



FAQ and Program Details

Kundalini Yoga Teacher Training/Advanced Study

YOGA SANTA FE

September 2011- May 2012

This KRI Level 1 International Teacher Training Program in Kundalini Yoga, as taught by Yogi Bhajan, is designed for:

- Students of Kundalini Yoga
- Students of other schools of yoga
- Students of ALL LEVELS
- Teachers of all forms of yoga
- Anyone seeking to deepen their yoga experience

The vision of the Aquarian Teacher Training programs is to produce teachers of Kundalini Yoga who demonstrate awareness in consciousness and excellence in teaching skills and who serve as an example of depth and maturity as a teacher. Under the direct guidance of Yogi Bhajan, KRI (Kundalini Research Institute) in 1996 created a training program whose core process begins here-with the foundations and awakening in Aquarian Teacher Training.

"He wanted to give each of us a chance to be a realized, content human being, capable of happiness, excellence and fulfillment in the Aquarian Age- to give peace a chance and to give God a chance in every heart."

-Gurucharan Singh Khalsa, KRI Director of Training

Stages of Yoga Teacher Training

Aquarian Teacher Training Level 1 Foundations and Awakening (This Program!)

This stage includes the fundamental understanding and experience that the basic self is always one with the ONE (Ek Ong Kar); understanding of the essential parts and character of a human being; and the fundamental principles and practices of Kundalini Yoga as Taught by Yogi Bhajan. Completing this stage makes you a certified instructor of Kundalini Yoga.

Aquarian Teacher Training Level 2-Transformation

Completing this stage makes you a certified practitioner of Kundalini Yoga Level 2 is completed in 5 modules. The modules can be taken in any order and must be taken over a minimum of 2 years. Yoga Santa Fe offers one Level 2 module per year.

Aquarian Teacher Training Level 3- Realization

Completing this stage of training makes you an acknowledged and certified teacher of Kundalini Yoga as taught by Yogi Bhajan.

Benefits of the Course

- Gain a solid understanding of the powerful technology of Kundalini Yoga
 - Develop a spiritual discipline (Sadhana) to live a life of higher consciousness
 - Touch your soul and transform your life
 - Confront self-imposed limits and free your vast potential
 - Challenge yourself and find hidden strengths
 - Discover the knowledge, awareness, and confidence to build a more peaceful and creative life
 - Experience a yogic lifestyle that elevates and enlightens
 - Learn in a supportive, yogic community
 - Uplift yourself and others
 - Cultivate the skills, confidence and consciousness to become a Teacher of Kundalini Yoga
-

2011-2012 Course Dates

September 23, 24,25

October 21,22,23

November 18, 19, 20

December 16,17,18

January 20,21,22

February 17,18,19

March 16,17,18

April 20,21,22

May 18,19,20

Class Hours

Fridays 2-6

Saturdays 8-6

Sundays * 8-1

Breaks provided

*Aquarian Sadhana is offered every Sunday at Yoga Santa Fe 5:30-7:30 a.m.

Students should plan to participate in all classes. Those pursuing certification may miss a MAXIMUM of one weekend of the course and must complete specified makeup work. Make-assignments may include reading, additional yoga class hours, and seva and/or watching a DVD, students need to make arrangements with a lead trainer prior to missing class time.

Meals

Saturday lunch will be an organized potluck community meal. You are responsible for providing a dish and serving utensils. Tea, water, and reusable plates/utensils will be provided throughout the weekends. You may want to plan to bring other snacks as necessary.

Requirements for Certification:

- Attend all course hours (180)
- Receive a passing grade on the exam
- Submit all required homework assignments
- Complete 20 Kundalini Yoga Classes (not included in program cost)
- Perform satisfactorily in the practicum
- Create two acceptable yoga course curricula
- Complete 40-day yoga set/meditation
- Participate in at least 5 Aquarian sadhanas
- Participate in one day of White Tantric Yoga (not included in program cost)
- Read, understand, and sign the Code of Professional Standards for Kundalini Yoga Teachers
- Submit complete and timely payment for course
- This program also meets the standards for the 200- hour Yoga Teacher Certification Set by Yoga Alliance, a national alliance of diverse yoga organizations

Included in the Course

- A one-year Associate Membership in IKYTA
- A team of Senior KRI Teacher Trainers
- A well-organized Aquarian Teacher Textbook
- Aquarian Teacher Yoga Manual
- Copy of The Masters Touch

Not Included in Program Cost

Required for Certification

White Tantric Yoga

For certification teacher trainees must complete one day of White Tantric Yoga while you are enrolled in the Teacher Training Course. You can take the White Tantric Yoga anywhere in the world. This must be completed within 12 months of the course end date.

