

## Commitment Agreement with Self

I, \_\_\_\_\_ commit to completing the requirements for the Kundalini Yoga Level 1 course to the best of my ability. To assist with this personal commitment, I plan to set personal goals with my SELF.

### Personal Goals and Course Requirements

1. Daily meditation practice starting with 6 minutes a day and working up to 31 minutes per day. Goal is to complete a 11 minute meditation for a 40 day practice without missing a day before the end of the course. \_\_\_\_\_
2. Practice more yoga. Go to at least 3 Kundalini yoga classes per month beginning after the first weekend to complete the 20 classes by end of course \_\_\_\_\_.
3. Read the text book about \_\_\_\_\_ per week (2 hours suggested) \_\_\_\_\_
4. Complete 5 sadhanas during the course of the program. One sadhana a month. You could plan it with your buddy. \_\_\_\_\_
5. Attend one day meditation intensive, White Tantric Yoga or 5 Rebirthing classes outside of the program. \_\_\_\_\_
6. Complete 2 practicums during the course of the program. Schedule to be announced. \_\_\_\_\_
7. Complete 10-week beginner's course series covering all the basics. See handout in binder. \_\_\_\_\_ (Some time will be given in class to begin the initial project due at the end of the course.)
8. Complete 5-week course for a specialty group. See Handout. \_\_\_\_\_
9. Attend all the weekends in the training. If one weekend is missed complete the make-up viewing with 4 weeks of the session you missed and turn in Absentee form to Trainer. \_\_\_\_\_
10. Complete the open book take home exam one week before graduation. \_\_\_\_\_

I will ask \_\_\_\_\_ to help me sustain this commitment to my SELF.

Signed: \_\_\_\_\_ Witness \_\_\_\_\_ Date \_\_\_\_\_