



Karam Kriya School

Kundalini Yoga Teacher Training LEVEL 1

Powered by Cherdī Kala Yoga International



The Aquarian Teacher for Women Only

KRI certified Kundalini Yoga Teacher Training Level 1: Start 19. March 2022

*Online and in person. With extra modules on Women's Teachings & Female Leadership
Pregnancy Yoga & Postnatal Care*



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www.cherdikala.eu

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WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1 (KRI) *including speciality teachings on pregnancy yoga, postnatal care & female leadership*

The training starts 19 March 2022. It is exclusively for women by women.

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

Including additional speciality modules on pregnancy yoga, postnatal care and women teachings on female awakening and leadership in collaboration with the Divine Woman Program

Lead Trainer: Bachitar Kaur - yogafamily.one/cherdi-kala-international/



These teachings of Raaj Yoga for spiritual awakening and blossoming are offering themselves to everybody.

The choice to tap into their nectar remains yours.

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INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1 (KRI) *including speciality teachings on pregnancy yoga, postnatal care & female leadership*

About this Course

This special Kundalini Yoga Teacher Training is KRI certified and exclusively for women by women. An international female trainer team from Estonia/Mexico, Germany, Israel, Spain, The Netherlands and UK is awaiting you to share the wisdom and techniques of these timeless and relevant teachings with you.

Develop the skills, confidence and consciousness required to teach Kundalini Yoga as taught by Yogi Bhajan. Gain a deeper understanding of the fundamental nature and technologies of Kundalini Yoga. Unfold a lifestyle of consciousness. Experience a sense of community locally, regional, online, worldwide in a feminine environment.

The training consists of online modules and is complemented by a 6 day Divine Woman Divine Mother residential (in person teaching if restrictions allow) at Yogahouse Prasaad in South Germany. The residential provides a balanced experience of practical hands-on learning and theoretical information on Women's Teachings of Female Awakening & Leadership, Pregnancy Yoga and Postnatal Care.

Please note: Should you wish to do a regular KY teacher Training Level 1 without the additional information on these topics, you can choose to follow the entire training except the Residential Week. If this is the case, please contact me directly.

This 26 day course will qualify you to teach Kundalini Yoga as taught by Yogi Bhajan. Plus it also supplies you with a wealth of tools to support women around conscious conception, pregnancy, childbirth and postpartum. This means it will also give you the tools to offer pregnancy yoga courses as well as qualify you to register as Postpartum Doula with the Postnatal Support Network (<https://www.postnatalsupportnetwork.com>) or work independently as postnatal Doula

*If there is one thing a woman can do in this time
it is step into the sacred space of self authority. We need
vibrant women to lead into tomorrow.*

The Kundalini Research Institute (KRI) is a non-profit corporation established in 1972 which certifies the Level 1, 2 & 3 Aquarian Teacher programs <https://kundaliniresearchinstitute.org>.

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. <https://www.ikyta.org>

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.



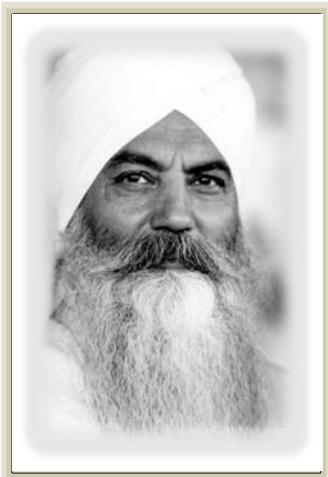


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including speciality teachings on pregnancy yoga, postnatal care & female leadership

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 the 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.



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.

Sixteen years after Yogi Bhajan's death in 2004, allegations of sexual misconduct were brought forward by some of his former students. An independent investigation in 2020, sponsored by the organization he founded, concluded that it is more likely than not that Yogi Bhajan engaged in sexual misconduct and abuses of power. This disclosure brought with it great transformational potential for our sense of community and the structures that were built to carry the teachings into the Aquarian Age. It also necessitates that KRI and its teachers and trainers focus on the valuable yogic teachings more than the man who shared them. KRI and all trainers of this training remain committed to upholding the dignity of all humans and the highest ethics of this path of consciousness.

