

KRI Level 1 Certified Kundalini Yoga Aquarian Teachers Training Course

The program is open to both yoga students ready to become teachers and to beginners wishing to learn this yogic science, as well as experienced yogis who want to deepen their personal practice.

This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. It is part of the Aquarian Teacher program, a journey of personal development and training as a Kundalini Yoga Teacher, leading to self mastery.

There are 3 levels of certification:
KRI Level 1 — Instructor
KRI Level 2 — Practitioner
KRI Level 3 – Teacher

“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, PhD., Master of Kundalini Yoga, arrived in the US 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– the Healthy, Happy, Holy Organization, based on his first principle “Happiness is your birthright.” Through the Aquarian Teacher Program, Yogi Bhajan 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.

What is Being Said About The Training

“Teachers training provided me with a structure and discipline that I yearned for. The Kundalini Yoga teachings were presented in a loving, nurturing and social environment. I feel a stronger and clearer connection to the universal force within me that connects us all.” Thi Hoang

Course Schedule 2008-2009 North County, San Diego Course Location: Sanderling Waldorf School 1401 Windsor Rd. Cardiff, CA

Saturday Hours

7:30am-7:00pm

Sunday Hours

4:30am-5:30pm

Dates

September 20

September 21

October 4

October 5

November 1

November 2

November 8 - Tantric

December 6

December 7

January 17

January 18

February 14

February 15

March 21

March 22

April 25

April 26

May 30

May 31

Optional Tantric—April 18

For more information and registration form go to:
www.yogamurrieta.com

A KRI course by:
Object Radiance Inc.
AKA Yoga Healing



With Lead Trainer Gurumeher Khalsa

For questions and to register call:

Gurumeher Singh 310-788-0339
email: gurumeher@earthlink@earthlink.net

Atma Kaur 951-696-9063 ext. 105
email: atmak@objectrad.com

www.yogamurrieta.com

Kundalini Yoga Teacher Training

**North County, San Diego
Begins September 20, 2008**



**Join Us to Awaken
Your Spirit...**



An Immersion in Yogic Living

**With Senior Teachers
trained by Yogi Bhajan**

In Depth Training Program

This Aquarian Teacher program leads to certification as a KRI Level 1 Teacher. This Certification is internationally recognized and exceeds Yoga Alliance standards, making you eligible for the YA Registered Yoga Teacher Certificate, RYT-200.

In Level 1, you will become an instructor and gain a deep understanding and experience of the core of the science of Kundalini Yoga as taught by Yogi Bhajan, PhD.

You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga.

This is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum which includes:

- Teaching Kundalini Yoga
- Posture & Exercise
- Kriyas and Meditation
- Meditation and the Mind
- Sound and Mantra
- Science of Breath
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy
- The Origin of Kundalini Yoga
- Yogic and Western Anatomy
- The Chakras
- Sadhana, Daily Spiritual Discipline
- Conscious Relationships
- Yogic Diet and Nutrition
- Humanology & Yogic Lifestyle
- Art of Relaxation

More About The Training

The Teacher Training Team

The course will be taught by a talented group of experienced senior Kundalini Yoga teacher trainers. They will lead you on your transformational journey of self mastery using the science and technology of Kundalini Yoga. Meet your team at www.yogamurrieta.com

Tuition and Enrollment Options:

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| # 1 | Pay in full by Jul. 19th: | \$2,895 |
| # 2 | Pay in full by Sept. 5th: | \$2,995 |
| # 3 | Pay in full after Sept. 5th: | \$3,095 |
| # 4 | Early Reg. payment plan is: | \$3,145 |
| | \$695 paid on or before Sept. 5th and | \$350/month for 7 months |
| # 5 | Payment plan is: | \$3245 |
| | \$795 paid after Sept. 5th and | \$350/month for 7 months |

Full-time student rate available

Course Fees Include:

- 180 Hours of class instruction
- Text Book and Yoga Manual, 452 pages
- Master's Touch Book
- 1 White Tantric Yoga course
- 1 year membership with IKYTA
- Personal mentorship
- Certification fees
- Home study projects



Requirements

Attendance and participation at all classes
Make-ups for missed class time is available

Timely payment of all course fees

Practice teaching assessment

Passing grade KRI written exam

20 Kundalini Yoga classes outside the course

Attendance White Tantric Yoga - included

Participation in early morning group Sadhana

Completion of 40-day personal practices

Completion of all home study assignments

Course and Trainer evaluation feedback

Agreement to teachers code of standards

Certification is based on successful completion of KRI Teacher Training course requirements including, but not limited to the above. The KRI Teaching Training Team reserves the right to grant KRI Certification based solely upon their discretion and evaluation of each student's readiness to be a Kundalini Yoga teacher.

What is Being Said About The Training

"I have done many teacher trainings in the past and this one had the most organized and supportive environments. They really teach an in depth study of the spiritual, philosophical, and practical elements of yoga. If you want to heal, open, live more powerfully and meet amazing people then this training is for you." L.P.