, KRI and Kundalini Yoga as taught by Yogi Bhajan®, in any capacity as a Kundalini Yoga Teacher, termination as a KRI Teacher Trainer and Termination of IKYTA Membership (Good Standing.) By signing this Code of Ethics and Professional Standards I understand and agree that any final decision involving a probation, a suspension or a termination will be a public document.***  
***A Teacher is responsible for compliance with the most current Code found at [epsweb.org](http://epsweb.org) and [ikyta.org](http://ikyta.org).***

I hereby agree to live and teach in compliance with the above 3HO IKYTA KRI Code of Ethics and Professional Standards of a Kundalini Yoga Teacher.

## PUBLIC COMMUNICATIONS

These guidelines are designed to uphold the quality of the Teachings and to be in compliance with all legal guidelines for appropriate representation of our services.

1. A Teacher accurately represents his or her professional qualifications and certifications along with his or her affiliations and/or sponsorships from any organization(s).
2. Announcements and brochures promoting classes or courses based on the Teachings of Yogi Bhajan shall describe them and picture them with accuracy and grace.
3. A Teacher will represent himself or herself, 3HO, IKYTA, KRI, and Yogi Bhajan truthfully and accurately in all public communications. Promotional communications will follow guidelines set by 3HO, IKYTA or KRI that correctly reflect these organizations' missions.

## TEACHERS IN COMMUNITY

1. A Teacher supports the service of other Teachers through conscious communication that avoids negativity or wrongful attributions regarding the efforts of other Teachers.
2. A Teacher speaks and acts respectfully to other Kundalini Yoga Teachers, as well as Teachers of other yoga traditions (and health modalities), and does not knowingly solicit another Teacher's students.
3. A Teacher builds the unity of the 3HO Global Community by embracing diversity, willingness to collaborate and a commitment to act for the benefit of all.
4. A Teacher acts as an integral contributing member of all International (and national, where appropriate) teaching organizations: 3HO, IKYTA, KRI, EPS. He or she acts as a representative of the professional and ethical policies of these organizations.
5. A Teacher cultivates the ethical integrity of our culture as Teachers by seeking assistance for a Teacher involved in what appears to be a breach of these standards, through EPS.
6. At all times a Teacher's behavior represents the purity and integrity that Yogi Bhajan taught.
7. At all times a Teacher shall acknowledge the lineage of the Golden Chain and the Teachings with respect and reverence.
8. Any Teacher found liable or guilty in a civil or criminal court in which findings of fact or a judgement have been entered for moral turpitude, felony or fraud, is subject to discipline by EPS.
9. Any Teacher whose actions are against the interests of 3HO, IKYTA, KRI, Yogi Bhajan or the entities which support their services, and which involve breach of fiduciary (acting for or holding in trust) responsibility or financial misconduct is subject to discipline by EPS.

## PROFESSIONAL COMPETENCE

1. A Teacher commits to and maintains a regular, daily spiritual practice that includes Kundalini Yoga and meditation as taught by Yogi Bhajan®.
2. A Teacher commits to the continuous improvement of his or her professional knowledge and skills. He or she fulfills all training requirements developed and presented by 3HO, IKYTA, EPS, the KRI Aquarian Trainer Academy, and National Associations, where appropriate.
3. A Teacher abstains from the use of, or dependency on, alcohol, tobacco, or drugs (except for medical purposes.) A Teacher does not permit the use of alcohol, tobacco, or drugs at any Kundalini Yoga course, class, or event.
4. In the yogic tradition, a Teacher eats a vegetarian diet. A Teacher insures that a vegetarian diet is served at any Kundalini Yoga course, class or event.
5. A Teacher conducts his/her Yoga teaching services in accordance with recognized business and accounting procedures.
6. A Teacher must comply with all agreements, contracts, and licenses with KRI.



# KRI Aquarian Teacher Training Level 1 Student Information Form

Lead Trainer: *Guru Raj Kaur Khalsa*

**Welcome to KRI Kundalini Yoga Level 1 Teacher Training. In order that we may serve you better we ask that you complete this questionnaire below. All information will be kept strictly confidential.**

Name: \_\_\_\_\_

Spiritual Name: (if any): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_

Phone Number (Day): \_\_\_\_\_ (eve) \_\_\_\_\_

Email Address: \_\_\_\_\_ Cell: \_\_\_\_\_

Birthdate (day/month/year): \_\_\_\_\_

Where did you hear about this Teacher Training course? \_\_\_\_\_

\_\_\_\_\_

Where did you complete the pre-requisite 5 Kundalini Yoga Classes? \_\_\_\_\_

\_\_\_\_\_

Please describe any previous Yoga Experience. (Where, What type): \_\_\_\_\_

\_\_\_\_\_

What expectations do you have for the course? \_\_\_\_\_

\_\_\_\_\_

Do you have any concerns about the course? \_\_\_\_\_

\_\_\_\_\_

Are there any health conditions or concerns that we need to be aware of?

