



## Karam Kriya School

### Aquarian Teacher: Glastonbury 2023-2024 KRI Level One Teacher Training Program in Kundalini Yoga



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#### Internationally recognised yoga instructor certification

The Kundalini Research Institute (KRI) is a non-profit corporation established in 1972 which certifies the Level 1, 2 & 3 Aquarian Teacher programs.

The International Kundalini Yoga Teachers Association (IKYTA) was established in 1994 to spread these transformational teachings through the united efforts of Kundalini Yoga teachers worldwide.

KRI, IKYTA and 3HO are organisations initially founded by Yogi Bhanan, who passed away in 2004, and are now carried forward by teachers and trainers who continue to develop, serve and spread the integrity of the teachings in alignment with the consciousness of the Aquarian Age.

The program is open to students who are ready to become teachers and to those who wish to just immerse themselves in the spiritual and yogic science of Kundalini Yoga.

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## KRI Level One Aquarian Teacher Training starts 1<sup>st</sup> & 2<sup>nd</sup> April 2023

### COURSE GOALS

Understand the fundamental nature, technologies and concepts of Kundalini Yoga  
Have a transformational experience through the practice of these teachings  
Develop the skills, confidence and consciousness required to teach Kundalini Yoga  
Develop a lifestyle of consciousness and wellbeing  
Experience a sense of community with other participants, local teachers and join a global network  
Develop a link to the Golden Chain and become part of the legacy of serving humanity

### COURSE FEES

**£2,350** in instalments or **£2,200** upfront fee (includes tuition, administration, coursework marking, certification process, general support throughout the course, 5 day Immersion teaching fees, accommodation and meals). It does *not* include the KRI course manuals (can be bought as eBooks or in print from [www.satnam.de](http://www.satnam.de)), attending a full day of meditation day and any travel, meals or accommodation required on the 9 weekends.

#### Payment:

- 1. Refund policy.** There are no refunds except in extenuating circumstances, or course postponed or cancelled.
- 2. Payment of £2,200 upfront.** This is a **£150 discount** for full payment in advance of the course start date.
- 3. Payment of £2,350 by deposit and instalments.** To register, there is a **non-refundable deposit of £400** to secure your place; £400 before or on session 1; £300 on session 2; then 4 monthly payments of £150 followed by three final monthly payments of £250, £250 & £150 to complete the course fee by session 9.

**Equal Opportunities Policy:** While honouring a policy of equality and non-discrimination on grounds of race, sex, gender assignment, sexual orientation, pregnancy, religion and age, the organisers reserve the right to refuse a place on grounds of general unsuitability and to discontinue someone's place on the course as a consequence of inappropriate or discriminatory behaviour or concerns about the student's health or wellbeing (which may also involve a request to consult their medical doctor). The intention of the training is to best serve everyone towards their own elevation while maintaining a practice of care that takes into account individual wellbeing and wellbeing of the group.

## CONDITIONS FOR COMPLETION OF THE COURSE

STUDENTS MUST FULFIL THE FOLLOWING CRITERIA TO COMPLETE THE COURSE AND RECEIVE CERTIFICATION:

**Fee:** Full payment of course fees to be made by or on the 9<sup>th</sup> training session. You will be able to catch up any missed modules on any KKS training (room space allowing) for no extra charge outside of the Glastonbury course fee, unless it's a residential with costs for meals and accommodation. The organisers withhold the right to refuse attendance if payments are behind.

**Attendance:** Students must attend the required teaching sessions including the full 5 Day Immersion. Exceptional or special circumstances may result in a trainee completing the course by attendance at future KY teacher training programmes. Note: maximum length of training to receive certification is 2 years from the start date – which provides the opportunity to catch up on missed weekends in the first year and to complete course requirements.

**Meditation Day:** In addition to the course criteria described below, the student is required to attend one full day of meditation (not included in the course fee). Dates for this will be given at the beginning of the training.

