

# Kundalini Yoga Teacher Training Level 1

Eindhoven Netherlands  
May 2020 - February 2021

Information letter





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## The training

The Aquarian Teacher Training program is the KRI Level 1 Certification program in Kundalini Yoga as taught by Yogi Bhajan. In Level 1 you will become an Instructor and gain a deep understanding and experience of the core of the science 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.

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated mission: 'I have come to create teachers, not to gather disciples'. Since then he has been travelling 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 birth right." Through 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

*Some of you who are sitting here will become great Teachers of the Age of Aquarius. You must understand that you have to build your character first. Care for yourself, be kind to yourself, be compassionate to yourself. That is what you have to do. – Yogi Bhajan (1997)*

## Course goals

The Aquarian Teacher™ program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan® and is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification:

- a. KRI Level One: Instructor - Foundations
- b. KRI Level Two: Practitioner – Transformation
- c. KRI Level Three: Teacher - Realization.

In Level One you will become an Instructor and learn the fundamental principles and practices of Kundalini Yoga. This is a 220-hour course, which includes 180 hours of classroom instruction in a well-defined curriculum. The training will offer you:





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Eindhoven Netherlands – May 2020 - February 2021

- Understanding of the fundamental nature, technologies and concepts of Kundalini Yoga.
- A transformational experience through the practice of these teachings.
- Development of skills, confidence and consciousness required teaching Kundalini Yoga.
- Development of a lifestyle of consciousness.
- Experience a sense of community with other participants, local teachers and 3HO worldwide
- Develop a link to the Golden Chain through the teaching of the master -Yogi Bhajan.

## Location

The two-day weekends will take place in the kundalini yoga room of the building for sustainable businesses in Geldrop, 7 km from Eindhoven. Easy accessible by train and bus (stop is 5 minutes walk every 20/30 minutes) or by car (free parking). Walking distance from fields and forest. During all teaching days a yogic breakfast and lunch is provided. In the yogaroom in Geldrop you are not able to stay overnight. To find an accommodation we can help you to local arrangements in a B&B or accommodate contact with the local yoga community. Please inquire for the possibilities. For the two Intensive Weekends we are still inquiring for accommodation, in the south of Holland. These 4-day weekends will be fully cared for in shared rooms. The 5-day Residential is at [Quinta do Rajo in Portugal](#). Quinta do Rajo is about 45 minutes by car from Lisbon, and walking distance from the Atlantic coastline with its beautiful beaches.

## Dates and schedule

### **Weekend 1/Module 1: *Foundation***

23th-24th of May 2020 with teacher HariKrishan Singh (Germany/ NL)

### **Weekend 2/Intensive Module 2 and 3: *Sound and Mantra - Anatomy***

25<sup>th</sup> – 28<sup>th</sup> of June 2020 with teacher HariKrishan Singh (Germany/ NL)

### **Weekend 3/Module 4: *Pranayama and Lifestyle***

12<sup>th</sup> – 13th of September 2020 with teacher Charan Kamal Kaur (Netherlands)

### **Weekend 4/Module 5: *Postures***

3<sup>th</sup> – 4<sup>th</sup> of October 2020 with teacher Hari Avtar Kaur (Belgium)

### **Weekend 5/Intensive Module 6 and 7: *Humanology - Mind and Meditation***

5<sup>th</sup> -8<sup>th</sup> of November 2020 with teacher Angad Kaur (UK)

### **Weekend 6/Module 8: *Roles and Responsibilities of a Teacher***

5<sup>th</sup> – 6<sup>th</sup> of December with teacher Hari Avtar Kaur (Belgium)

### **Weekend 7/Module 9: *Death and Dying, Patanjali***

9<sup>th</sup> – 10<sup>th</sup> of January 2021 with teacher HariKrishan Singh (Germany/ NL)

### **Weekend 8/Module 10: *Ashram Experience***

Date to be set together/2021 with teacher Shiv Charan Singh (Portugal/UK)





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Eindhoven Netherlands – May 2020 - February 2021

## Weekend themes

### Weekend 1 (23-24 May): Yoga Origins, Types, Lineage and Becoming a Teacher – HariKrishan Singh

- What is Yoga; it's origins and history up to present. Baba Sri Chand, Guru Ramdas, [Shakti/Bhakti].
- Types of Yoga: traditional and modern. Kundalini Yoga as the mother of all yoga, householders' dharma.
- Golden chain. A di mantra & basic class structure
- Code of ethics – Professional Code & 16 Facets of the Teacher. 7 steps to happiness.

