



Karam Kriya School

Training in Karam Kriya Consultancy, Kundalini Yoga Teaching & Applied Numerology

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For Level 1 teacher trainings in London & Birmingham, contact:
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Yogi Bhanan, 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 travelled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhanan 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 Bhanan 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.

WELCOME TO THE AQUARIAN TEACHER TRAINING 2019/20

***** Hosted at Light Centre Monument, London *****

KRI Certified Level I International Course in Kundalini Yoga as taught by Yogi Bhanan

Training starts 14 & 15 September 2019

COURSE GOALS

- o Understand the fundamental nature, technologies and concepts of Kundalini Yoga
- o Have a transformational experience through the practice of these teachings
- o Develop the skills, confidence and consciousness required to teach Kundalini Yoga
- o Develop a lifestyle of consciousness and wellbeing
- o Experience a sense of community with other participants, local teachers and 3HO worldwide
- o Develop a link to the Golden Chain through the teachings of the Master – Yogi Bhanan

COURSE FEES

£1,550 in installments or **£1,450** upfront fee inc. VAT (includes tuition on UK modules, administration, coursework marking, certification, general support throughout the course, manuals. It does *not* include attending White Tantric Yoga, any course travel, meals or accommodation in London or Portugal, the Ashram Experience).

Plus €374 to be paid directly to the Ashram when booking your place for the 5 day Ashram Experience. In the case of cancelling the Ashram Experience, specific terms apply regarding refunds. However, dates can be changed at no extra charge if another time slot is available and you can't make your initial booking slot.

Plus approximately €276 for meals & accommodation at the Ashram paid directly to the Ashram when booking (price worked out per night and per meal). It's in the region of 276 Euros and subject to minor increases per year.

Payment:

1. Refund policy. There are no refunds for any payments made except in extenuating circumstances, or if the course is postponed or cancelled.

2. Payment of £1,450 up front. This is a **£100 discount** for full payment in advance of the course start date.

3. Payment of £1,550 by deposit and installments. To register for the course, there is a **non-refundable deposit of £400** to secure your place; £300 by weekend 1; £150 by weekend 2; then 7 monthly payments of £100.

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity, the School 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.

CONDITIONS FOR COMPLETION OF THE COURSE

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

Fee: Full payment of all UK course fees to be made by or on the 9th training weekend and note that it isn't a "pay per go" payment system. So payment is made when missing modules but you will be able to catch up those missed modules at a later date on any KKS training for no extra charge (unless it's a residential with meal and accommodation charges). **The School withholds the right to refuse attendance if payments are behind.**

Attendance: Students must attend all the teaching sessions including the full Ashram Experience. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programmes. Note: maximum length of training to receive certification is 2 years from the start date – which provides the opportunity to catch up on missed weekends in the first year and to complete course requirements.

White Tantric Yoga: In addition to the course criteria described below, the student is required to attend at least one day of White Tantric Yoga (in any country) during the course.

Hours: The course will be at least 200hrs (and additional time for exam, written course work and one day of White Tantric Yoga)

- o **180hrs classroom instruction** (teaching modules and practicums) and minimum 20hrs practice
- o **40 day meditation practice** (i.e. 31 mins a day for 40 consecutive days, keeping a journal)
- o **12hrs reading** (see essential reading - focus on knowing and understanding the technology and its effects)
- o Attendance at a minimum of **10 sadhanas** on the training days in London and Ashram Experience
- o Included in the Ashram Experience will be the viewing of at least two video classes by Yogi Bhajan

Essential Reading: The Aquarian Teacher manual and The Master's Touch by Yogi Bhajan (included in course fee). Recommended reading: books on Patanjali's Sutras, Kundalini Yoga books, Jap Ji Sahib by Guru Nanak.

Additional classes: Students are required to attend a minimum of 20 Kundalini Yoga classes **during** the training. These must be taught by a KRI qualified Kundalini Yoga instructor registered with KYTA or IKYTA.

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:

- o The student's involvement with the course (including leading yoga sessions/ practicums on the course)
- o General grasp of the practical material
- o Commitment to the *3HO Code of Ethics & Professional Standards for Kundalini Yoga Teachers*
- o Satisfactory completion of exam and course work (see below)

Evaluations may include an individual interview between the student and Tutors during the Ashram Experience.

Exam and Course work:

- o Maintain a journal of experience and progress (specifically — recording the experience of a 40 day practice)
- o Pass a satisfactory grade in the written or home exam
- o Design two separate course curricula (beginners course and a specialist course)

Evaluation of Tutors: The student is given the opportunity to complete a brief confidential evaluation form for each or any 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 a member of the national Kundalini Yoga Teachers Association (KYTA UK) and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits. It is an internationally recognised teaching certificate.

