



# Karam Kriya School **MENORCA**

Powered by Cherd Kala Yoga International



## **AQUARIAN TEACHER 2020 ONLINE & Menorca, Spain**

**Training starts 5 May 2020**

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

Lead Trainer: Hari Krishan Singh - [www.cherdikala.eu](http://www.cherdikala.eu)

Kundalini Yoga Teacher Training Level 1

# MENORCA ONLINE!

5-12 May 2020  
7-14 June 2020  
8-15 September 2020

CHERD KALA  
THE ART OF UPLIFTMENT

KUNDALINI YOGA  
LEVEL ONE  
TEACHER TRAINING

KARAM KRIYA

## **CONTENTS:**

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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 the teaching of the master -Yogi Bhajan.

## **COURSE SETUP:**

**Due to the extraordinary circumstances of the COVID-19 restrictions we have decided to start this training ONLINE and continue online until we are able and allowed to meet in groups again. We have adjusted the training dates and the price to suit this new situation. There are several scenarios possible and they will be listed below with their respective prices and dates.**

**As teaching online cannot match meeting in person, we offer each participant the possibility to join next year's in-person sessions that you participated in online for only food and accommodation costs. The online sessions DO COUNT however as official teaching hours, so participation next year is optional in case there is AT LEAST 1 week in person.**

**To participate you need to set up a free ZOOM account ([www.zoom.us](http://www.zoom.us)). You have to have a stable internet connection and a camera and microphone on your login device. Contact us if you want advice on how to set this up. Most laptops, tablets and smart-phones will have these features as built-in standard.**

**COURSE FEES:**

Scenario 1	PRICES	TEACHING DAYS
Week 1 online MAY	390,00 €	6
Week 2 Menorca JUNE (Full board)	1.000,00 €	8
Week 3 Menorca SEPTEMBER (Full board)	1.000,00 €	8
<b>Total</b>	<b>2.390,00 €</b>	<b>22</b>

Scenario 2	PRICES	TEACHING DAYS
Week 1 online MAY	390,00 €	6
Week 2 online JUNE	390,00 €	6
Week 3 Menorca SEPTEMBER (Full board)	1.000,00 €	8
	<b>1.780,00 €</b>	<b>20</b>

Scenario 3	PRICES	TEACHING DAYS
Week 1 online MAY	390,00 €	6
Week 2 online JUNE	390,00 €	6
Week 3 online SEPTEMBER	520,00 €	8
	<b>1.300,00 €</b>	<b>20</b>

**To join in-person weeks in 2021 in South Germany or Menorca, the Food and Accommodation costs would be €400,00 per week.**

In the most expensive scenario (Scenario 1 + one more week next year) the total price would be:  
 €2390,00 + €400,00 (optional) = €2790,00

The normal (in-person) early bird fee of the full course is:  
 €2.929,- Euro (3.131,- euro if registered within a month of the start).

These prices include: tuition, teacher training manual, administration & general services, examination fee & certificate.

**In case of scenario 3 we do require at least 1 week in-person of your choice in 2021.**

**Deposit:** A non-returnable deposit of 500,00 Euro is required with your application to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

**Payment:** Students must then pay the first instalment (500,00 Euro) before the start date. Two subsequent payments to be made prior to each module. Alternatively, you can pay the whole course at once when making the deposit.

**Cancellation Policy:** After registration you have 14 days to re-consider and cancel while receiving a refund of the registration fee. Cancellation after 14 days means the registration fee is non-refundable. In case of cancellation within 7 days after the first training week, the registration fee, cost for the first week (390,00 euro) and 50 euro administration fees are due. After 7 days after the first week, 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 Cherd Kala 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.

## **CONDITIONS FOR COMPLETION OF THE COURSE:**

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 training 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 future KY teacher training programmes. Note: maximum length of training is 2 years from the starting date.

**White Tantra:** In addition to the hours described below the student is required to attend (or have previously attended) at least one day of White Tantra Yoga. This requirement is under discussion due to the current situation. We will keep you updated.