Women of the world answer the call: Step into the power and grace of your divine feminine self. Inspire and lead through the depth and radiance of your being. Bring your light, your love, and your intelligence to the fore. The world needs your leadership and wisdom now.

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 and regional teachers and 3HO worldwide.
- Develop a link to the Golden Chain through the teachings of Yogi Bhajan. and through Guru Ram Das, sitting on the throne of Raaj Yoga





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- Acquire a wealth of tools to support woman around conscious conception, pregnancy, childbirth, postpartum and beyond according to these teachings.
- Learn women's wisdom and experience hands on techniques for Postpartum Care.
- Immerse yourself into invaluable yogic teachings for women. Learn specific Kundalini Yoga and Meditation techniques to empower women to access their inner strength, dignity and sacredness.
- Develop and deepen your ability to be a teacher in this Aquarian Age. To bring something to this world only you can bring.

"The kundalini experience does not mean you have gone into a deep breathless trance and are beyond this world. It integrates you more fully with reality and gives you a broader vision and sensitivity so that you can act more efficiently."

- Yogi Bhajan, Kundalini Yoga:
The flow of Eternal Power

Course Fees

The cost of the full course is 2.650,- Euro (for tuition, teacher training manual (will be shipped to you after registration), administration & general services, examination fee & full board 6 days residential) if registered before 28. February 2022 and 2.800,- thereafter.

Deposit/Registration fee: A non-returnable deposit of 650,00 Euro is required with your application to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

If you register after February 28th you don't make use of the early bird discount and your registration fee is 800 EUR.

Payment: Students must then pay the first instalment of 200 Euro two weeks prior to the start date, so no later than 5. March 22. Three subsequent payments of 600,00 Euro each are to be made by April 15, 2022 and May 25, 2022 and August 31, 2022. Alternatively, you can pay the whole course at once when making the deposit. If your circumstances require an individual payment plan, please get in touch.

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 unit, the registration fee, cost for the first training unit (200 euro) and 100 euro administration fees are due. After 7 days after the first training unit 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 Cherdi 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.





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Conditions for Completion of the course

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

A) FOR KUNDALINI YOGA LEVEL 1 INSTRUCTOR (KRI):

Fee: Full payment of all fees.

Attendance: Students must attend all training units resp. modules which comes to an equivalent of 26 days that will be taught during the years of 2022 and 2023. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programs organised by Cherdi Kala Yoga or any other organiser of the International Karam Kriya School. Note: maximum length of training is 2 years from the starting date. Special modules (Pregnancy Yoga, Postnatal Care, Women's teachings & Female leadership) may not be able to be attended elsewhere. Watching the video-recording (if available at all) of a missed module is not equivalent to attending a live module and therefore not eligible for catching up on missed modules.

White Tantra or an equivalent meditation day: 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 **or** a meditation day in the tradition of Kundalini Yoga as taught by Yogi Bhajan,.

Hours: The course will be at least 234hrs classroom, hours and additional time for exam, written course work, seva community project and one day Meditation or White Tantra

- 180hrs classroom instruction and practice (online) [equivalent of 20 days] required for KRI Level 1 certificate
- minimum additional 54 hrs classroom instruction and practice [6 residential days] for pregnancy yoga, postnatal care and kundalini yoga for women and female leadership.
- 40 day meditation and yoga practice. [i.e. 31 mins a day — in student's own time]
- 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- Attendance at minimum of 12 sadhanas/morning meditations [on the training days]
- Included in this time will be the viewing of at least two video classes by Yogi Bhajan, which is not mandatory but highly recommendable.
- Reading:
essential reading: The Course Manual and not mandatory but highly recommended two chapters from "The Master's Touch" by Yogi Bhajan.
Recommended reading: Pantajalis Sutras, "Conscious Pregnancy" by Tarn Taran Kaur, other Kundalini Yoga (KRI) Manuals.
- 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.

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:**





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- The student's involvement with the course [including leading yoga sessions on the course]
- Their general grasp of the practical material
- Commitment to the 3HO Code of Professional Standards for Kundalini Yoga Teachers
- 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:

- Maintain a journal of experience and progress, [in particular — recording the experience of 40 day practice]
- Pass a satisfactory grade in the written exam [take-home].
- Design two separate course curricula. One for Beginners and one for a specific woman's topic (e.g. Pregnancy Yoga, Yoga for menopause etc.)
- Seva community project geared towards women or families (eg 40 day postnatal sevadar)

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 Bhajan. This course is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of any national Kundalini Yoga association and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits.

