

# The Aquarian Teacher™ KRI Level 2 Training Program

## Kundalini Yoga Teacher Level 2: Mind & Meditation



With Cherdi Kala Yoga and International Karam Kriya School  
ONLINE & In-Person in Engen, Germany 1 – 6 July 2020



**KRI Level Two Certification program in Kundalini Yoga as taught by Yogi Bhajan.**

**Course and tutors are approved by IKYTA and KRI**

**Lead Trainer: Hari Krishan Singh**

**Cherdi Kala Yoga [www.cherdikala.eu](http://www.cherdikala.eu) and Karam Kriya School [www.karamkriya.com](http://www.karamkriya.com)**

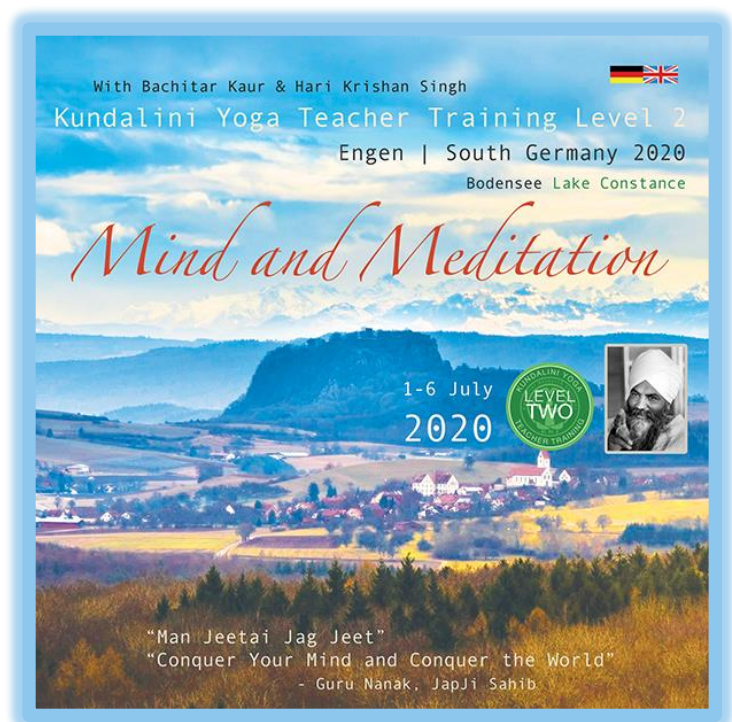
## YOGI BHAJAN



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.

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## COURSE GOALS LEVEL 2

In Level 2, through your personal practice, group process, deep interactive discussion, intense meditations, you will go through a transformation that will help you to deepen your own direct perception of the teachings. It will also serve to improve your ability to create and maintain the Sacred Space of a Teacher.

- This course will help you tap deeper into the wealth of Yogi Bhajan's teachings
- Be part of a community and nourish the inspiration to offer others the chance
- Strengthen your connection to the Golden Chain
- Build more sense of community amongst your peers
- Take the teachings into the world on a deeper level

Excellence is acknowledging your own divinity and guiding others to realise it within themselves.

The advanced Teacher Training in Kundalini Yoga consists of five modules:

- Authentic Relationships
- LifeCycles and LifeStyles
- Mind and Meditation
- Conscious Communication
- Vitality and Stress

### Mind & Meditation

Conquer the mind and you will conquer the world. The mind is the problem, yet, within it is the solution. This is the opportunity for an in depth exploration of the mind, its functions, facets and projections. Learn to recognise your own tendencies and experience the meditations that transform the mind into a truly great and helpful servant of your soul. The meditative mind provides the means to be still, intuitive and creative.

**Equal Opportunities Policy:** While honouring 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.

## COURSE FEES LIFE MIND AND MEDITATION

The In-Person course fee will be decided soon. Contact us at [bachitar@cherdikala.eu](mailto:bachitar@cherdikala.eu)

Teaching fee incl. manual, registration fee, administration, general services and exam.

Online course fee is EUR 500,00

### Deposit

A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount is due latest 25th of June 2020.