**Hours:** The course will be at least 200hrs [and additional time for exam, written course work and one day White Tantra]

- o 180hrs classroom/online instruction and practice.
- o 40 day meditation and yoga practice. [i.e. 31 mins a day — in student's own time]
- o 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- o Attendance at minimum of 12 sadhanas/morning meditations [on the training days]
- o Included in this time will be the viewing of at least two video classes by Yogi Bhajan. Reading: essential reading: The Course Manual and two chapters from "The Master's Touch" by Yogi Bhajan. Recommended reading: Pantajalis Sutras, other Kundalini Yoga Manuals, any book on charkas. Additional classes: students are required to attend a minimum of 20 Kundalini Yoga classes either during or after the training. These must be taught by an KRI certified instructor. At the moment these classes can be online. But with a live teacher, not a recording.

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:**

- o The student's involvement with the course [including leading yoga sessions on the course]
- o Their general grasp of the practical material
- o Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*
- o Satisfactory completion of exam and course work [see below]

Where appropriate the evaluation will include an interview between the student and two Tutors.

**Exam and Course work:**

- o Maintain a journal of experience and progress, [in particular — recording the experience of 40 day practice]
- o Pass a satisfactory grade in the written exam [take-home].
- o Design two separate course curricula.



**On completion:** The student will obtain the KRI level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan. 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.

**Complaints:** Please check <http://cherdikala.eu/complaints.en.php> for a detailed complaints procedure.

## **THE TUTORS:**



**LEAD TRAINER: Hari Krishan Singh**, Dutch but resident in Germany, is co founder of Cherdikala International Kundalini Yoga School ([cherdikala.eu](http://cherdikala.eu)) 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 Cherdikala. 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.

More about Bachitar Kaur: [www.yogafamily.one](http://www.yogafamily.one)

**Ramprakash Kaur:** French, living in Menorca. Kundalini Yoga teacher level 1 and 2, Kundalini Yoga Associate Trainer level 1, internationally recognized by KRI. She has been caring for people for 25 years, individually or in groups, fostering a sensitive understanding of humanology and spirituality in everyday life. Communication, creativity and transformation are the common thread in her life and teachings.

More about Ramprakash Kaur: [www.intheflowmenorca.eu](http://www.intheflowmenorca.eu)



**Sat Puran Kaur** (Gali Livneh): is a KRI certified Kundalini Yoga teacher from Israel. She teaches in teachers' training in Israel & Europe and focusing on exploring and researching Naad yoga & Shabd Guroo, as well as yogic philosophy through her academic studies. Sat Puran studied different styles of music throughout the years, from classical western to classical Indian music, and her debut mantra CD 'Heartbeat' was issued in 2016. Sat Puran is also an evolutionary astrologer, consulting and teaching internationally.

More about Sat Puran: [www.healingstar11.com](http://www.healingstar11.com) | [www.satpuran.com](http://www.satpuran.com)



**Siri Sadhana Kaur:** from the UK As a certified KRI professional kundalini teacher trainer, she travels sharing kundalini yoga teachings as taught by Yogi Bhajan., and is mentored by her teacher Shiv Charan Singh at the Karam Kriya School She is a lead monitor for the UK white tantra team, organizes Level 2 teacher trainings, sangat events for the Great British Kundalini Yoga Festival, and is co-ordinator for the Karam Kriya Women's Camp UK 2016 Karam Kriya School.