This KRI Level 1 Kundalini Yoga Instructors Certificate is separate from the certification for Pregnancy Yoga and/or Postpartum Doula. And you can choose in this training whether you wish to become certified as a Pregnancy Yoga Teacher and/or as a Postpartum Doula *in addition* to the standard KY Level 1 Teacher certificate. Or perhaps you may not feel a need for this additional accreditation in pregnancy yoga or postpartum doula and you may feel that achieving KRI Level 1 Kundalini Yoga instructor certification is sufficient - this is your choice entirely.

Either way we do encourage you to go out and share these teachings and your knowledge with the world. Whether you feel a certificate is needed for this or not, is your choice to make. The aquarian age is upon us. Time for self-initiation and self-qualification. At the same time, institutions change slowly and we acknowledge there may sometimes still be a need to have a paper stating your qualifications.

Complaints: Please check <https://www.yogafamily.one/complaints/> for a detailed complaints procedure.

B) ADDITIONALLY STUDENTS MUST FULFILL THE FOLLOWING CRITERIA IF THEY WISH TO BECOME CERTIFIED AS PREGNANCY YOGA TEACHER UNDER THE DIVINE WOMAN DIVINE MOTHER PROGRAM

Attendance: Students must attend the pregnancy module (day one & two of the residential week) and Female leadership module (day five & six of the residential week).





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Practicum: Demonstration of at least one pregnancy yoga class practicum during the residential.

Final exam: Pass a satisfactory grade in the written exam on Pregnancy Yoga.

Course Curriculum on Pregnancy Yoga: Design one course curriculum on yoga for women during pregnancy of at least 5 classes. PLEASE NOTE: This is an overlap with the KRI requirements for the Level 1: KRI requirements for the Level 1 certificate include 2 curricula, one for a beginners course of 10 weeks and one for a speciality course of 5 weeks (see above). You could choose your speciality course to be pregnancy yoga and by doing so, fulfill both requirements at the same time.

Statement: Write a statement about yourself elaborating on

- being a Divine Woman,
- -being a Pregnancy Yoga Teacher ,
- certification and self-initiation
- what does the training do to you professionally, personally and spiritual
- what does it enrich in your quality as yoga teacher.

Deadline for these requirements is three months after the residential.

C) ADDITIONALLY STUDENTS MUST FULFILL THE FOLLOWING CRITERIA IF THEY WISH TO BECOME CERTIFIED AS POST-PARTUM DOULA UNDER THE POSTNATAL SUPPORT NETWORK

Post Partum Menu: Experience of preparing at least one postpartum menu

Postpartum Techniques: Experience of giving AND receiving the following Postpartum techniques: Yoni Steam | Massage | Closing Ritual | Belly Binding

Internship: Minimum of 40 hours of volunteering service/internship in one family in the course of the 40-day postpartum timeframe. PLEASE NOTE: This is an overlap with the certification requirements for you KY Level 1 certificate, where you are requested to do a Seva community project geared towards women or families. If you chose this to be a 40 day postnatal sevadar project, then you would fulfill both requirements at the same time.

Written Report: A reflection of your internship in a written report plus handing in a feedback sheet from the family you served.

Becoming a member: Membership fee with the PostNatalSupportNetwork of currently EUR 25



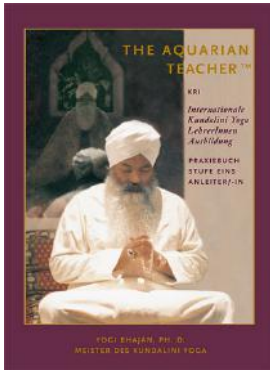


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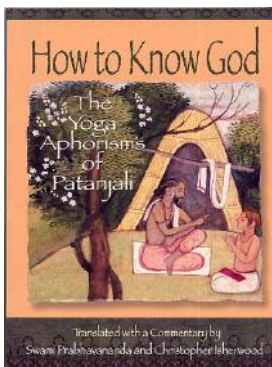
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IMPORTANT LITERATURE

The training manual "The Aquarian Teacher" (This is included in the training fee and will be shipped to you after registration.)