(Serious conditions need the signed approval of your medical practitioner)

\_\_\_\_\_

\_\_\_\_\_

Are you now or have you taken any prescription medication for depression, anxiety or stress related illnesses, or been diagnosed with any serious mental health issue? If so, please list the medication and the condition for which you are/were being treated.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**The Aquarian Teacher™**  
**KRI International Teacher Training Certification Level One**  
**Registration and Release Form**

Name of KRI Licensee/ City/State: \_\_\_\_\_(the "Program")

Legal Name (print): \_\_\_\_\_  
(Last) (First) (Middle)

Spiritual Name (print): \_\_\_\_\_  
(Last) (First) (Middle)

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country \_\_\_\_\_

Postal Code/Zip Code \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cellular Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Release**

I am aware that the Kundalini Yoga Teacher Training Program is here to serve me by sharing knowledge of Kundalini Yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Program.

In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program.

I agree to indemnify and hold harmless the Program; KRI; Harbhajan Singh Khalsa Yogiji, a.k.a. Yogi Bhajan; YB Teachings, LLC; 3HO Foundation; Sikh Dharma; Humanology, Health Science Incorporated; and any affiliations and/or subordinate corporations not stated herein, their officers, directors, employees, agents, or volunteer staff from and against all claims, actions, demands, proceedings, liabilities, cost and expenses, including reasonable attorney's fees, which they may have ascertained against or incurred by them arising as a result of my participation in the Program. I understand that I must complete all the Level One requirements no later than one year from the end of the program in order to certify.

I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue or make any claims of any kind whatsoever against the Program or any of the aforementioned parties for any injury, property damage/loss, or death caused by their negligence or other acts.

The Undersigned agrees that they have read, understand, and agree to all the Release information stated herein and that all the Registration information provided is correct to the best of the their knowledge:

Signature (Legal Name): \_\_\_\_\_ Date: \_\_\_\_\_

# The Aquarian Teacher: KRI Level One Certification Verification Form

## To be filled out by Lead Trainer when student certifies:

Please check boxes to indicate student has completed qualification:

- Attended all Teacher Training classes -**180** contact hours minimum
- Received a passing grade of \_\_\_\_\_ on the exam(s)
- Completed 20 Kundalini Yoga Classes during or after the completion of Teacher Training - 20 hours
- Performed satisfactorily in the practicum
- Created two acceptable yoga course curricula
- Completed the assigned 40-day yoga set/meditation -11 minutes minimum each
- Participated in at least five full morning Aquarian sadhanas - 2 ½ hours each = 10 hours
- Participated in one day of White Tantric Yoga: **City:**\_\_\_\_\_ **Date:** \_\_\_\_\_
- Read, understood, and signed the *Code of Professional Standards for Kundalini Yoga Teachers*.

I recommend this trainee be certified as a KRI Level One Instructor of Kundalini Yoga as taught by Yogi Bhajan.

\_\_\_\_\_  
Signature of Lead Teacher Trainer

\_\_\_\_\_  
Today's Date

\_\_\_\_\_  
Printed Name of Lead Teacher Trainer

\_\_\_\_\_  
Course Location (city, state, country)

---

## To be filled out by the student before the course begins:

I, the undersigned, agree to the following:

1. KRI and the KRI Teacher Training team reserve the right to grant KRI Level One certification based solely on their discretion and evaluation of each student's readiness to be a Kundalini Yoga Instructor. This evaluation is based on successfully meeting the course requirements including, but not limited to those listed in this document.
2. I understand that if for any reason I do not complete all of the requirements for certification, as listed above (with the exception of 20 Kundalini Yoga classes and one day of White Tantric) within 6 weeks of the conclusion of the course, I will be required to pay a **\$26 per month late fee**. All requirements including any accrued late fee(s) must be received **no later than 12 months after the conclusion of the course**. If you do not complete the requirements for the course and submit the late fee within this timeframe you will not be certified.
3. If I am not granted certification, I understand that I have the right to appeal to KRI, whose decision shall be final.

\_\_\_\_\_  
Signature (Legal Name)

\_\_\_\_\_  
Date

\_\_\_\_\_  
PRINT (Legal Name)

\_\_\_\_\_  
PRINT (Spiritual Name)