



Welcome to KRI-Certified Level One Kundalini Yoga Teacher Training for 2024-2025

Foundations for our Course

It is our goal to help you reap the most benefits possible from your Kundalini Teacher Training. To help achieve that goal, each of our Teacher Trainers is committed to:

- Teaching the course to completion
- Teaching the material as per IKYTA / KRI standards
- Representing the excellence of the teachings

We ask that as a student, you accept the following:

- You are part of a group energy and dynamic. Your presence counts. Let us know where you are. Keep up to the best of your ability. We all feel it when you are not with us.
- Take responsibility for your experience. If you are feeling stifled, confused, bored, fed up, or want to quit, recognize that this is just the mind at play. Ask for help from your support network: your buddies, group or mentor. If you are feeling overloaded, ask for help and use your support system.
- Be authentic and in your integrity.
- Trust the process. Trust is one of the most powerful healers. Your soul has requested an experience of this path. This course will allow you that experience. If you are confused, upset, angry or in pain, then you are in resistance to the process. Trust opens you to a new way of living that is less painful. Everyone has their own healing journey? Trust yours. This course has its own flow. Trust how the course is unfolding, for you and everyone at the same time: accept support and welcome the results.
- Practicing yoga and sharing deep personal growth and insights together as a group can create a safe space where students will feel very close to one another. We advise course participants avoid dating or starting a relationship with each other for the duration of the course.
- Take care of yourself. Drink lots of water. Get enough sleep. Eat well.
- Please turn your phone off or on airplane mode so you can be fully present.

- Finish the course. Use your partner, mentor and group to help clarify your intentions and support you.



The Kundalini Teachers Training course is dedicated to excellence in training teachers of Kundalini Yoga, given under the auspices of Kundalini Research Institute.

Course Outline:

This is a 220 hour course, including 180 hours of instruction and 40 hours of homework, practicums and evaluations. Your course fee includes 180 hours of class instruction, which you are required to attend, and the text books: The Aquarian Training Textbook and Yoga Manual 6th edition. A One year membership in IKYTA (International Kundalini Yoga teachers Association) is also included in the fee.

Dates:

We will meet on the following weekends from October of 2024 through June of 2025:

October 19-20	March 8-9
November 9-10	March 29-30
December 7-8	April 26-27
January 4-5	May 3rd - Meditation Day
January 25-26	May 17-18
February 15-16	June 7-8

All Days are from 9:00 am to 6:30 pm.

Dates and hours are subject to change. A few extra hours may be needed for small groups to prepare or complete their Practicums. Classes begin on-time so please arrive early enough to set your space, use the restroom, etc. We begin each day with Kundalini Yoga, take a short break mid-morning, eat lunch around 1:00PM, and take a second short break in the afternoon.

White Tantric Yoga:

Meditation Day will allow you to reach this requirement. You may also be interested in this incredible experience as well. Meditation Day is included in your course, however, there is a *separate fee* that is paid to the organizer of the White Tantric event if you choose. For more information about White Tantric Yoga Meditation, including other locations and pricing, visit www.whitetantricyoga.com.

If you have any questions about your training, please speak with a Teacher Trainer, Yoga Village owner Devjeet Atma, or a group leader. We are all here to support you on your journey!