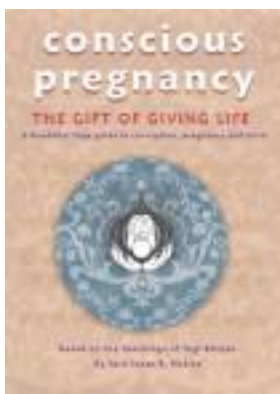


The yoga sutras of Patanjali (How to Know God).
For Europe available at www.satnam.eu



Conscious Pregnancy Vol. 1 & 2 by Tarn Taran Kaur

A women's guide to self-discovery and natural child birth
Available



<https://www.satnam.de/en/search.php?keywords=Conscious+Pregnancy+Vol.+1+-+Tarn+Taran+Kaur+Khalsa>



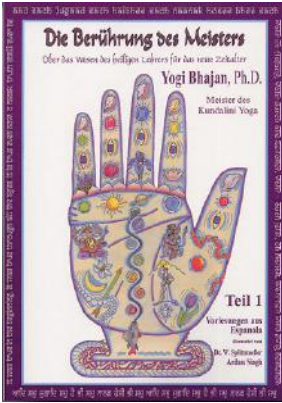


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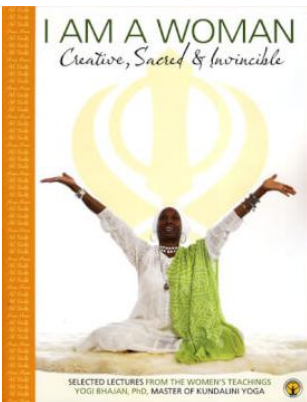
Recommended literature



The Masters Touch

This book is for every student of Truth. Whatever path you have chosen, it will give you an understanding of the true meaning of mastery. This is a superb collection of teachings from Yogi Bhajans Masters Touch courses. Pointed and inspiring teachings of and for the Age of Aquarius.

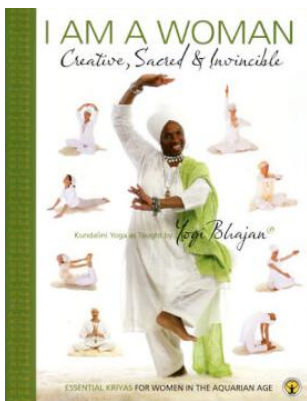
<https://www.satnam.de/en/the-masters-touch-yogi-bhajan.html>



I am a woman – Creative, Sacred, Invincible. Reader (Lectures) by Yogi Bhajan

Selections from the Women's Teachings of Kundalini Yoga as taught by Yogi Bhajan.

Available here <https://www.satnam.de/en/i-am-a-woman-reader-textbook.html>



I am a woman – Creative, Sacred, Invincible. Yoga Manual by Yogi Bhajan

Essential Kriyas for Women in the Aquarian Age

Available here <https://www.satnam.de/en/i-am-a-woman-yoga-manual.html>





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Meet the Trainer-Team



LEAD TRAINER: Bachitar Kaur (Germany) is Teacher Trainer in Kundalini Yoga and Karam Kriya Consultancy (number awareness). Her passion for a more humane world is reflected in her enthusiasm with which she teaches. Being a strong advocate for female solidarity and community building, she is specialized in Teachings for Women and also Conscious Parenting. Bachitar is co-founder of Cherdi Kala Yoga International, initiator of Yogaschule Golden Temple, founder of Yogahouse Prasaad and has co-developed the Divine Woman Program. She has been living and teaching Kundalini Yoga in different countries to students with a broad variety of social and cultural backgrounds and special requirements. Together with her Dutch husband

and their two wonderful sons she lives in South-Germany at Yogahouse Prasaad – a retreat place for conscious living in nature. She teaches throughout Europe, Asia and Australia.



