

**WHO IS 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—the Happy, Healthy, 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.



**TEACHER CERTIFICATION** program is a system of training based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan®. The Aquarian Teacher program is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification: KRI Level One: **Foundations and Awakening - Instructor**; KRI Level Two: **Transformation - Practitioner**; and KRI Level Three: **Realization - Teacher**.



**COURSE OF STUDY:** Level 1 is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum. Some of the topics include:

- Teaching Kundalini Yoga Postures, Kriyas & Meditation
- The Role of a Kundalini Yoga Teacher
- Yogic Philosophy & The Origin of Kundalini Yoga
- Yogic & Western Anatomy
- Humanology & 3HO Yogic Lifestyle & Vegetarian Diet

The 40 remaining hours include a combination of 40 day yoga sets and meditations, assigned readings and White Tantric Yoga.

**CERTIFICATION REQUIREMENTS:** Attend all classes to gain mastery of the material from experienced teachers. Complete regular homework assignments to reinforce this knowledge. Complete assigned 40 day yoga sets and meditations to develop your own Sadhana (spiritual practice). Participate in 5 morning group Sadhanas to develop the experience of group consciousness. Attend 20 extra Kundalini Yoga classes during the course to study different teaching styles. Attend a White Tantric Yoga course to experience the subtle body of Yogi Bhajan. Pass a practicum (practice teaching) exam to demonstrate your teaching skills. Pass a final oral and written exam to demonstrate your knowledge of the teachings.

**DATES, TIMES:** 11 weekends on Saturdays from 7:30 am to 6:00 pm, Sundays from 7:30 am to 1:00 pm. Jan 25-26, Feb 22-23, Mar 21-22, Apr 25-26, May 16-17, Jun 13-14, Jul 11-12, Aug 8-9, Aug 29-30, Sept 26-27, and Oct 24-25, 2020. Sat. breakfast and lunch and Sun. breakfast are included. 15 Conference calls on Wednesdays from 8:00-9:00 p.m. start on Jan 29. The Tantric Yoga Course is a required course that is not in Atlanta and is a separate cost. The Knoxville Tantric is on Sept 14, 2019, but not in 2020. Other options are listed at [www.whitetantricyoga.com](http://www.whitetantricyoga.com).

**LOCATION AND INFORMATION:** Classes will be held at 155 Classic Cove, Dunwoody, GA 30350. Overnight lodging is available here. Contact Mukta at [yogateacher@bellsouth.net](mailto:yogateacher@bellsouth.net) or 770-512-0558.

**TUITION:** \$600 is due by Dec 27, 2019 to reserve course materials. The remaining cost may be paid for in one of three ways:

1. \$2500 is due on Jan 25, 2020. Total cost is \$3100 check or cash.
2. \$2625 is due in 5 postdated monthly checks of \$525 each, starting Jan 25 ending May 25, 2020. Total cost is \$3225.
3. \$2750 is due in 5 monthly credit card payments of \$550 each from Jan 25 through May 25, 2020. Total cost is \$3350.

**Note: Course fees are non-refundable.**

**MEMBERSHIP IN IKYTA** is included in your registration fee. Once you have received your Level 1 certification, you will automatically be upgraded from Associate Member to a Professional Member of IKYTA, and will be listed in the Teacher's Directory to receive referrals for your Kundalini Yoga Classes.

**MATERIALS** include a 450 page, two-volume manual, the most complete work ever assembled on Kundalini Yoga, which is an invaluable tool for self-learning and

teaching; and "Master's Touch", a volume of 33 lectures from Teacher's Training programs taught by Yogi Bhajan.

**ABOUT THE INSTRUCTORS:**

**Mukta Kaur and Dr. Gurusahay Singh Khalsa** have been students and teachers of Kundalini Yoga since 1972 and



are certified by the IKYTA. Their studies have included intensive training in yoga and the ancient healing arts with Kundalini Yoga Master Yogi Bhajan, and attendance at teacher training courses at semi-annual yoga retreats throughout the United States since 1973. They have been leading Teacher's Training courses since 2001.

**Mukta Kaur** has taught Kundalini Yoga to thousands of students since 1974 in a variety of classroom settings including colleges, universities and private studios. She received a B.A. from Smith College in Eastern Religion and a minor in Education. Her knowledge of the body is enhanced by her 15 years of practice as a Licensed Massage Therapist. She holds the 500 hour Registered Yoga Teacher (RYT) Certification having taught over 5000 hours of yoga.