### Weekend 2 (intensive 25-28 June): Shabd, Mantra & Sadhana – The map - Yogic and western anatomy – HariKrishan Singh

- Quantum Shabd Guru.
- The 4 yugas, kali Y ug and N aam as the supreme yoga of Kali Yug.
- The nature of the age we live in. [the grey transition between Piscean and Aquarian era. The changes and challenges of the times, and what is needed.
- Sensory human: The body as a communication system;
- Mantra: the meanings, effect, and how to chant the mantras of Kundalini Yoga.
- Sadhana: The importance and value of daily discipline of exercise and meditation. Building your sadhana slowly and steadily.
- Western anatomy: body systems and specific organs.
- How yoga and diet help
- The yoga process; concept of energetics rejuvenation /balance/ elimination [G.O.D.]
- Yogic anatomy of G unas, T attwas, C hakras, Nadis, Vayus, prana and apana.
- The path of the Kundalini and the 3 locks/bhandas.

### Weekend 3 (12-13 September): Living and Breathing – Charan Kamal Kaur

- Pranayama: Body – breath – brain – consciousness
- What, how, why of the breath. Its nature, importance, variations & effects.
- Yogic Lifestyle: Guidelines, wisdom and tips for all aspects of life.
- How to awake, hydrotherapy, diet, times of day, getting the best sleep.
- Addiction and how yoga helps. Cautions and pitfalls. Power/money/sex.

### Weekend 4 (3-4 October): The Technology of the Times; Posture – Hari Avtar Kaur

- Asana: Kriyas and asanas, (angles, triangles, rhythm).
- The effects/benefits/cautions.

#### Daily schedule

5:00 Sadhana

8:00 Breakfast

9:00 Teachings

13:00 Lunch

14:30 Teachings

18:00 Finish





# Kundalini Yoga Teacher Training Level 1

Eindhoven Netherlands – May 2020 - February 2021

## **Weekend 5 ( Intensive 5-8 November): Humanology – Meditation – Angad Kaur**

- We are Spirits here for the Human Experience.
- The possible Hu-man Be-ing, soul's choice, soul's journey, birth, 120 days, the mother.
- Being fe/male, growing up, Moon Points, Lifecycles. Meditations for Wo/men.
- Relationships –the highest yoga. Venus K riyas. Tips for Communication.
- The techniques, types,
- Effects over time, stages.
- Patanjali: Pratyahaar, D arana, D hyana, Samadh.
- The 3 minds; training the mind.

## **Weekend 6 (5-6 December): Roles and Responsibilities – Hari Avtar Kaur**

- In and out of the class setting.
- The Art of being a student; 5 steps to wisdom, the 4 errors, 2 laws - keep up and deliver.
- The nature and art of a teacher - T eacher's Oath. 16 Facets.
- Teaching in different spaces, different levels, and different groups.
- Before, during and after the class.
- Message, market & media.
- Preparing yourself, preparing the class,
- Managing the time, the space, the ambience & the people.
- The relation between Kundalini Yoga and Sikh dharma.

## **Weekend 7 (9-10 January): Yogic Philosophy, Death & Dying – HariKrishan Singh**

- Philosophy: Key terms and concepts in Yogic Philosophy.
- Sutras of Patanjali.
- Concentration.
- The cycle of manifestation & the ladder of subtly.
- Death & Dying: What happens when we die and after we die.
- The stages, the issues, the opportunity, and the technology.
- Dead/Liberated while Alive.