**Hours:** The course will be at least 200hrs (plus: course work, attending a full meditation day).

- 180hrs classroom instruction (teaching modules and practicums) and minimum 20hrs practice (classes)
- 40 day meditation practice (i.e. 31 mins a day for 40 consecutive days, keeping a journal)
- 12hrs reading (see essential reading - focus on knowing and understanding the technology and its effects)
- Attendance at a minimum of 5 Aquarian Sadhanas on any of the training days

**Essential Reading:** The Aquarian Teacher manual - to be purchased independently from [www.satnam.de](http://www.satnam.de) (organisers will send ordering details). Plus Japji Sahib (given by organisers on the first weekend).

**Recommended reading (not essential):** books on Patanjali's Sutras, The Master's Touch, Kundalini Yoga books.

**Attending outside KY classes:** Students are required to attend a minimum of 20 Kundalini Yoga classes during the training. These must be taught by a KRI qualified Kundalini Yoga instructor and also not a teacher still in training. A list of recommended teachers will be given to you once you have enrolled for the training.

**Evaluation of the Student:** The final evaluation of the student for completion of the course will be based on completion of the above criteria as well as the Tutors' general evaluation of:

- The student's involvement with the course (including leading yoga sessions/ practicums on the course)
- General grasp of the practical material
- Commitment to the Code of Ethics & Professional Standards for Kundalini Yoga Teachers
- Satisfactory completion of exam and course work (see below)

Evaluations may include an individual interview between the student and Tutors during the Ashram Experience.

### Exam and Course work:

- Maintain a journal of experience and progress (specifically — recording the experience of a 40 day practice)
- Pass a satisfactory grade in the written or home exam
- Design two separate course curricula (10 week beginners course and a 5 week specialist course)

**Evaluation of Tutors:** The student is given the opportunity to complete a brief confidential evaluation form for each or any of the KRI Tutors on the course. These will be submitted to the head office of the Kundalini Research Institute (KRI).

**On completion:** The student will obtain the KRI Level One Kundalini Yoga Instructors Certificate. This course is approved by the Kundalini Research Institute (KRI) and qualifies the teacher for registration as a member of the national Kundalini Yoga Teachers Association (KYTA UK) and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits. It is an internationally recognised teaching certificate.

### Teaching public classes before certification including insurance for trainee instructors:

After teaching a practicum on the course, or upon special request, teachers in training may request a letter confirming their attendance on the training if they have the opportunity to teach public classes. It is the responsibility of the trainee teacher to obtain appropriate insurance for any teaching outside of the training (which the team can recommend). Trainee teachers must be clear in any advertising that they are not yet fully qualified but are in the process of completing an internationally accredited certification course. The training team is not obliged to negotiate public classes on behalf of trainee teachers but will offer constructive feedback through practicums, weekend themes addressing the practicalities of teaching, supervising peer group meet ups, interaction with guest speakers and we encourage everyone to find their way of serving the teachings and serving humanity through the teachings.

## THE TRAINING TEAM

### Course Organisers:

The training is organised by **Angad Kaur** and **Preet Kaur**, who will be the consistent points of contact through the course and certification process.

### Trainers:

**Angad Kaur (Lead Trainer/ Co-Organiser)** based in UK

**Preet Kaur (Professional Trainer/ Co-Organiser)** based in UK

**Hari Krishan Singh (Guest Trainer)** based in Germany

All trainers will bring their longstanding experience and specialist expertise to the course curricula.

For information about the training team, further details on <https://kundaliniyogasoundhealing.com>

**The trainers look forward to sharing with you the technology of Kundalini Yoga that conquers the ego-mind and opens the heart to live a life of excellence and authenticity.**