Sukhdev Kaur (Mexico/Estonia) pioneered to Estonia from her homeland of Mexico in 2004. She has taught and trained teachers for almost a decade across Europe and Mexico. Sukhdev is the director of Dharamsaal – School of Kundalini Yoga and Humanology in Tallinn, and the Guru Ram Das Institute and Rajamaa Ashram. She is a doula, Conscious Pregnancy teacher trainer and Karam Kriya trainer. She developed the program Conscious Parenting for integrating yoga awareness into conscious family living. Sukhdev is also creating a conscious, dharmic, democratic, forest primary school for children in the ashram.



Angad Kaur (UK) is a KRI Professional Teacher Trainer and runs Level 1 courses in the UK since 2009. Mentored by Shiv Charan Singh, she is also a consultant and trainer in Karam Kriya, applying the universal intelligence of numbers to support meaningful life transitions. This is combined with ongoing training in Kundalini Medicine, led by Guru Dharam Singh, which integrates Kundalini Yoga with proven systems of holistic medicine. Angad offers spiritual counselling, yoga and meditation in hospitals and psychiatric units with a specialist interest in mental health, spiritual awakening, death & dying, and the creative application and transformation of the mind through meditation, story telling and spiritual teachings.





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Seva Kaur (Spain) is a full-time Karam Kriya Consultant, Kundalini Yoga Teacher Trainer, and Sat Nam Rasayan Healer. She is specialized in the field of communication, personal development, meditation and devotional music (kirtan) with voice and harmonium. She started her spiritual search since her early childhood. Although it would be years later when she found and committed to her path with her spiritual teacher, Shiv Charan Singh. Since then, she has been travelling throughout Europe and India receiving his teachings, and sharing them to many others. She also is organizer of Women Circles in many different locations, Mantra concerts and meditational journeys to the Desert.



Indra Kaur (Germany) is a KRI-certified Kundalini Yoga Teacher Level 1&2 and member of the Aquarian Trainer Academy. She is co-founder of the Kundalini Yoga Centre in Munich and while she is also working over 25 years in Marketing, Mediaplanning and Further Education. She teaches Kundalini Yoga with great devotion and joy since 2003 and became a Shakti Dance Teacher in 2008



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



Charan Kamal Kaur (The Netherlands) is a level 1 and 2 certified Kundalini Yoga teacher, Postnatal Doula and one of the initiators of the international charity Postnatal Support Network. She gives trainings in postpartum care and teaches yoga in Eindhoven, south of the Netherlands. Her experience and skills have been formed by being a mother of two boys, as a yoga teacher and her previous jobs as director of the PSN charity, in corporate business and hospitality. She is married, has two sons and is a passionate gardener.





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Schedule and Times

The course is structured into different Teaching Units

- Weekend (Sat- & Sunday) Teaching Units,
- A recap and Q&A session after each weekend-module,
- Residential.

All units except the Residential are online.

The overall teaching schedule for a training day is:

Sadhana	5:30-8:00
Break/Breakfast	8:00-9:30
Morning Class	9:30-13:00 with smaller breaks in between
Break/Lunch	13:00-14:30
Afternoon Class	14:30-15:45
Tea Break	15:45-16:00
Practicum	16:00-17:30 (depending on group size)
End of day/Dinner	17:30

During the residential there are some evening sessions from 19:30-21:00, but not on all evenings.

Please note: This is a general schedule. Minor adjustments will be made where needed.

Teaching schedule for Recap and Q&A sessions is:

Monday or Wednesday Evenings after the weekend module from 19:00-20:00. Attendance is strongly recommended but not compulsory for certification.

Course Themes and Dates

These sessions will be divided over the teachings units

Module 1: Yoga Origins, Types, Lineage and Becoming a Teacher

Weekend Teaching Unit: March 19 -20, 2022 with Bachitar Kaur;

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.

Recap and Q&A with Bachitar Wednesday, 23.3.22 19:00-20:00





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Module 2: Shabd, Mantra & Sadhana

Weekend Teaching Unit: April 9 – 10. 2022 with Sukhdev Kaur

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

Recap and Q&A with Bachitar Wednesday, 13.4.22 19:00-20:00

Module 3: Humanology

Weekend Teaching Unit: April 30 – May 1 with 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 Kriyas. Tips for Communication.