20 Kundalini Yoga Classes

Certification students are also required to take 20 Kundalini Yoga classes from a certified instructor.

Teacher Trainers

Lead Trainers:

Kirn Khalsa, HHP, has taught Kundalini Yoga as taught by Yogi Bhajan since 1979. She is a holistic health practitioner, musician, mother and co-director of Yoga Santa Fe in Santa Fe, New Mexico

Guruchander Khalsa, D.C. has taught Kundalini Yoga since 1973. He taught Kundalini Yoga to Olympic athletes at SMU in Dallas, Texas from 1973-1976. He has written two books on Numerology as taught by Yogi Bhajan.

Dr. Kartar S. Khalsa DOM, is a Doctor of Oriental Medicine practicing Acupuncture and Herbology at the GRD Health Centers in Espanola and Santa Fe, New Mexico. He has been in practice since 1992 and has been living a yogic lifestyle since 1987.

Registration and Payment

Paid in full

By 9/9/2011 \$2795

By 9/23/2011 \$2995

Payment Plan:

\$1000 by 9/22/2011

4 Auto-deducted Payments of \$549

Payment deducted the first Monday of October, November, December, and Jan.

Registration

To register: [Click the Teacher Training tab from the website](#)

Refund/ Cancellation Policy

You may withdraw from the program at any time, however refunds will only be given as detailed below:

Paid in Full

Before 9/23/2011: All monies refunded minus \$250 processing fee.

Until 10/21/2011: monies refunded minus \$1500 processing and 1st weekend fees

Until 11/18/2011: All monies refunded minus \$2000 processing and 2 weekend fees

After 11/18: No refunds.

Payment Plan

Before 9/23: All monies refunded minus \$250 processing fee.

Until 10/21: All monies refunded minus \$1500 processing and 1st weekend fee

After 10/21: No refunds.

Frequently Asked Questions

I don't have much experience or knowledge about Kundalini yoga- I don't have a regular yoga practice and I am not very flexible. Can I participate in Teacher Training?

YES! This is the best place for gaining knowledge and experience with Kundalini Yoga. Previous experience in Kundalini Yoga classes may be helpful but is by no means a prerequisite.

Teacher Training/Advanced Study can be a mentally and physically challenging experience but the teachers and staff will be here to offer support as you go through the process.

How do I know if I am ready to start?

If you're showing up to ask the questions- YOU ARE! The teacher-training course starts with all the basics you need to know as both a student and a teacher. The only requirement is the ability to commit to yourself and a practice.

I'm not sure if I want to be a teacher. Can I still take the course?

Many students pursue teacher training because they love Kundalini yoga and want to learn more. This program is BOTH Advanced Study AND Teacher Training. It is a wonderful way to deepen your practice of Kundalini Yoga and take it to a new level. You get to immerse yourself in a structured learning experience that will serve you well whether you choose to teach or not.

Who was Yogi Bhajan?

Yogi Bhajan was a master of Kundalini Yoga who came to the West in 1968 because he saw how this technology could help people in the United States. Kundalini Yoga had not been taught publicly before Yogi Bhajan arrived! Since then, he has freely shared the teachings of this sacred science with all who have wished to transform themselves and help others. He often said that his mission was not to collect students, but to train teachers.

What sort of recognition or certification will I receive upon completing the program?

- Through this program you will gain the credentials and experience to teach others professionally.
- You will receive a certificate of completion from the Kundalini Research Institute
- You will be a member of the International Kundalini Yoga teachers Association
- You will qualify to apply to be a Yoga Alliance 220 hour RYT

Do I need to complete all of the course homework if I am not pursuing certification?

If you are not planning to become certified, you do not have to complete the outside assignments- including White Tantric Yoga (though we still recommend it)

What is the course schedule like?

We meet one weekend a month from September- May

Course times are:

Fridays 2-6

Saturdays 8-6

Sundays 8-1

Aquarian Sadhana will be offered weekly on Wednesdays and Sundays at Yoga Santa Fe 5:30-7:30.

Each monthly session focuses on a specific area of yoga practice, experience, and knowledge that is essential for every serious student and teacher of yoga. The weekends will include: yoga classes, meditations, lectures, videos, discussion, community building, etc. . .

What if I have to miss a class or cannot take all the classes?

