

Kundalini Yoga Teacher Training Level 2



Through the direct guidance of Yogi Bhajan, the Aquarian Teacher Training program has been divided into three stages:

KRI Level 1: Foundations and Awakening – Instructor

KRI Level 2: Transformation – Practitioner

KRI Level 3: Realization – Teacher

Level 2 consists of 5 separate modules that can be taken in any order, by KRI Level 1 certified instructors. Each is a 62-hour course with 50 classroom hours and 12 hours of independent study. They are:

- Conscious Communication
- Mind and Meditation
- Vitality and Stress
- Authentic Relationships
- LifeCycles and LifeStyles

Level 2 – Transformation is the second stage of training and personal development. It is fundamentally different from the first stage, Level 1, in which you established the foundations for becoming a teacher and for a lifetime of personal practice.

The second stage is about the transformation and deepening of your own core capacities, character and consciousness. The essence of this stage is about establishing the ability to use your applied mind, applied intelligence and applied awareness.

This gives you the opportunity to apply the ideas, habits and techniques to yourself, both in your own life, and to a broad range of different classes and students.

Level Two is open to KRI Level One Certified Instructors. The 300-hour certification program consists of five 62-hour modules and fulfills the Yoga Alliance 500-hour requirement. Graduates of Level Two earn the title of Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®.

Before your Level One certification you thirsted for a deeper understanding of the yoga. In Level Two you acknowledge on a heart level that it is no longer sufficient for you to just have the skills and fulfill the basic duties of an instructor. To reach the next level means assessing where you are in your commitment to authenticity, and offering yourself up to transformation. This has never been a solo journey, and Level Two is no exception.

Throughout your Level 2 journey, you will attend teaching events featuring lectures from Yogiji on five interconnected themes. Before, after, and during the events, you will connect with your course community to refine your ability to reflect, to be aware, and to be consciously conscious of what you are learning.

All five modules must be completed over a time period of 2 years or more. This means you cannot finish all five modules in less than 2 years. You can take as long as you need to in order to finish.

Our goal is to offer one module each year in Atlanta. You can attend other modules in other locations if you desire.

*"Life is a comparative study.
If you have caliber and you
have intuition, that gives
you grit and stamina, and
you can make it anywhere."*

~ Yogi Bhajan

A close-up photograph of a hand holding a string of pearls. The hand is positioned on the left side of the frame, with the fingers gently grasping the pearls. The pearls are white and arranged in a vertical line. The background is softly blurred, showing hints of green and red, possibly from flowers or foliage. The overall lighting is warm and natural.

Mind and Meditation

Atlanta, Georgia

October 5 & 6, 2019

October 26 & 27, 2019

November 16 & 17, 2019

Course Summary

Deepen your practice of meditation, clarify the relationship between you and your mind, and explore the basic nature and dynamics of the mind. Our relationship to our own mind is pivotal in effectively realizing our true nature and fulfilling our potential. Yogi Bhajan often reminded us that we come to Earth to experience our humanity and recognize the One Infinite being that creates all and which is in all.

The greatest power is the ability to act with a Neutral Mind, to use intuition along with applied intelligence and to lean on the Infinite through the sacred science known as prayer.

Key Topics

- Enhance the depth of your understanding of meditation and experience deep meditations on the nine aspects of the mind. Focus on your relationship to your own mind.
- Increase your ability to observe neutrally, to become still, to clear your mind of distractions and intrigues, to recognize when you establish a state of shuniya, and to recognize the different functional parts of your mind.
- Experience and practice the use of intuition as a primary skill of Kundalini Yoga and Meditation.
- Learn the structure of the mind and examine the impersonal minds, the qualities of the mind, and the nine aspects of the mind.
- Understand how to use the 27 projections of the mind.
- Be able to use the functional minds with fluency, understand the influence of the impersonal minds, cultivate shuniya and apply intuition and intelligence with ease and flexibility. Understand Nanak's pauri, Man Jeetai Jag Jeet. Conquer your mind and conquer the world. Come into a relationship with your mind and the Self which transcends time and space and relates to the oneness of your identity with Infinity. Become one with the One.

Experience the Master, Yogi Bhajan, in daily video classes and meditations.

Study with senior trainers Mukta and Gurusahay Khalsa and special guest trainer Nirvair Khalsa on October 5 & 6.