More about Siri Sadhana Kaur: [www.sirisadhana.com](http://www.sirisadhana.com)

**DATES:**

<b>Scenario 1</b>			
Week 1 online		5&6 May	
		8&9 May	
		11&12 May	
Week 2 Menorca		7-14 June	
Week 3 Menorca		8-15 September	

<b>Scenario 2</b>			
Week 1 online		5&6 May	
		8&9 May	
		11&12 May	
Week 2 online		7&8 June	
		10&11 June	
		13&14 June	
Week 3 Menorca		8-15 September	

<b>Scenario 3</b>			
Week 1 online		5&6 May	
		8&9 May	
		11&12 May	
Week 2 online		7&8 June	
		10&11 June	
		13&14 June	
Week 3 online		8&9 September	
		11&12 September	
		14&15 September	
		17&18 September	

## DAILY SCHEDULE ONLINE ON TEACHING DAYS

5.30 am	Sadhana
8am	Breakfast
9.30am	Morning session
1.00pm	Lunch
2.30pm	Afternoon session
6.00pm	End

## DAILY SCHEDULE FOR IN-PERSON SESSIONS

5am	Sadhana
8am	Breakfast
9am	Morning session
1.00pm	Lunch
2.30pm	Afternoon session
6.30pm	Dinner
8pm	Evening Session (sometimes)
9.30pm	End

**Teaching days consist of lectures, discussions, group work and personal work. Yoga and Meditation.**

### LOCATION:

**1<sup>st</sup> week ONLINE (in 2021 at Yogahouse Prasaad in South-Germany ([www.prasaad.de](http://www.prasaad.de)))**

**2<sup>nd</sup> week ONLINER or on Menorca, Spain**

**3<sup>rd</sup> week ONLINE or on Menorca, Spain**

Please direct any enquiries to: [Ramprakash Kaur menorca@cherdikala.eu](mailto:Ramprakash Kaur menorca@cherdikala.eu)

### Accommodation:

Accommodation on location is in shared rooms. For a private room inform for possible options.

### Important note:

Please take into consideration that this is an intensive format of this training. You will be confronted with a lot of material, exercises and philosophy to digest per week. Allow yourself some time to integrate your experiences after each week.

A part of the in-person training is also to do seva (selfless service, or Karma Yoga) during the weeks, which might consist of helping prepare or cook food, cleaning up and perhaps some light cleaning at the accommodation.

There will be time off during the in-person weeks during which you can choose to go on a day trip with (part of) the group, or rest on your own. There won't be an evening program every evening, so there is time to yourself and rest when needed.

You are required to attend at least 12 sadhana's (but encouraged to join all of them of course ;-).



## Week themes

**(These sessions will be divided over the three weeks)**

### 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 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.

### 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.

### Session 6; Meditation:

The techniques, types, effects over time, stages.

Patanjali: Pratyahaar, 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.

**Session 8: Roles And Responsibilities :**

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 - 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:**

Viewing and experiencing Yogi Bhajan through videos.

exploring the master's words – Book: The Master's Touch

Personal check in. Improving teaching skills.

**CONTRACT FOR LEVEL I TRAINING - KUNDALINI YOGA INSTRUCTOR:**

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

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

I transferred 500,00 Euro non-refundable deposit to the following bank account:

Cherdi Kala – The Art of Upliftment

Bank transfer: **IBAN: NL24INGB0007912751 BIC: INGBNL2A**

I understand the costs of the full course. I have read the cancellation policy.

**I attach a letter stating the reason why I wish to attend this course, detailing my yoga experience to date.**

Date of Birth.....  
 Name.....  
 Address.....  
 .....  
 .....  
 ..... Post code .....  
 Telephone..... Mobile.....  
 E-mail.....

<b>Fee bank transferred</b>	Please tick one
500,00 Euro non-refundable deposit	<input type="checkbox"/>
500,00 Euro first instalment	<input type="checkbox"/>
EUR ..... Other (specify)	<input type="checkbox"/>
Please specify KYTT Lev1 with the payment.	

Full payment of the first instalment entitles the student to collect his/her copy of the Training Manual from the School.

**In emergency contact**

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

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

Address.....

**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 Yogi Bhajan do not constitute medical advice.

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

**For more information contact us through:**

[menorca@cherdikala.eu](mailto:menorca@cherdikala.eu)

**Now send the content of this form along with your letter to:**

[menorca@cherdikala.eu](mailto:menorca@cherdikala.eu)