



Karam Kriya School
Aquarian Teacher: Glastonbury March 2026
KRI Level One Teacher Training Program in Kundalini Yoga

Contact details for further information & booking:
Preet Kaur on 07704 636 647 / preetkaur108@yahoo.co.uk
Angad Kaur on 07771 803 562 / angadkaur@karamkriya.co.uk

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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 Bhajan, 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.

KRI Level One Aquarian Teacher Training starts 7 & 8 March 2026

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

£1,750 upfront fee (includes tuition, administration, coursework marking, certification process, general support throughout the course. It does *not* include the 5 day Ashram Experience, KRI course manuals (can be bought as eBooks or in print from www.satnam.de), attending a full day of meditation and any travel, accommodation or meals required through the training.

Payment:

- 1. Refund policy.** There are no refunds given unless the course is postponed or cancelled.
- 2. Payment of discounted rate of £1750 upfront.**
- 3. To pay via a payment plan, the cost of the course is £1900.** To register your place, there is a **non-refundable deposit of £600** to secure your place; £400 before or on sessions 1, 2 & 3, then a final payment of £100 on session 4. Please note, once you have started the course, you are liable to pay the full amount of the course fee.

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: If you are on a payment plan, full payment of course fees to be made by or on the 4th 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 and course content. 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 (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

There will also be a Guest Trainer for one of the modules.

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

5.30am	Sadhana on Sunday only
8.00am	Breakfast
9.00am	Morning session
1.00pm	Lunch
2.15pm	Afternoon session
6.00pm	End on Saturday
5.00pm	End on Sunday

TRAINING DATES 2026

Session **1** – 7-8 March 2026 (Glastonbury)

Session **2** – 11-12 April 2026(Glastonbury)

Session **3** – 9-10 May 2026 (Online)

Session **4** – 6-7 June 2026 (Glastonbury)

Session **5** – 11-12 July 2026(Glastonbury)

Session **6** – 12-13 September 2026 (Glastonbury)

Session **7** – 10-11 October 2026 (Online)

Session **8** – 7-8 November 2026 (Glastonbury)

Session **9** – 5-6 December 2026 (Glastonbury)

Sadhana will take place only on Sunday mornings.

5 Day Ashram Experience –

Portugal or potentially an option in Glastonbury.

Dates to be agreed once training starts.

Meditation Day Immersion: 31 January 2027

Please note: On rare occasions dates can be subject to change.

Training Locations:

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

2 weekend modules and the Meditation Day will be taught online via zoom.

However, if the trainer is not able to deliver the weekend in person, then the module/s will be taught online via Zoom platform.

5 Day Ashram Experience: Quinta do Rajo near Lisbon, Portugal **or** an additional option/s TBC at start of training

"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 Ashram Experience (residential)

Full day of meditation (online)

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

PROGRAM - LIST OF TOPICS

Module 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.

Module 2: Sound & Mantra, Sadhana:

Quantum Technology of Shabd Guru (sound current), Japji Sahib.

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.

Module 3: Breath & Yogic Lifestyle:

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.

Module 4: Yogic & Western Anatomy:

Western Anatomy: Body systems & specific organs.

Yogic Anatomy: Pairs of organs, meridians, Gunas, Tattwas, Chakras, Nadis, Vayus, Prana & Apana. Concept of energetics & rejuvenation/ balance/ elimination (G.O.D.).

The Path of Kundalini & the Three Locks/ Bandhas.

Module 5: 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.

Module 6: 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: Pratyahar, Dharana, Dhyana, Samadhi.

Module 7: 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.

Experience of fe/male (polarities), Moon Points, Lifecycles. Meditations.

Relationships – the highest yoga. Venus Kriyas.

Communication.

Module 8: 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.

Module 9: 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. Cautions & Pitfalls.

Identity of a Teacher. Preparation. Management (time, space, people). Admin.

Different spaces, levels, different groups. Marketing, media. Gurudakshina.

Ashram Experience:

Ten Spiritual Bodies.

Kundalini Yoga & Sikh Dharma.

Resources for the teacher. Questions & Answers.

Community and yoga as a way of life. Beyond

Level One - Level Two, 21 Stages of Meditation,

3HO community.

Meditation Day

6 hours of meditation practice as part of the certification requirements.

Options: White Tantric Yoga or a Meditation Day organised with your group with Kundalini Yoga meditations selected especially for the day that are known for their powerful transformational qualities and are excellent to teach to more advanced students in your own classes. There will be breaks throughout the day.

APPLICATION FORM: KRI CERTIFIED LEVEL ONE KY TEACHER TRAINING PROGRAM WITH KARAM KRIYA SCHOOL - Glastonbury and Portugal for the Ashram Experience (starting 7 - 8 March 2026 with Angad Kaur & Preet Kaur)

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): **£600.00** non-refundable deposit **£400** first instalment **or** **£1,750** up-front payment

I understand the UK course fee is **£1,900** if paid in instalments or otherwise **£1,750** if paid upfront.

If instalments, I understand I pay a non-refundable £600 deposit for registration and to secure my place; £400 on W/ends 1, 2 & 3; then a final payment of £100 on W/end 4.

Plus the purchase of the **KRI course manuals** (choice of eBooks or printed version) **plus** the cost of one day of meditation (£50 if online with the training group or other options in the community may have different fees - eg. White Tantric Yoga).

Plus cost of a **5 Day Ashram Experience** (at Quinta do Rajo Ashram in Portugal or other options provided at start of course):

- **In person in Portugal: €374** for registration & teaching fees (booked online independently) **plus** cost of meals & accommodation (various options for accommodation available) and covering your own travel expenses.

- **Alternative option may include a residential in Glastonbury**

PERSONAL DETAILS

Date of Birth:

Name:

Address:

Postcode:

Mobile:

E-mail:

In an emergency, please give details of a contact person:

Name: _____ Relation to you: _____

Address: _____

Mobile: _____

PAYMENT Please put a **X**

£600 non-refundable deposit £400 first instalment £1,750 (discounted full course fee)

Bank Transfer arranged to: **Preet Kaur & Angad Kaur (reference: "L1G4")**

Lloyds TSB
Sort code: 30 97 90
Account: 57097568

Where did you hear about the teacher training course? If it was through a Kundalini Yoga teacher who was it?

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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 full responsibility and accountability for my health and wellbeing during the course. It is my responsibility to contact my doctor if there is any reason for concern about my health and to report this to the organisers who are not legally or financially responsible for any aspects of my personal health throughout the course but will take conditions into account.

I understand no refunds are given unless the course is cancelled or delayed and the full UK course fee is to be paid even if I choose to cancel my place on the training once the training has started.

SIGNED (by applicant)..... Date

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

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