

KRI INTERNATIONAL TEACHER TRAINING LEVEL I

COURSE INSTRUCTORS:

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.



COURSE DATES 2011-2012

ORIENTATION SEPTEMBER 9
SEPTEMBER 23-25
OCTOBER 21-23
NOVEMBER 18-20
DECEMBER 16-18
JANUARY 20-22
FEBRUARY 17-19
MARCH 16-18
APRIL 20-22
MAY 18-20

COURSE FEES

Pay in Full by 9/9/11- \$2,795

Pay In Full by 9/23/11- \$2,995

Payment Plan* \$3,195

\$1000 by 9/23/2011 4 Auto-deducted Payments of \$549

First Monday of October, November,

December and January

REFUND/WITHDRAWAL POLICY

Before 9/23: All monies refunded

Until 10/21: All monies refunded minus \$250.

Until 11/18: All monies refunded minus \$1500.

After 11/18/2011: No refunds.

PLEASE NOTE: NOT INCLUDED IN COURSE FEE:

20 KUNDALINI YOGA CLASSES
(REQUIRED FOR CERTIFICATION)

WHITE TANTRIC YOGA

(REQUIRED FOR CERTIFICATION)

COURSE REGISTRATION:

FOR COURSE TIMES AND REGISTRATION

CONTACT:

KIRN AT 505.982.6369

WWW.YOGASANTAFE.COM

COURSE LOCATION:

YOGA SANTA FE

1505 LLANO

SANTA FE, NM 87505



**Kundalini Yoga
was made for the
human to be healthy,
happy, holy and aware.
The secret of your soul is
awareness.
-Yogi Bhajan**

THE AQUARIAN TEACHER

International Certification Program in
Kundalini Yoga as taught by Yogi Bhajan



In the Level One Course you will:

- Deepen your personal growth and yoga practice
- Learn the fundamental principles and practices of Kundalini Yoga (KY)
- Develop the skills to instruct students in KY kriyas and meditations
- Understand and practice teaching how asana (posture), pranayam (breath) and mantra (sound) work to awaken your mind and body
- Experience the powerful transformational energy of White Tantric Yoga
- Study with world- renowned trainers who studied directly with Yogi Bhajan
- Connect with a global, supportive yoga community

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



This 220 Hour Course includes :

- Kundalini Yoga postures, kriyas & meditation
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy
- Origins of Yoga
- Yogic and Western Anatomy
- Humanology and Lifestyle

COURSE FEES INCLUDE:

- 180+ Hours of classroom instruction
- Text Book and Yoga Manual
- Master's Touch Book
- 1 year membership with IKYTA
- KRI certification fee

NOT INCLUDED IN THE COURSE:

- 1 day of White Tantric Yoga (required for certification)
- 20 Kundalini Yoga Classes (required for certification)