Recap and Q&A with Bachitar Monday, 9.5.22 19:00-20:00

Residential: Modules 4, 5 and 6 May 26 (Thursday) - 31 (Tuesday) 2022

Module 6: 2 days Pregnancy Yoga with Bachitar Kaur

Conscious Conception, Conscious Pregnancy, Birth, Postpartum, 40 Days and Beyond,

Postures, Pranayama, Meditation. Dos and donts in a pregnancy yoga class. Special purpose of pregnancy yoga class. Natural childbirth and others. Mothering the mother. Supportive foods and nutrition. Importance of network/community "It takes a village to raise a child".

Module 7: 2 days Postnatal Care with Charan Kamal Kaur

Ancient and contemporary knowledge and practical techniques on the 40-day recovery time after birth

Why postnatal support

Principles of a 40 day resting period

Physiology of the postnatal mother and child

Cooking and recipes

Other techniques such as postnatal rituals, bed sharing, massage and baby bundling.

The Postnatal Service, the attitude and what kind of support.

Module 8: 2 days Women's teachings & Female Leadership with Bachitar Kaur

Specific Kundalini Yoga and Meditation techniques.

Selected Video Lectures by Yogi Bhajan from Women's Camps.

A woman's basic and elevated nature.

Four ways of a woman to liberation.

The future is feminine. Female leadership.

Woman is community. Community building.





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Module 7: The map - Yogic and Western Anatomy.

Weekend Teaching Unit: June 25 – 26, 2022 with Bachitar Kaur

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.

Recap and Q&A with Bachitar Wednesday, 29.6.22 19:00-20:00

Module 8: Breathing & Living

Weekend Teaching Unit: September 10 – 11, 2022 with Sat Puran 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.

Recap and Q&A with Bachitar Wednesday, 14.9.22 19:00-20:00

Module 9: The Technology of the Times; Posture

Weekend Teaching Unit: October 1 – 2, 2022 with Indra Kaur

Asana: Kriyas and asanas, Angles, triangles, rhythm. The effects/benefits/cautions.

Recap and Q&A with Bachitar Monday, 10.10.22 19:00-20:00

Module 10: Meditation

Weekend Teaching Unit: October 15 – 16, 2022 with Bachitar Kaur

The techniques, types, effects over time, stages.
Patanjali: Pratyahaar, Dharana, Dhyana, Samadhi.
The 3 minds; training the mind.

Recap and Q&A with Bachitar Wednesday, 19.10.22 19:00-20:00

Module 11: Roles and Responsibilities

Weekend Teaching Unit: November 12 – 13, 2022 with Bachitar 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 - 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.

Recap and Q&A with Bachitar Wednesday, 21.11.22 19:00-20:00





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1 (KRI) *including speciality teachings on pregnancy yoga, postnatal care & female leadership*

Module 12: Yogic Philosophy, Death & Dying

Weekend Teaching Unit: December 3 – 4, 2022 with Seva Kaur

Philosophy: Key terms and concepts in Yogic Philosophy. Sutras of Patanjali. Concentration. The cycle of manifestation & the ladder of subtlty.

Death & Dying: What happens when we die and after we die. The stages, the issues, the opportunity, and the technology. Dead/Liberated while Alive.

Recap and Q&A with Bachitar Wednesday, 07.12.22 19:00-20:00

Module 13: Completion & Continuity

Weekend Teaching Unit: February 4 – 5, 2023 with Bachitar Kaur

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: Throughout the Training:

Personal check in. Improving teaching skills.

Viewing and experiencing Yogi Bhajan through 1-2 videos (optional).

Exploring teaching seminars for teachers – Book: The Master's Touch (optional)

Please note: Trading or promotion of goods or services, by trainees, during the training units is not permitted without prior consent from the School directors.





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Location, Accomodation, Food during Residential

The residential will take place at Yogahouse Prasaad in South-Germany
(www.prasaad.de) May 26-31, 2022
Yogahouse Prasaad | Almenstrasse 11 | 78234 Engen-Anselfingen | Germany



Arrival one day before on May 25 from 17:00, depart one day after in the morning of June 1)

Vegan breakfast, Lunch and Dinner are included. Accommodation is in shared rooms ashram style and in tents. For off-site private rooms inform for possible options.

