



AQUARIAN TEACHER TRAINING 2014–15

Level I (Instructor level) of the KRI Aquarian International Teacher Training Programme
in Kundalini Yoga as taught by Yogi Bhajan
with Amrit Nam Sarovar International Kundalini Yoga School in London and France
www.harnalkaur.co.uk
www.amritnam.com

Introduction

The Level I Training Programme is for everyone who has been touched in some way by Kundalini Yoga, whether you would like to become a certified teacher or simply wish to deepen your personal experience of Kundalini Yoga.

Yogi Bhajan likened the study of yoga to an adventure in consciousness

The training programme gives you a lifelong foundation for a successful and rewarding life. It provides a comprehensive training in the theory and techniques of Kundalini Yoga. You will gain the knowledge and self-confidence to make a difference in yourself and the world around you, making some lifelong friendships along the way as you develop a strong practice within a supported structure. You will gain a deep understanding and experience of trust within a group dynamic. The schedule is designed to enable you to maintain your normal work and other commitments alongside your studies and yoga practice.

The Amrit Nam Sarovar School

Amrit Nam Sarovar's motto is: To Teach To Learn To Serve

Karta Singh founded the Amrit Nam Sarovar School to provide international teacher training and a route for people to experience their full potential. The School is an affiliated network of centres across Europe and Asia, reflecting Yogi Bhajan's concept that "there are no boundaries".

The Level I training is seen as the starting point to becoming a true student through teaching. During the six local London-based modules you will experience a smaller group dynamic, while the international summer week at Amrit Nam Sarovar's base in the French Alps is a larger-scale experience, with some 220 students having attended from across Europe in 2014.

About Yogi Bhajan

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: "I have come to create teachers, not to gather disciples." He spent the next 35 years travelling 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". 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. Through 3HO, IKYTA and the Kundalini Research Institute (KRI), Yogi Bhajan has trained many thousands of Kundalini Yoga teachers. Yogi Bhajan left his physical body on 6 October 2004.

*If you want to learn something, read about it.
If you want to understand something, write about it.
If you want to master something, teach it.*

Yogi Bhajan

Curriculum and qualification

Attendance throughout the whole course is a prerequisite for qualification. Throughout the course you will be given assignments of kriyas and meditations to practice between teaching weekends. Karma yoga (also called Seva), including food preparation and cleaning, is also an integral part of the course.

To successfully complete your Level I teacher training you will be required to:

- attend all the teacher training course classes: minimum 180 contact hours.
- teach a class to the required standard.
- attend at least 20 Kundalini Yoga classes.
- complete at least 40 continuous days of the given meditations and yoga sets: 11 minutes minimum each.
- attend at least 5 morning Sadhanas.
- attend one day of a White Tantric Yoga course.
- complete two yoga course curricula to an acceptable standard.
- pass the written examination.
- read, understand, and sign the Code of Professional Standards for Kundalini Yoga Teachers.

Upon qualification you will be registered as a KRI-certified Level I Instructor, allowing you to teach students. You will be eligible to participate in Level II International Teacher Training if you wish to continue your studies further. You will also be eligible to join KYTA as a full member and to join its group insurance scheme.

Useful links

- The Kundalini Yoga Teachers Association (KYTA - our national representative body):
www.kundaliniyoga.org.uk.
- For all international dates and venues for White Tantra, including the European Yoga Festival:
www.whitetantricyoga.com.