## SCHEDULE AND FULL PROGRAM DATES

### DAILY SCHEDULE FOR TRAINING

### TRAINING DATES 2023/2024

		Session 1 – 1 <sup>st</sup> & 2 <sup>nd</sup> April 2023
	Sadhana	Session 2 – 28 <sup>th</sup> April-2 <sup>nd</sup> May 2023 (Ashram Experience)
	a	
5.30am	(Sunday s only)	Session 3 – 20 <sup>th</sup> & 21 <sup>st</sup> May 2023
	Breakfast	Session 4 – 17 <sup>th</sup> & 18 <sup>th</sup> June 2023 (Online)
8.00am	t	Session 5 – 15 <sup>th</sup> & 16 <sup>th</sup> July 2023
	Morning session	Session 6 – 9 <sup>th</sup> & 10 <sup>th</sup> September 2023
9.00am		
	Lunch	Session 7 – 7 <sup>th</sup> & 8 <sup>th</sup> October 2023
1.00pm		
	Afternoon session	Session 8 – 4 <sup>th</sup> & 5 <sup>th</sup> November 2023
2.15pm		Session 9 – 2 <sup>nd</sup> & 3 <sup>rd</sup> December 2023 (Online)
	End on	Session 10 – 6 <sup>th</sup> & 7 <sup>th</sup> January 2024
	Saturday	Sadhana will take place only on Sunday mornings.
6.00pm	y	<b>5 Day Immersion</b> - 28 April to 2 May 2023 (arrival from 4pm on 27 <sup>th</sup> April)
	End on	<b>Meditation Day Immersion:</b> 2 September 2023: ONLINE
5.00pm	Sunday	<b>Please note:</b> On rare occasions dates can be subject to change.
		<b>Training locations:</b>
		<b>Glastonbury</b> for 8 weekend modules <b>and 1 module online.</b>
		<b>Glastonbury</b> for the <b>5 Day Immersion</b>

### Locations:

7 weekend modules will be taught in person at St. Edmond's Community Hall, Chinnock Rd, Windmill Hill Glastonbury.

Two weekend training modules and Meditation Day will be taught online via zoom.

However, if Covid regulations do not permit in person training weekends, or a trainer is not able to deliver the weekend in person, then the module/s will be taught online via Zoom platform.

### 5 Day Immersion:

**Paddington Farm**, Maidencroft Lane, Glastonbury, Somerset, BA6 8JN

**"Why are you becoming Teachers? Because it is the highest status in a human life. It is elegant, it is excellent and it is very, very, very, very, very fulfilling."**

**Kundalini Yoga** is a **Raj Yoga** that is rooted in ancient yogic science, philosophy and spiritual texts. In 1969, Yogi Bhajan brought Kundalini Yoga more widely to the West in a synthesised form of a householder's dharma to be transmitted through experience - practical, inclusive, efficient, transformational and relevant for the times - and for others to carry these teachings forward into the Aquarian Age for the upliftment of humanity.

Kundalini Yoga is also known as the **"Yoga of Awareness"**. It is a path of self-initiation, of the awakening soul and consciousness, aligned with each person's destiny.

Central to the practice of Kundalini Yoga is the experience and impact of yoga on the mind, body and spirit through the **kriyas** (specific sequences of postures), **meditations** and **mantras** (transformation through the sound current or Naad), which will be explored throughout the course and within the context of both the historical roots of yoga and in recognition of the ongoing, continued legacy of the teachings through us all, as teachers, into the Aquarian Age.

The content delivered through the training includes a diverse range of topics from the yogic perspective to support wellbeing and truthful living. In addition to the 9 training weekends, the 5 day **Yoga Immersion** offers the opportunity to dive deeper into the teachings, living together in the consciousness of community and in relation to nature. Plus everyone will have opportunity to teach practicum classes with feedback from the trainer and support from the training group.

Alongside delivering the course content and certification requirements, the training has an emphasis on building peer groups and community networks so each person can establish their own journey of Truth and Service. There will be online support between training modules and the opportunity to practice teaching or sharing your inspiration on topics with your peers.

We recognise that each person will be touched, inspired and motivated differently through the diamond that is Kundalini Yoga and there isn't only one way to bring the teachings alive in your life or only one way to teach and share them with others. In past years, the training experience has been greatly enriched by the breadth of people joining from a range of cultures, religions, sexual orientation, gender identification, physical ability, age, profession and with an inspiring range of individual talents. So in this way, there is great encouragement for each person to find **their** way.