## **Weekend 8 (date to confirm): Ashram Experience – Shiv Charan Singh**

- Ten Spiritual Bodies;
- Applied Science of Spiritual Numerology [Karam Kriya].
- Relaxation — its importance, different techniques.
- Resources for the teacher [Including Community and continuity]
- Answer & questions
- Preparation for exam





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Eindhoven Netherlands – May 2020 - February 2021

## Ashram Experience

The final stage of the Aquarian Teacher Training includes an experience to be in community. This is considered important to integrate the teachings into a living reality. During these 5 days at [Quinta do Rajo in Portugal](#) the yogic lifestyle will be put into practice in a supportive and nature filled environment. The lead trainer Shiv Charan Singh will be present to clarify and help consolidate any aspect of the teachings. There will be lectures, discussions, screenings of Yogi Bhanan's teachings on video and much yoga and meditation practice. Partners are welcome to be part of this ashram experience. The date will be jointly defined in the first weekend of the training. The stay may be extended at the trainees' discretion and upon request.

**Practicums:** Viewing and experiencing Yogi Bhanan through videos. Exploring the master's words – Book: The Master's Touch Personal check in. Improving teaching skills.

## Costs

The cost of the full course is € 2.950, - (for tuition, teacher training manual, lunch, administration & general services, examination fee, practicum days & full board at 5 days residential in Portugal) when reserved before 1st of March 2019. After the 1st of March the cost is €3050. The travel costs to all accommodations (Geldrop, the intensive weekend location and flight to Portugal) are not included.

**Deposit:** A non-refundable deposit of €700 is required with your application to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

**Payment:** Preferably, you can pay the whole course of €2250 at once when making the deposit. Alternatively, the remaining amount is to be paid in two separate parts, after you made the deposit. The first part is € 1550 which is paid to Cherdikala, 6 weeks before the start of the first weekend. *(This amount may be paid in instalments. Students must then pay a first instalment of €700 six weeks prior to the start date. The second instalment of €850 is to be done before the 30rd of June 2020. After March 1st 2020, the course costs are €2350 and €950 for the second instalment).*

The second part are the costs for the Ashram Experience in Portugal. This is the remaining €650 (accommodation, food, teachings) and will have to be paid separately to the Ashram Quinta do Rajo when you reserve for this Ashram Experience. This will be explained during the first weekend.

**Cancellation Policy:** After registration you have 14 days to re-consider and cancel while receiving a full refund of the registration fee. Cancellation after 14 days means the registration fee is nonrefundable. In case of cancellation after the first weekend, the registration fee, cost for the first weekend (€200) and €100 administration fees are due. After the second weekend there will be the additional costs for the second weekend. After 7 days after the second weekend, the full tuition fee is due. Contact us in case of special circumstances.

**Equal Opportunities Policy:** While honoring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Cherdikala reserves the right to refuse entry to any students on grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.





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Eindhoven Netherlands – May 2020 - February 2021

## Trainers



**Shiv Charan Singh** (Portugal) is the founding director of the Karam Kriya School and co-founder of Quinta do Rajo, its headquarters in Portugal. Scottish by birth, he is an outstanding and authentic spiritual teacher. Karam Kriya means 'action in spiritual awareness'. Shiv Charan is totally committed to guiding students in their spiritual growth so they can bring spiritual awareness into their everyday lives and develop their full potential as human beings. He is a skilled counsellor, author of several books on human communication, the mystery of numbers and poetry. He runs training programmes throughout Europe, Australia and South America.

*My main interest is not just to teach techniques – these can be learnt from books, but to enter into the shared space of a negotiated relationship to the unknown, which is the frontier of our consciousness. - Shiv Charan Singh*



**Hari Krishan Singh** (Germany/ Netherlands) is lead training for this training, co-founder of the International Kundalini and Karam Kriya School Cherdhi Kala. He has been teaching Kundalini Yoga since 2003 and is a qualified Karam Kriya teacher and consultant. He is Dutch and lives in the south of Germany with his wife and two sons.