Course dates 2014/15

Event	Content	Date
1st weekend	The Dynamics of Kundalini Yoga	1–2 Nov 2014
2nd weekend	Oriental Physiology	6–7 Dec 2014
3rd weekend	Posture Training & Teaching Class Practicum	10–11 Jan 2015
One-day event	White Tantric Yoga	17 Jan 2015
4th weekend	Meditation	7–8 Mar 2015
5th weekend	Karma and Health	18–19 Apr 2015
6th weekend	The Spiritual Path, Guru-Chela and Initiation	9–10 May 2015
Optional event	Great British Kundalini Yoga Festival, Dorset	Date tbc
Week in the French Alps	Practical experience of the Yoga of Awareness. The week starts at 7.00pm on Saturday and finishes after Sadhana the following Sunday	4–12 July 2015
Exam	Written exam, usually takes place in October	Autumn date tbc

Venue for the weekends

The weekends will take place in Southall, London, at the Jasmine Community Centre at the end of Lancaster Road, Southall UB1 1NR. The venue is ten minutes walk from Southall railway station. Southall is 12 minutes by train from London Paddington. There is free parking around the centre. Please bring a yoga mat or sheepskin to the weekends.

Each weekend the Saturdays will start at 9:00am and will usually finish at 9:00pm. Sundays start at 5:00am with Sadhana, and finish at 7:00pm. Due to the early start on Sunday, local hotel accommodation is recommended for the Saturday night. The Mehfil Hotel (45 The Green, Southall, UB2 4AR, tel: 020 8606 8811), situated halfway between the train station and the yoga centre, is recommended and affordable, especially if you share rooms with other students. Get quotes and make a booking here: www.booking.com/hotel/gb/threetun.en.html

Venue for the residential immersion week in France

The residential week in France will also be attended by ANS Level 1 students from across Europe, including Germany, France, Belgium, Switzerland, Austria and Spain. The week is held at the home of Karta Singh at Domaine Le Martinet in the French Alps. Teaching will be in English and translated into other languages.

Financial commitment

Course fees for 2014-15 are £1,999

- This includes: all tuition fees, logistics for the Southall weekends and the week in France, accommodation in France (in your own tent).

- This doesn't include: transport or accommodation for the weekend modules, transport for the week in France.
- It also doesn't include: Attendance at White Tantric Yoga (£110), the Aquarian Teacher's Manual* (£90), other books you may wish to purchase (eg The Master's Touch), mantra mp3s.

What to pay and when

- £200 deposit before the first weekend
- £255 at each of the six weekend modules
- £269 (315 euros) at the week in France
- Total £1,999

Discounts available

£60 discount if you register and pay the £200 deposit at least one month before the course starts.

In this case you will pay:

- £200 deposit at least one month before the first weekend
- £245 at each of the six weekend modules
- £269 (315 euros) at the week in France
- Total £1,939

£100 discount if you register and pay £1,300 of the course fees before the course starts. In this case you will pay:

- £1,300 deposit before the first weekend
- £55 at each of the six weekend modules
- £269 (315 euros) at the week in France
- Total £1,899

* You will need to purchase the Aquarian Teacher's Manual. This comprises two volumes – a comprehensive theory book and a separate spiral-bound book containing many kriyas and meditations.

Registration

To register for the course, please complete the registration form on the next page in one of two ways:

- fill in the fields on-screen, save your changes and email the form to register@harnalkaur.co.uk.
- print out the form, fill it in and post it to Har Nal Kaur, 5 Shelley Road, Marlow, Bucks SL7 1LR.

You should also include a short report outlining your motivation for participating on the course and your experience with Kundalini Yoga.

Pay your deposit of £200 either:

- by PayPal: a prefilled link can be found at www.harnalkaur.co.uk/level-1-training-costs
- by bank transfer to account no: 50692832, sort code: 40-47-87, account name: H A Slater.
- by cheque made payable to H. Slater and sent to Har Nal Kaur, 5 Shelley Road, Marlow, Bucks SL7 1LR.

Registration form for Amrit Nam Sarovar Level I Aquarian Teacher Training London 2014/15

Name _____

Address _____

Tel _____

Email _____

Date of birth _____

Signed _____

If completing on-screen, type your name on the line above or paste in your signature image

Date _____

Deposit paid by PayPal Cheque Bank transfer

Excellence is your birthright, happiness is your birthright, life is your birthright

Yogi Bhanan