**Dr. Gurusahay Singh** is a chiropractor and acupuncturist, practicing in Atlanta since 1978. He studies, practices and teaches varied healing arts including chiropractic, massage therapy, yoga therapy, herbal therapy, acupuncture, and nutritional counseling. He regularly lectures on health and healing and has taught hundreds of yoga, meditation and teacher training courses.

*"Thank you, thank you, thank you for a year of change and growth in ways I could never have imagined. It has changed my LIFE!" -Valerie*

*"The knowledge, skills and personalities of these two teachers lent a nice balance to the learning experience. What I really appreciated was their active living of the teachings, the Kundalini lifestyle, and their compassionate approach to everyone." -Koriander*

**REGISTRATION: due by Dec 27, 2019**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ C \_\_\_\_\_ H \_\_\_\_\_  
E-Mail \_\_\_\_\_  
Emergency contact and phone \_\_\_\_\_  
Birthdate \_\_\_\_\_

- \$600 plus a check for \$2500 dated Jan 25 enclosed.
- \$600 enclosed. I am also enclosing 5 checks for \$525 each postdated monthly starting Jan 25 ending May 25, 2020. Total payment is \$3225.
- Send me credit card forms to authorize payment of \$600 on Dec 27, 2020 plus 5 monthly payments of \$550 each from Jan 25 through May 25, 2020. Total is \$3350.

Checks can be made payable to "GRD" and mailed to 1845 Peeler Rd. Ste. A, Dunwoody, GA 30338

- I understand that The Aquarian Teacher Training team 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. Evaluation is based on successfully meeting all course requirements including: attendance at all classes, completion of all homework assignments, completion of assigned 40-day yoga set/meditations, participation in 5 morning Sadhanas, completion of 20 extra Kundalini Yoga classes, attendance at a White Tantric Yoga course, satisfactory practicum sessions, passing grades on the qualifying exams, proper representation of the Code of Professional standards for Kundalini Yoga Teachers, and full payment of all course fees. I have the right of appeal to the Kundalini Research Institute (KRI), whose decision will be final.
- I understand that the White Tantric Yoga Course is a separate expense.
- I understand that the required extra 20 Kundalini Yoga classes are a separate expense.
- I understand that deposits and course fees are non-refundable.

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

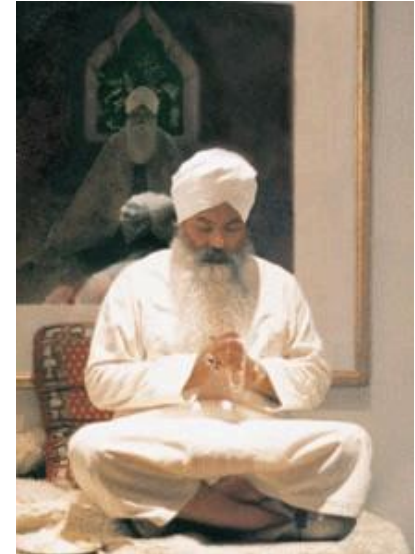
Please call to set up an interview and take a class.



*"If you want to learn something, read about it.  
If you want to understand it, write about it.  
If you want to master it, teach it."*

—Yogi Bhajan

## AQUARIAN TEACHER



**KUNDALINI RESEARCH INSTITUTE (KRI)  
LEVEL ONE TEACHER TRAINING PROGRAM  
FOR PERSONAL GROWTH  
AND TEACHER CERTIFICATION**

### ***Do You Love Kundalini Yoga?***

The Aquarian Teacher Certification program is open both to yoga students ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan. The course will give you a lifelong foundation for a successful yoga practice. Those who desire to become teachers will be given the knowledge and experience to become well-rounded, competent, confident teachers of Kundalini Yoga.

In essence, we are all teachers. We each have something unique to share and an instinct to uplift each other, whether we teach formally or informally. This course is the opportunity to commit to positive change and to connect with others willing to do the same. As a certified Kundalini Yoga teacher, you will be trained according to the sacred tradition passed on by Yogi Bhajan to carry the legacy of Kundalini Yoga into the future.