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**International Karam Kriya School**



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## **AQUARIAN TEACHER 2020 Sweden - Arbrå**

**Training starts 7 May 2020**

KRI Level I International program in Kundalini Yoga as taught by Yogi Bhajan

**Lead Trainer: Hari Krishan Singh**

### **CONTENTS:**

- Course Goals
- Course Fees
- Completion Criteria
- Tutors
- Weekend schedule and dates



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 travelled 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 birthright." 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.

### **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
  - Experience a sense of community with other participants, local teachers and 3HO worldwide
  - Develop a link to the "Golden Chain" through connecting to teachings of the master -Yogi Bhajan.
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## **COURSE FEES:**

**The cost of the full course is 37.000 SEK, including tuition, teacher training manual, administration & general services, and examination fee.** (39.000 SEK if registered after 1 February 2020.)

**Deposit/Registration Fee:** A non-returnable deposit of 4.000 SEK is required with your registration to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

**Payment:** All payments are to be done in four instalments, with each payment six weeks prior to the according module (Example for early-bird registrations: 8.250 SEK per instalment). Alternatively, you can pay the whole course at once when making the deposit, which will be honoured with a discount of 500 SEK total.

**Cancellation Policy:** In case of cancellation within 7 days after the first training week, the registration fee, cost for the first module (8.250 SEK) and 1.000 SEK administration fees are due. After 7 days after the first module has been completed, the full tuition fee is due. Contact us in case of special circumstances.

**Equal Opportunities Policy:** While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Nordic Yoga Center and the above-mentioned cooperating partners reserve 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. In case of refused entry or continuation of the training, a proportionate refund for missed modules will be granted.

## **CONDITIONS FOR COMPLETION OF THE COURSE AND BEING A CERTIFIED KY TEACHER:**

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

**Fee:** Full payment of all fees.

**Attendance:** Students must attend all the 22 days that will be taught during the year of 2020. Exceptional or special circumstances may result in a student completing the course by attendance at other future KRI-sanctioned KY teacher training programmes. Note: in any case, the maximum length to complete the training is 2 years from the starting date.

**White Tantric Yoga (WTY):** In addition to the hours described below the student is required to attend (or have previously attended) at least one day of WTY. Approximate price for WTY in Stockholm is 1500 SEK (this amount is not included in the general course fee, stated above). The next WTY-event in Stockholm is scheduled for 15 Feb. 2020.

**Hours:** The course will comprise of at least 200hrs [and additional time for exam, written course work and one day of White Tantric Yoga]

- 200 hours of classroom instruction and practice [22 residential days].
  - At least one 40 day meditation series and yoga practice. [i.e. 31 mins a day — in the student's own time]
  - At least 12hrs of reading, with a focus on knowing and understanding the technology and its effects. Essential in this is the reading of the course manual "The Aquarian Teacher" (will be provided), and two chapters from the book "[The Master's Touch](#)" by Yogi Bhanjan (will be provided). Additionally, recommended reading: [Patanjalis Sutras](#), other Kundalini Yoga Manuals, any book on Chakras.
  - Attendance at minimum of 12 sadhanas/early morning practices which will be offered during the training days.
  - Included in the time of the training, there will be the viewing of at least two video classes by Yogi Bhanjan.
  - Additional classes: students are required to attend a minimum of 20 Kundalini Yoga classes during the time of the training. These must be taught by a KRI certified KY instructor.
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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 Trainers general evaluation of:**

- o The student's involvement with the course [including leading yoga sessions on the course]
- o Their general grasp of the practical and theoretical material
- o Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*  
[http://www.kundaliniresearchinstitute.org/trainer\\_support/2014-docs/Code-of-Professional-Standards-10-9-13.pdf](http://www.kundaliniresearchinstitute.org/trainer_support/2014-docs/Code-of-Professional-Standards-10-9-13.pdf)
- o Satisfactory completion of a written exam and course work [see below]

Whenever necessary the evaluation will include an interview between the student and two Trainers.

#### **Exam and Course work:**

- o Maintain a journal of experience and progress, [in particular recording the experience of 40 day practice]
- o Passing with a satisfactory result (75%) in the written exam [take-home and/or sit-in examination].
- o Design and draft two separate course curricula.