Nearly everyone misses a class at some time. If you cannot attend a class, you will be allowed to make up a missed class with other assignments and training that is part of the teacher-training program. All absences should be pre-approved by the lead trainer.

What do I bring to class?

- Bring what you need to feel cozy- a mat, a cushion, a blanket
- Head coverings are suggested for longer meditation periods. Try one out and use it if it works for you.
- Notebook and a pen to take notes
- You will be able to take short breaks and/or a lunch break depending on the length of your day. You may want to bring food to eat during those breaks. We will arrange to have potluck meals on Saturdays.
- Bring a water bottle and water- you will want to stay hydrated throughout the day. Also bring a covered mug for hot beverages- we'll have nice hot tea and purified water to refresh you.

Will we be doing yoga all day?

No. This program is created for BALANCE! Yes, the weekend days are long, but we give you lots of breaks and lots of variety. The days are a lovely mixing of active yoga, meditation, writing and processing, lecture, discussion, small group and partner work, creative exercises to help all of you engage in the learning process opportunities to build confidence and experience, and more! Plus, we want you to be HAPPY and HEALTHY. If you need an extra break, just take one.

Do I have to know why I am taking the program to register?

No. Some of our teacher training students come to the program with a specific goal (lose weight, learn about the chakras, prepare to teach women's courses etc) But many students attend a TT course just because they feel called to or drawn to it for some reason. And many just love their regular Kundalini Yoga classes and want to know more. Whatever your reasons (or lack of reasons) this course will be powerful and transformational for you.

Do we have to come to Sadhana?

Yes- you are required to do at least five sadhana morning practices for certification. You may be surprised how powerful the group energy can be! It's a beautiful and very sweet time of day we call the ambrosial hours.

What is White Tantric and why do I have to do it?

The White Tantric Yoga course is an essential component KYTT certification course. Graduates have reported that experiencing White Tantric Yoga helped them to grasp their unlimited potential for personal growth. This one-day meditation course is both challenging and uplifting. It raises us to the heights of our excellence and crystallizes our commitment to transformation. It is an experience unsurpassed for its power and ecstasy. You need to complete one day of WTY during the training course (up to 12 months after course completion).

What can I do to prepare myself in the time before the program starts?

We suggest starting (or keeping up) with a daily home practice of yoga and/or meditation and discussing/planning with your friends and family how best to support you through this process.

Do I have to wear white and/ or a turban, stop eating meat, and/or give up my individuality to take teacher training?

Definitely not. Wear/eat/say what makes you feel comfortable i.e. All of the things mentioned above are choices some teachers make because of their technology/effect. Here is some more info about why you see this in KY:

White clothing: white is the color with the highest vibration frequency. Since all the work we do in Kundalini Yoga is about raising our vibration, this is a SUPER easy way to get that process started.

Turbans/Head coverings: During meditations/yoga we work to raise the Kundalini energy from the base of our spine up through the Chakra system. We want that energy to then move back down and activate/align our charkas rather than flowing out the top of our head. Covering your crown chakra (10th Gate) is the easiest way to facilitate this energy movement. Further, the way turbans are wrapped provides a gentle adjustment to the cranial bones. We suggest you try out some head coverings, you may like it more than you expect!

Vegetarianism: Many yogis choose not to eat meat because of there own ethical, moral, or energetic reasons. This is a personal choice. However, Yoga Santa Fe is a vegetarian space so please plan to bring your own food and potluck food without meat products for the TT weekends.



**Kundalini Yoga Teacher Training & Advanced Study
Yoga Santa Fe 2011-2012
Student Assignment Agreement/Disclosure**



I understand that,

This course is a comprehensive study of Kundalini Yoga as taught by Yogi Bhajan. It is expected that by the end of this course I will have a thorough understanding of many basic concepts in relation to Kundalini Yoga, Humanology, Yogic and Western Anatomy etc. This will encompass class participation in ALL course hours. It will also include reading and written assignments that will be completed outside of class. Below is a list of all anticipated written assignments, it is subject to change if necessary as deemed by the Lead Trainer.

- Each month: Reading of lectures from the Masters Touch and reading selected chapters from the Aquarian Teacher Manual
- Each month: come prepared with review of assigned readings (format will be discussed during first course weekend)
- By the end of the course: Develop curriculum for 1-day, 8- hr workshop and 6-week, 1hr/week series class
- Written Take Home Exam or closed book exam during last weekend of course.

Student Name (Please Print)

Student Signature

Date