We also understand that these are the most challenging of times. And that many people feel drawn to the course because they recognise the practice is supporting a process of working through trauma or mental health challenges. These are areas we will touch on through the teachings. It can also be that through personal experience, someone feels touched to work or serve in these areas as a teacher, therapist, counsellor, which Kundalini Yoga effectively supports and complements.

While the training isn't able to offer 1-2-1 specialist therapy to trainees (although trainers may have specialist skills and could provide a professional service if approached independently), the organisers encourage and support everyone to develop a maturation of understanding their own process, identifying needs that may require support outside of the training, and to update us of changes to circumstances that may affect participation so we can appropriately respond and signpost as necessary. We commit to serving everyone so they can serve their own consciousness.

We look forward to being part of this exploration and adventure with you!

**Course Outline - brief summary:**

**Attendance requirement for certification:**

9 weekend modules

5 Day Immersion (residential)

Full day of meditation (not included in the course fee)

**Additional aspects provided on the course:**

Peer Group meet ups through the training (via zoom)

Videos, articles and materials on topics (eg. Yogic research into dementia, history of yoga, pregnancy)

**Coursework:**

Take Home Exam

2 x Course Curricula (written demonstration of a beginner's course & a specialist course)

40 day meditation practice with journaling

Record of 20 KY classes attended outside of the training with a KRI qualified teacher

## SESSION THEMES & ASHRAM EXPERIENCE

- Session 1  
**Foundations of Kundalini Yoga:**  
Introduction, course guidelines, certification requirements.  
Origins & history of yoga to present. Varieties of yoga. Transition into Aquarian Age. KY as a Householder's Dharma. Balance of Shakti/ Bhakti. Awakening consciousness. **Golden Chain:** Adi Mantra, Lineage & Legacy, class structure.  
Code of Ethics – Professional Code & 16 Facets of the Teacher. 7 Steps to Happiness.
- Session 2  
**5 Day Immersion: Residential**  
Ten Spiritual Bodies & The Applied Science of Spiritual Numerology.  
Kundalini Yoga & Sikh Dharma: Differences & Similarities.  
Resources for the teacher. Questions & Answers.  
Community and yoga as a way of life.
- Session 3  
**Sound & Mantra, Sadhana:**  
Quantum Technology of Shabd Guru (sound current), Japji.  
4 Yugas, Kali Yug and Naam as the supreme yoga of Kali Yug.  
Sensory human: The body as a communication system.  
**Mantra:** The meanings, effects & how to chant the mantras of Kundalini Yoga.  
**Sadhana:** Daily discipline, building your sadhana slow & steadily. Stages of Sadhana.
- Session 4  
**Yogic & Western Anatomy:**  
**Western Anatomy:** Body systems & specific organs.  
How stress & lifestyle can effect & how yoga & diet help. Addiction & how yoga helps.  
**The yoga process:** Concept of energetics & rejuvenation/ balance/ elimination (G.O.D.).  
**Yogic Anatomy:** Gunas, Tattwas, Chakras, Nadis, Vayus, Prana & Apana.  
The Path of Kundalini & the Three Locks/ Bhandas.
- Session 5  
**Breathing & Living:**  
**Pranayama:** Breath = Consciousness. Its nature, importance & effects of pranayama.  
**Yogic Lifestyle:** Guidelines, wisdom & tips for all aspects of life. Diet.  
How to wake, hydrotherapy, times of day, bedtime routine.  
**Addiction:** and how yogic lifestyle helps, link to Cautions & Pitfalls.
- Session 6  
**Asana - the Technology of the Times:**  
Posture, Kriyas (concept & practice), Asanas (angles, triangles & rhythm).  
Form and Alignment. Navel Point.  
The effects/ benefits/ cautions. Including shivasana.
- Session 7  
**Mind & Meditation:**  
Characteristics of the mind. Training the mind. The 3 Functional Minds.  
Meditation techniques, types, effects over time, stages.  
White Tantric Yoga, Mala, Gong, Breathwalk, Sat Nam Rasayan, Tratakum.  
Patanjali: Pratyahaar, Dharana, Dhyana, Samadhi.
- Session 8  
**Humanology:**  
We are Spirits here for the Human Experience.  
The possible Hu-man Be-ing. Journey of the soul, pregnancy, 120 days, birth, the mother.  
Being fe/male, growing up, Moon Points, Lifecycles. Meditations for wo/men.  
Relationships – the highest yoga. Venus Kriyas. Communication.
- Session 9  
**Yogic Philosophy & Death:**  
Key terms, common concepts & schools of Yogic Philosophy. Sutras of Patanjali.  
Yamas & Niyamas in detail. From Pranayama to Samadhi.  
**Death & Dying:** Stages, issues, opportunity & technology. 5 Blue Ethers. Liberation.
- Session 10  
**Roles & Responsibilities of the Teacher:** In & out of the class setting.  
The art of being a student. Obey, Serve, Love, Excel.  
The nature & art of a teacher – Teacher's Oath. Poke, Provoke, Confront to Elevate.  
Spiritual Teacher. 5 Steps to Wisdom, the 4 Errors, 2 Laws.  
Identity of a Teacher. Preparation. Management (time, space, people). Admin.  
Different spaces, levels, different groups. Marketing, media. Gurudakshina.