Course Affirmation

I commit to refine my meditative capacity. I invite my mind into my conscious presence, investigate its nature, and learn to master it so that it serves my consciousness and my soul. I will follow the road map laid out by Yogi Bhajan to recognize and develop the many parts of my mind. I integrate and apply the functional minds to my daily habits and behaviors so that I develop a clear, intuitive, and effective mind. To conquer my mind is to cultivate a relationship to its actions and an awareness of its functional parts. I form a relationship to my own awareness, self, mind and infinite being. My life blossoms with unlimited blessings.

ABOUT THE INSTRUCTORS:



Mukta Kaur and Dr. Gurusahay Singh Khalsa have been students and teachers of Kundalini Yoga since 1972. Their studies include intensive training in yoga and the ancient healing arts with Kundalini Yoga Master Yogi Bhajan, and attendance at teacher-training courses at semiannual yoga retreats throughout the United States since 1973.

Mukta 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. She is a Certified Lead Trainer for the Aquarian Teachers Academy of the Kundalini Research Institute and teaches Level 1 and Level 2 courses in Kundalini Yoga.

Gurusahay is a chiropractor and acupuncturist, practicing at the GRD Healing Arts Clinic 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. He is a Certified Lead Trainer for the Aquarian Teachers Academy of the Kundalini Research Institute and teaches Level 1 and Level 2 courses in Kundalini Yoga.

Mukta and Gurusahay are currently enrolled in the 3-year program to become certified as a Level 3 Kundalini Yoga Teacher.

Nirvair Singh Khalsa: Nirvair began studying with Yogi Bhajan in 1971. He is a retired University Instructor at the University of Alaska Anchorage where he taught classes in Kundalini Yoga for 31 years. He has authored nineteen best-selling DVD's/Videos and four books on Kundalini Yoga as taught by Yogi Bhajan. He has also taught classes, workshops and trainings throughout the Americas, Europe and Asia. Nirvair is a Certified Lead Trainer for the Aquarian Teachers Academy of the Kundalini Research Institute and teaches Level 1, 2 and 3 courses in Kundalini Yoga. Currently, Nirvair is the CEO and President of the the Kundalini Research Institute. To learn more: www.kundaliniyoga.net



Mukta, Gurusahay and Nirvair had the distinct honor and privilege of serving and studying directly with Yogi Bhajan, Master of Kundalini Yoga.

Course Details

Dates: Saturday and Sunday, October 5 & 6, 2019
Saturday and Sunday, October 26 & 27, 2019
Saturday and Sunday, November 16 & 17, 2019

Times: 8:30 am-6:00 pm each day. Please arrive by 8:15 a.m. Lunch is from 1:00 – 2:00 p.m.

Location: 155 Classic Cove, Atlanta, GA 30350

Cost: Pre-registration paid in full by Friday, September 5, 2019: \$995
Full price after Friday, September 5, 2019: \$1095

What it includes: 6 days of classroom training, KRI Mind & Meditation manual filled with lectures, kriyas, meditations & study guide questions, a set of 6 DVD's of Yogi Bhajan classes/lectures, and vegan/vegetarian lunches.

Certification Requirements:

Fifty hours of classroom time and twelve hours of home study after the course are required. It is important to attend all classes because each segment of this course prepares you for the next. The home study is during the 90-day period after the course where you will complete the 90 day meditation, attend a minimum of three conference calls with your group (6 hours), watch and read 6 hours of Yogi Bhajan transcripts and videos, answer study guide questions and complete a take home exam. A minimum of 40 days of journaling is also recommended. In order to certify, participants must complete all requirements within a year of the last classroom day.

Registration: Contact: Mukta Khalsa
Phone: 770-512-0558
Email: yogateacher@bellsouth.net

Overnight accommodations are available at our home for a nominal fee.

REGISTRATION: due by September 5, 2019

Name _____
Address _____
City, State, Zip _____
Phone _____ C _____ H _____
E-Mail _____
Emergency contact and phone _____

- Check for \$995 enclosed by September 5, 2019
- Check for \$1095 enclosed after September 5, 2019
- Send me credit card forms to authorize payment of \$995 on September 5, 2019; \$1095 if received after September 5, 2019.

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

www.GRDYogaCenter.com