**On completion:** The student will obtain the level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan issued by KRI (The KundaliniResearchInstitute). This course is approved by [KRI] upon certification, the teacher is qualified for registration as member of Sveriges Kundalini Yoga Riksförbund (SKY), as well as the International Kundalini Yoga Teachers Association (IKYTA), both of which include internet listings and other professional benefits.

**Complaints:** For any complaints regarding the training please refer to the Ethics and Professional Standards (EPS) department of the Kundalini Research Institute (KRI) who certify the training:

<https://trainersupport.kundaliniresearchinstitute.org/the-office-of-ethics-professional-standards-conscious-conflict-resolution>

## **THE TRAINERS:**

**LEAD TRAINER: Hari Krishan Singh**, Dutch but resident in Germany, is co founder of Cherdi Kala International Kundalini Yoga School ([www.yogafamily.one](http://www.yogafamily.one)) along with his wife Bachitar Kaur.

He travels and teaches in Europe, Australia and Asia as a Lead level 1 & 2 Trainer and is a Karam Kriya consultant and trainer. He is responsible for establishing many training programmes around the world in cooperation with the Karam Kriya School.

With profound understanding and insight into the teachings and an abundant sense of humour, Hari Krishan's infectious presence naturally puts people at ease. He brings the teachings across in a way that is both light and deep and facilitates deep processes of change and personal growth.

He lives with his family in South-Germany in Yogahouse Prasaad ([prasaad.de](http://prasaad.de)), their retreat centre near Lake Constance.

**Bachitar Kaur** is co-founder of the International Kundalini Yoga and Karam Kriya School Cherdi Kala. She has been practicing yoga since 2001 and teaching Kundalini Yoga since 2004. Being a Kundalini Yoga Trainer as well as a Karam Kriya Trainer and Mother of two, she co-created the Karam Kriya and Kundalini Yoga Pregnancy Teacher Training "Divine Woman Divine Mother" to share these priceless teachings with other women. She teaches on Trainings throughout Europe and also gives workshops on Conscious Parenting and Womanhood.

**Sat Karam Singh**, Arbrå/Sweden, is a Kundalini Yoga teacher and professional teacher-trainer. Wholeheartedly he has been studying yoga and affiliated sciences for almost 25 years now, and he is still enjoying it.

Besides teaching he also applies the wisdom and the clarity of Karam Kriya, the science of numerology, in personal consultations for individuals, couples and groups but also in courses and trainings. He loves singing and playing music, and it is a blessing to share this passion for music and mantras in the yogic context.

Sat Karam was born and raised in Germany, and he worked there as a civil-engineer before moving to Sweden in 2010, where he is now running a yoga center together with Hari Arti Kaur, and he is spending the rest of his time as a passionate sourdough baker.

He shares the priceless wisdom and insights of the spiritual teachings all over Europe with an undogmatic approach, but instead through emphasizing delight.

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**Hari Arti Kaur**, from Arbrå/Sweden, is the founder of Nordic Yoga Center ([www.nordicyoga.se](http://www.nordicyoga.se)). Since 2010 she is running this spiritual center together with Sat Karam Singh.

She has been exploring and teaching Kundalini Yoga for almost 25 years. As a trainer she loves sharing different perspectives on walking a refined and light way through life, based on own experiences and with the inspiration from Sikh Dharma, as well as the science and art of numbers (Karam Kriya).

Hari Arti Kaur has worked with international development and education, with special interest in culture and communication to build sustainable societies. She is heading the cultural department in the local municipality and enjoys contributing to the development of the local society.

**Salila Gyanjot Kaur from Oslo/Norway.** Is a KRI Certified Kundalini Yoga teacher (Level 1 and 2), Associate Teacher Trainer and student of Shiv Charan Singh since many years. She teaches with passion and enthusiasm and her teaching style is characterized by creativity, sensitivity and playfulness.

She is the founder of the Kundalini Yoga School in Norway together with her husband AnandRaj.

Gyanjot has specialized herself in the psychological and therapeutic properties of Kundalini Yoga, Shakti Dance, Karam Kriya, yoga for pregnant women, women and children.

As half Indian and former contemporary dancer, Gyanjot was introduced to various forms of yoga, consciousness and movement early in her life.