## ENTRANCE AND COMPLETION CRITERIA

In general, applicants are expected to hold a KRI Instructor Certificate in Kundalini Yoga : i.e. Aquarian Teacher Level 1. A copy of this must be submitted with your application. It is possible to attend one Level 2 module only prior to being fully Level 1 certified. However, long term KY students or yoga teachers of other disciplines may also apply.

To become a KRI certified level 2 Practitioner you must complete 300 hours of training which includes:

- 240 hours of classroom instruction in the five level 2 modules listed.
- 60 hours of additional requirements to be completed outside of classroom time including a home exam.

This course/Level 2 module Life Cycles and Life Styles is a 62-hour program of which fifty hours are classroom time and twelve hours are part of home study assignments and activities to be completed after the classroom segment. Participants are required to attend all classes, pass the exam and complete the home study requirements which span the 90-day period after the course to receive a completion credit.

Pre-requisites & requirements for completion credit:

- attendance of all the course hours
- full payment of all course fees
- successful participation in the exam
- Level 1 certificate (you can do 1 Level 2 module only before being L1 certified)

The module Mind and Meditation is one of five modules required for KRI Level Two Practitioner Certification. After qualifying and obtaining completion credits in *all* five modules you are a KRI Level 2 Practitioner and you can then request the KRI Level 2 Practitioner Certificate.

These five modules are Conscious Communication, Mind & Meditation, Authentic Relationships, Life Cycles & Life Styles and Vitality & Stress. The five modules are to be taken over no less than a two-year period. General recommendation is to take no more than one module every 6 months. Individuals may choose differently.

**EXAM** is a Take Home Exam and can be done by using your manual and your notes from the course.



## TRAINERS



**Hari Krishan Singh (NL)** Hari Krishan, Dutch but resident in Germany, is co founder of Cherdi Kala International Kundalini Yoga School along with his wife Bachitar Kaur. He travels and teaches in Europe and Australasia 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, their retreat centre near Lake Constance.



**Bachitar Kaur** is Trainer in Kundalini Yoga and Karam Kriya. She is a Lead Trainer for Level 1 Programs and teaches and consults since 2005 in europewide, in Australia and Asia. She is mother of two boys, co-founder of the international Kundalini Yoga and Karam Kriya School Cherdi Kala, co-initiator and trainer of the Divine Woman Program and directs together with her husband Yogahouse Prasaad in Germany, where she is living

with her family. She is a strong advocate of female solidarity and community building and her passion for creating a more humane world is reflected in her enthusiasm with which she teaches

## LOCATION FOR THE 6-DAY IN-PERSON RESIDENTIAL

Yogahouse Prasaad  
Almenstrasse 11  
78234 Engen-Anselfingen, Germany (Near Lake Constance)  
[info@prasaad.de](mailto:info@prasaad.de)  
prasaad.de  
+49 7733-9965 995 or +49 170 5521 796



Accommodation is Ashram-Style in bedrooms of 3-6 beds. There is also the possibility of camping in the big garden/orchard. Vegetarian Food.



## SCHEDULE AND DATES

In-Person: arrival 30. June in the afternoon/evening. Departure 6. July in the evening or 7. July in the morning

### Daily Program ONLINE & at Yogahouse Prasaad

6:30-8:00	Morning Yoga
8:00-9:30	Breakfast
09:30	Teachings
13:00	Lunch
14:30	Teachings
16:00	End
16:00-Evening	Level 2 Yogi Bhajan Video Daily

## QUESTIONS AND REGISTRATION

For questions concerning the Training, please contact Bachitar Kaur [bachitar@cherdikala.eu](mailto:bachitar@cherdikala.eu) or +49 (0)170 5521 796. FB personal messages cannot be answered

**Registration through our Online Form:** <https://forms.gle/jz2vQLNjsDnxxCsQ9>



### IMPRESSIONS OF YOGAHOUSE PRASAAD





## SEVA

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

## OVERVIEW AND SUMMARY OF THE THREE LEVELS OF THE KRI KUNDALINI YOGA AQUARIAN TEACHER TRAINING PROGRAM

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

Level Two Teacher Training builds on the foundations of Level One, and is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher.

