

Course Curriculum

Self-Healing

The Ten Bodies

History of Yoga

Science of Breath

Yogic Philosophy

The Eight Chakras

Sound and Mantra

The Art of Relaxation

Postures and Exercises

Roots of Kundalini Yoga

Meditation and the Mind

Anatomy and Physiology

Sadhana: Daily Spiritual Practice

Role of a Kundalini Yoga Teacher

Yogic Lifestyle, Diet and
Nutrition

Teaching Kundalini Yoga,
Postures and Meditation

YOGA ALLIANCE

This Teacher Training program in Kundalini Yoga as Taught by Yogi Bhajan® fulfills Yoga Alliance's 200-hour national standard for a Registered Yoga Teacher (RYT).

Dear Student of Yoga,

'I will never be the same again,' is what we often hear from those who have taken Teacher Training in Kundalini Yoga as taught by Yogi Bhajan – myself included!

My initial motivation to take teacher training was to deepen my personal yoga and meditation practice. This course did that, but it also did so much more. In truth, I had no intention of teaching Kundalini Yoga. I already had an undergraduate degree in music education and had taught public school music for several years. I really thought that my teaching days were over!

It wasn't long, however, before I found myself informally sharing the techniques I'd learned during Teacher Training not only with my friends and family, but, with the loan officer at our bank and other business associates. I laughed out loud when I realized that I was, in fact, 'teaching,' Kundalini Yoga and Meditation after all! Today my husband and I own Kundalini Yoga in the Loop (KYL), located in downtown Chicago, Illinois, USA. I teach Kundalini Yoga and Meditation both in the US and internationally. This is certainly quite a different path than the one I initially set out upon!

Whatever draws you to this amazing course, know that the end result will be perfect for you even while it might also be totally different than what you initially expected. Along the way your mental, physical and emotional growth will be enhanced in a supportive and cozy environment. You will learn the tools to not only deepen your own personal practice, but you will also gain the knowledge and self-confidence to uplift yourself and others into a more peaceful, powerful space.

I look forward to our journey together,

- Shakta Kaur, E-RYT-500

TUITION & REQUIREMENTS

To enroll, Kundalini Yoga in the Loop must receive your down payment along with a completed "Teacher Training Registration Form and Payment Contract."

Tuition (US Funds)

(a) \$3,495 - if paid in full by March 13, 2020, **or**
(b) \$3,795 - if paid over 8 installments.

- \$695 deposit due at enrollment.
- **\$200 discount** if deposit received by Jan 31.
- 3.5% finance charge on credit card payments.

The Registration Form has additional details regarding payments, refunds, and withdrawals from the course.

Requirements

The KRI Teacher 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 Instructor. Evaluation is based on the student's successful completion of the KRI Teacher Training program requirements including, but not limited to:

Attendance and participation at all classes.

Timely and full payment of all course fees.

Satisfactory practicum assessment.

Passing grade on KRI exam.

Completion of 20 Kundalini Yoga classes during the Teacher Training program.

Participation in five group sadhanas.

Attendance at a White Tantric Yoga® course.

Completion of 40-day personal sadhana.

Successful completion of all homework.

Completion of confidential evaluation forms.

Proper representation of the Code of Professional Standards.

Faculty, schedule, venue, and fees are subject to change - November 2019.

Kundalini Yoga Teacher Training

The Aquarian Teacher™
KRI Level 1 Teacher Training Program

Chicago, IL
March to November 2020



With an International
Roster of Teachers
Trained by Yogi Bhajan

Presented By:
Kundalini Yoga in the Loop

Chicago, IL USA

(312) 922-4699 www.ShaktaKaur.com



KRI Certified
Yoga Alliance Registered



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 world-wide.

“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



Course Venue

Kundalini Yoga in the Loop
410 S Michigan Ave Suite 514
Chicago, IL 60605 USA

“I will take with me the remembrance of sacred days with my ‘siblings of destiny’... friends who always supported me on my journey.”

COURSE DESCRIPTION

The Aquarian Teacher program is the KRI Level One Certification program in Kundalini Yoga as taught by Yogi Bhajan®. In Level One you will become an **Instructor** and learn the fundamental principles and practices of Kundalini Yoga. 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 Postures, Kriyas & Meditation
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy & The Origin of Kundalini Yoga
- Yogic & Western Anatomy
- Humanology & Yogic Lifestyle

2020 Course Dates

March 13, 14, 15	June 12, 13, 14
April 10, 11, 12	July 10, 11, 12
April 25 - WTY Chicago	Aug 7, 8, 9
May 8, 9, 10	Sept 11, 12, 13
	Oct 2, 3, 4
	Nov 13, 14, 15

Class Times
Friday: 1:00 to 6:00 PM
Saturday: 8 AM to 5:00 PM
Sunday: 8 AM to 5:00 PM
Sadhana: 4:30 to 7 AM
(5 Saturdays)



This program is 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 KRI certification:

- Level One: Foundations & Awakening - **Instructor**;
- Level Two: Transformation - **Practitioner**;
- Level Three: Realization - **Teacher**.

**Internationally Acclaimed
Teacher Training Team**

SHAKTA KAUR, E-RYT-500



is a Level 1 and Level 2 Lead Trainer. She is also a graduate of Level 3. Shakta owns Kundalini Yoga in the Loop (KYL) and is the Lead Trainer for this Kundalini Yoga Teacher Training course as taught by Yogi Bhajan. She teaches Kundalini Yoga internationally and is also certified to train Breathwalk Instructors (walking meditation). In 1987 she founded Women in Franchising, Inc. (WIF); in 1993 she founded the American Franchisee Association (AFA); from 2004-2008 she served in multiple capacities representing 3HO on the Board of Directors of Yoga Alliance (YA) including Secretary, Chair of the Board and Interim President/CEO.



**Your Faculty
60+ Years of Experience**

SIRI SAT KAUR



is the founder of Kundalini Yatras, an initiative devoted to the presentation of Kundalini Yoga in sacred locations. She is a Kundalini Yoga Teacher Trainer with a specialty in Posture and Alignment enhanced further by her earlier training as a professional dancer and choreographer. Siri Sat offers an elegant and precise approach to the teachings of Kundalini Yoga. Siri Sat is an energetic healer and a member of the teaching faculty of the Kundalini Medicine Yoga Therapy Training. She is active in Europe, Scandinavia and the US. She is well known for her warmth and humor and believes everyone can learn yoga, heal and expand their awareness in this lifetime.

HARI SIMRAN SINGH KHALSA, D.C.



has taught Kundalini yoga and meditation for over 27 years, as well as directing Kundalini Yoga Teacher Training programs in Berkeley and Santa Rosa, CA and Phoenix, AZ. He is an advisory board member of KRI. He has pioneered therapeutic applications of Kundalini yoga and meditation in clinical settings. He is a faculty member at Life Chiropractic College West and the International Holistic Institute. He is a healer utilizing Kundalini Yoga, Chiropractic and Sat Nam Rasayan in his clinical practice.



“Our days immersed into the teachings of Yogi Bhajan were picture perfect. We had the opportunity to share and integrate what we’d learned into our daily lives. Quite frankly, my world will never look the same way again!”