Please direct any enquiries to: Bachitar Kaur at bachitar@cherdikala.eu



Important note

Please take into consideration that this online format is an intensive training format, which mostly is spread out over eight to ten weekends in person teaching and a residential week. During the online sessions you will be confronted with a lot of material, exercises and philosophy to digest in between the sessions. Allow yourself some time to integrate your experiences after each training unit.

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

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 sadhanas (but encouraged to join all of them ;-).





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A few impressions for you



Questions?

For further questions please contact Bachitar Kaur: bachitar@cherdikala.eu. Thank you

Women of all ages, races, faiths and nationalities are working to bring peace compassion, and healing to humanity. Join in!





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INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1 (KRI)
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CONTRACT FOR LEVEL I TRAINING - KUNDALINI YOGA INSTRUCTOR

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

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

I transferred 650 Euro non-refundable deposit/registration fee to the following bank account. If I have registered after October 15th I will pay 800 EUR registration fee:

Cherdi Kala - The Art of Upliftment Bank transfer: IBAN: NL42 INGB 0008 3321 46 BIC: INGBNL2A

I understand the cost of the full course is €2.650,00 (€2.800,00 if registered after 28 February 2022) and that I must pay 200 Euro two weeks prior to starting the course on 5 March 2022 as well as three subsequent payments of 600 Euro each by April 15, 2022, May 25, 2022 and August 31, 2022. I have read and understood the cancellation policy.

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

Fee bank transferred Please tick one:
[] 650 Euro non-refundable deposit [] 200 Euro first instalment [] EUROther (specify)
Please specify "KYTT Lev1 women only" with the payment as well as your name!

Name.....Spiritual Name.....

Address.....

Mobile.....E-mail.....

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

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 Bhanan do not constitute medical advice.

Do you give Cherdi Kala permission to use your data for:

- Identify and contact you before and during the event in case of need []
- To contact your emergency contact if needed during the event []
- To add your email address to our database in order to send our newsletter and occasional announcements []
- Issuing you with an invoice/receipt []

SIGNED (by applicant).....Date

Now send the content of this form along with your letter to: bachitar@cherdikala.eu

Cherdi Kala Yoga International is registered in the Netherlands: KvK No. 57426015
Turnhoutlaan 9 | 5628 RJ | Eindhoven | The Netherlands | +49170 9359951





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Privacy Policy

The new GDPR (General Data Protection Regulations) or AVG (Algemene verordening gegevensbescherming) is a legislation that entered into force on 25 May 2018 and in which Europe lays down rules for companies on how to deal with clients' data.

We would like to transparently report what kind of data Cherdi Kala Yoga keeps when you are registering with us for a Kundalini Yoga Teacher Training; how these data are stored, and how long they are stored for.

Personal Client Data: What client Data Are Collected and Kept, How Are they Stored, and How Long Are they Stored for?

Certain personal client data are collected by Cherdi Kala Yoga at the time of registering for a teacher training, workshop or consultation. This is for the purposes of meeting Insurance Company criteria as well as for your health and safety during your yoga practice, training or consultation. Health information is also used to tailor sessions to suit your individual needs.

All information gathered by Cherdi Kala Yoga during the booking process or provided by a client at any other point in time is treated as confidential and will not be shared with a third party.

Three exceptions to sharing information are made:

- **Kundalini Research Institute** (KRI: <http://kundaliniresearchinstitute.org/>) is the central Kundalini Yoga organisation that issues the certificates and will be given your: name, address, e-mail address, phone number and date of birth to be able to register you. **IKYTA** (International Kundalini Yoga Teacher's Association: <https://www.ikyta.org/>) will also receive this information.
- **Emergency Contact information** is collected only for use in an emergency, should Cherdi Kala Yoga need to contact your next of kin or give this information to the emergency services.
- **Guest teacher trainers** will be informed of any important health information and emergency contact details will be shared with them.

You may update or correct your registered information, alter any of your data, review how they are used or request their return to you at any time by contacting us via email or phone (contact details are provided at the top of the page).

You may, of course, decline to submit personal information to Cherdi Kala Yoga, in which case Cherdi Kala Yoga may not be able to provide certain services to you.

For our full Privacy Policy please read <https://www.yogafamily.one/cherdi-kala-privacy-policy/>

Sat Naam.