**Angad Kaur** (UK ) is a KRI Professional Trainer & Level 1 course organiser based in the UK . Her consultation practice combines Karam Kriya, the applied science of spiritual numerology, with Kundalini Medicine which integrates Kundalini Yoga with proven systems of holistic medicine.



**Hari Avtar Kaur** (Belgium) and her husband run *Iyashi*, Center for Healing, in Belgium, a shiatsu school and practice. She feels blessed to serve students in weekly kundalini yoga classes, workshops and also in the Teacher Training. She is a mother of 4 children! *Let's remember to shine our Light!*





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Eindhoven Netherlands – May 2020 - February 2021



**Charan Kamal Kaur** (Netherlands) is a dedicated kundalini yoga teacher (2007), postnatal doula and initiator of the international charity Postnatal Support Network. She gives training in postpartum care and teaches yoga in Geldrop. She is married, has two sons and is a passionate gardener.



**CharanPal Kaur** (Netherlands/Facilitator) is Shiatsu therapist and teacher (1992), kundalini yoga teacher (2008) and owner of the LUST FoR L IFE yoga studio in Velden/Venlo. She teaches yoga at the RSC / Radboud University and Shiatsu at Academy Qing-Bai.

All the tutors on the training look forward to sharing with you the technology that conquers the ego-mind and opens the heart.

## Certification Requirements

**Important note:** Please take into consideration that this is an intensive training, which mostly is spread out over 5 weekends, 2 intensives and a residential week. You will be offered a lot of material, exercises and philosophy. It can be a lot to digest per week. Allow yourself some time to integrate your experiences after each week.

**Seva:** An important part of the training is to do seva during the weekends. Seva is selfless service, or Karma Yoga and has a vital part in a yogic lifestyle. It consists of helping prepare or cook food, cleaning up, setting the table and some light cleaning at the accommodation. It will help you understand yourself better and you will develop a greater feel for the bigger whole or group consciousness.

Further requirements:

- Attendance of at least 5 sadhanas (with encouragement to join all of them of course ;-).
- Students must attend all the 9 modules (7 weekends) and Ashram Experience
- Attendance at all classes, including Ashram Experience (180 contact hours minimum)
- Full payment of training fee.
- Completion of 20 Kundalini Yoga classes taught by a certified KY instructor after start of the training.
- 40-day meditation and yoga practice with diary (i.e. 31 mins a day — in student's own time)
- Creation of two yoga curricula (a ten-week beginner and five week specialised course)
- Passing grade of 75% or better in the KRI Exam
- 12hrs reading (focus on knowing and understanding the technology and its effects)
- Included in this time will be the viewing of at least two video classes by Yogi Bhajan.
- Attendance of one day of White Tantra yoga
- Acknowledgement of the Code of Professional Standards for Kundalini Yoga Teachers.





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Eindhoven Netherlands – May 2020 - February 2021

## Reading

Essential reading: The training includes the Aquarian Teacher, training manual that will be handed out in the first weekend. Other essential reading is:

- *The Master's Touch* by Yogi Bhanan
- *How to know God; The yoga aphorisms of Patanjali*: Christoffer Isherwood
- Japji Sahib

Recommended reading: other Kundalini Yoga Manuals, any book on chakras, Yogi Bhanan lecture via the [Library of Teaching](#).

## Exam and Course work

- Maintain a journal of experience and progress, in particular recording the experience of 40 day practice
- Pass a satisfactory grade of 75% in the written exam.
- Design two separate course curricula.
- 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.
- Evaluation of Tutors: The student is required to complete a brief confidential evaluation form for each 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 I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhanan. This course is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of Kundalini Yoga Netherlands (KYN) and the International Kundalini Yoga Teachers Association (IKYTA), which include Internet listings and other professional benefits.





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## Registration

Please fill in your application online and send it with your motivation letter preferably before the 1<sup>st</sup> of March 2020. If you have a facebook account, please like [the event](#) so that you can keep yourself informed and inspired. This information will be shared in an email prior to the training. Link to the registration form is here: <https://forms.gle/ACtWK5sB1JTnirjW7>