**APPLICATION FORM FOR KRI LEVEL ONE YOGA TEACHER TRAINING PROGRAM IN KUNDALINI YOGA WITH KARAM KRIYA SCHOOL in Glastonbury (Starting 1st & 2nd April 2023)**

I hereby apply for participation on the International KRI Certified Kundalini Yoga Instructor's course as detailed below.

I have read and understood the conditions for completion of the course.

I enclose (please circle): **£400.00** non-refundable deposit    **£400** first instalment    or    **£2,200** up-front payment

I understand the course fee is **£2,350** if paid in instalments or otherwise **£2,200** if paid up front. **Plus** the purchase of the KRI course manual pack (choice of eBooks or printed version) **plus** costs for meals & accommodation (if required) on the 9 weekend modules.

If paying by instalments, I understand I pay £400 deposit in advance for registration, £400 by/on weekend 1, £300 by/on weekend 2, then 4 monthly payments of £150 followed by three final monthly payments of £250, £250 & £150 to complete the course fee by weekend 9.

**I attach a letter detailing my yoga or related experience and a photo (can be a head shot from holiday photo).**

	<b>Fee enclosed</b>	Please tick
Date of Birth.....	£400 non-refundable deposit	
Name.....	£400 first instalment	
Address.....	£2,220 (discounted full course fee)	
.....	Please make cheques to: <b>Preet Kaur</b>	
.....	Or Bank Transfer arranged to:	
..... Postcode.....	<b>Preet Kaur &amp; Angad Kaur (reference: "L1G3")</b>	
Telephone..... Mobile.....	<b>Lloyds TSB</b>	
E-mail.....	<b>Sort code: 30 97 90</b>	
	<b>Account: 57097568</b>	

**In emergency contact**

Name..... Relation to you .....

Telephone..... Mobile.....

Address.....

.....

**Where did you hear about the teacher training course?**

**If it was through a Kundalini Yoga teacher who was it?**

.....

**Disclaimer**

To the best of my knowledge there is no physical or mental medical reason why I should not do this course.

I understand that the teachings of Kundalini Yoga do not constitute medical advice and I take accountability for my health during the course.

SIGNED (by applicant)..... Date .....

**For more information, contact:**

**Preet Kaur:** 07704 636 647 or preetkaur108@yahoo.co.uk  
**Angad Kaur:** 07771 803 562 or angadkaur@karamkriya.co.uk

**Send this form along with your LETTER (YOGA/RELATED EXPERIENCE) & PHOTO to:**

preetkaur108@yahoo.co.uk / angadkaur@karamkriya.co.uk

**Websites:**

www.karamkriya.co.uk / www.karamkriya.com  
https://kundaliniyogasoundhealing.com