She has taught at various yoga and fitness centers, businesses and health-related clinics, both in Norway and in Europe. Her experience is that the wisdom and practice of Kundalini Yoga fulfills a need of many, enriching the individual in the increasingly intense times we live in. She has a burning heart to convey how Kundalini Yoga can contribute to increased quality of life, joy and balance. Both physically, mentally, emotionally and spiritually!

**All trainers look forward to sharing with you the technologies that conquer the ego-mind and open the heart.**

## **DATES AND GENERAL SCHEDULES:**

### DAILY SCHEDULE FOR EACH MODULE

### COURSE DATES 2020/21

5 am	Sadhana (early morning practice)	Modul 1	7 – 12 May 2020 Arbrå KY
8 am	Breakfast	Modul 2	11 – 15 July 2020 NYC
9 am	Morning session	Modul 3	12-16 September 2020 NYC
1.00 pm	Lunch	Modul 4	18 – 23 November 2020 Arbrå KY
2.30 pm	Afternoon session	<u>Examination day: 23 January 2021</u>	
6.30 pm	Dinner		
8 pm	Evening Session (sometimes)		
9.30 pm	End		

**Please note:** Trading or promotion of goods or services, by trainees, during the scheduled modules is not permitted without prior consent from the lead trainer.

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**LOCATION:**

This training will be conducted in alternating locations, twice at Nordic Yoga Center and twice at Arbrå KundaliniYoga, both sited in Arbrå/Hälsingland.

**Modules 1 & 4: Arbrå KundaliniYoga**, Norränge-Bölesgården 5592, 821 63 Arbrå



Arbrå KundaliniYoga  
www.arbrakundaliniyoga.se

**Modules 2 & 3: Nordic Yoga Center**, Kyrkbyn 4961/Arbrå prästgård, 821 62 Arbrå

**Questions:**

Please direct any enquiries to: [Sahaikaur@hotmail.com](mailto:Sahaikaur@hotmail.com)

**Food & Accommodation:**

Breakfast and lunch will be provided on all training days: 120 SEK/day

Dinner may be provided upon request and individual agreement

Accommodation: may be provided upon request and individual agreement

**Important notes:**

Please take into consideration that the format of this training is especially intense, You will experience the processing of a great amount of material, exercises and philosophy, as well as personal changes in a relatively short period of time. Please Allow yourself some time with yourself, in order to integrate your experiences and your personal development, as well as studying the material after each module.

An integral part of the training as a yoga teacher is also to do Seva (which is a selfless service, or sometimes also called Karma Yoga) during the modules, which might consist of helping prepare or cook food, keeping the training space clean, and perhaps also some light cleaning at the accommodation.

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## Training themes

### MODULE 1:

#### **Session 1: Yoga Origins, Types, Lineage and Becoming a Teacher**

**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 yogas, householders dharma.

**Golden chain.** Adi mantra & basic class structure

**Code of ethics** – Professional Code & 16 Facets of the Teacher. 7 steps to happiness.

#### **Session 2: Shabd, Mantra & Sadhana**

##### **Quantum Technology of Shabd Guru:**

The 4 yugas, Kali Yug and Naam 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

#### **Session 3: The map - Yogic and western anatomy.**

**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 Gunas, Tattwas, Chakras, Nadis, Vayus, prana and apana.

The path of the Kundalini and the 3 locks/bhandas.

### MODULE 2:

#### **Session 4: Breathing & Living**

**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.

#### **Session 5: The Technology of the Times; Posture**

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

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### **MODULE 3:**

#### **Session 6; Meditation:**

The techniques, types, effects over time, stages.  
Patanjali: Pratyahar, Darana, Dhyana, Samadh.  
The 3 minds; training the mind.

#### **Session 7; Humanology:**

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 Kriyas. Tips for Communication.

### **MODULE 4:**

#### **Session 8: Roles And Responsibilities :**

Inside and outside 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 - Teacher'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.

#### **Session 9: Yogic Philosophy, Death & Dying**

**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.

#### **Session 10: Completion & Continuity**

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.

### **PRACTICUMS:**

Watching and experiencing Yogi Bhajan through videos.  
Exploring the master's words through the book "The Master's Touch"  
Personal check-in.  
Improving teaching skills.

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