Teaching public classes before certification including insurance for trainee instructors:

After attending five training modules, or upon special request, trainees may request a letter from the School confirming their attendance on the training so they can obtain independent insurance cover as a trainee instructor if they have the opportunity to teach a class outside of the training. Trainee teachers must be clear in their advertising that are not yet fully qualified but are in the process of completing a certification course. And they are responsible for their own insurance cover, any medical forms, evaluation forms and disclaimers they choose to give to students in their classes. The teacher training organiser or training team is not obliged to negotiate public classes or tutor trainee teachers through teaching classes in public spaces.

THE TUTORS

Shiv Charan Singh is the **Lead Trainer**.

For information about Tutors on the London course, further details will be updated at: www.karamkriya.co.uk

All the Tutors look forward to sharing with you the technology of Kundalini Yoga that conquers the ego-mind and opens the heart.

WEEKEND SCHEDULE AND DATES

DAILY SCHEDULE FOR TRAINING DATES

TRAINING DATES 2019-2020

		Weekend 1 – 14 & 15 September 2019 (*There is no training Sadhana on 14 September)
5am	Sadhana	Weekend 2 – 12 & 13 October 2019
7.30am	Breakfast	Weekend 3 – 9 & 10 November 2019
8.45am	Morning session	Weekend 4 – 7 & 8 December 2019
1.00pm	Lunch	Weekend 5 – 4 & 5 January 2020
2.00pm	Afternoon session	Weekend 6 – 15 & 16 February 2020
6.00pm	End	Weekend 7 – 21 & 22 March 2020 Weekend 8 – 11 & 12 April 2020 Weekend 9 – 9 & 10 May 2020

Please note: On rare occasions dates can be subject to change although we do all we can to ensure this doesn't occur.

Ashram Experience, Quinta do Rajo, Portugal

This is booked independently via the website and we recommend you arrange to go after the 9 UK modules – between June 2019 and July 2020. This will be discussed on the first weekend and throughout the course.

LOCATIONS:

Weekend teaching Modules 1 – 9:

Light Centre Monument, 36 St Mary at Hill, London EC3R 8DU

<http://lightcentremonument.co.uk/>

Nearest stations: Monument & Bank (various tube lines & overground). 3-5 minute walk.

Ashram Experience – 5 days inclusive residential

Quinta do Rajo, Santa Susanna, near Lisbon, Portugal

<http://www.quinta-do-rajo.pt>

Please direct all enquiries for the training at Light Centre Monument to:

Angad Kaur on 07771 803 562 or angadkaur@karamkriya.co.uk

WEEKEND THEMES & ASHRAM EXPERIENCE

- Weekend 1
Introduction and course guidelines.
What is yoga? Origins & history up to present. Relevance for the transition into Aquarian Age.
Types of Yoga: Traditional & modern.
KY as the mother of all yogas. Householder's Dharma. Balance of Shakti/ Bhakti.
Golden Chain: Adi Mantra, class structure. Baba Sri Chand, Guru Ram Das, Yogi Bhajan.
Code of Ethics – Professional Code & 16 Facets of the Teacher. 7 Steps to Happiness.
- Weekend 2
Quantum Shabd Guru: 4 Yugas, Kali Yug and Naam as the supreme yoga of Kali Yug.
The nature and age we live in, the transition between Piscean and Aquarian era.
The changes & challenges of the times & what is needed.
Sensory human: The body as a communication system.
Mantra: The meanings, effects & how to chant the mantras of Kundalini Yoga.
Sadhana: A daily discipline of exercise & meditation. Building your sadhana slowly & steadily.
- Weekend 3
The Map: Yogic & Western Anatomy:
Western Anatomy: Body systems & specific organs.
How stress & lifestyle can effect & how yoga & diet help.
Addiction & how yoga helps. Cautions & pitfalls. Power/money/sex.
The yoga process: Concept of energetics & rejuvenation/ balance/ elimination (G.O.D.).
Yogic Anatomy: Gunas, Tattwas, Chakras, Nadis, Vayus, Prana & Apana.
The Path of Kundalini & the Three Locks/ Bhandas.
- Weekend 4
Breathing & Living:
Pranayama: Body – Breath – Brain – Consciousness.
Its nature, importance, variations & effects.
Yogic Lifestyle: Guidelines, wisdom & tips for all aspects of life.
How to wake, hydrotherapy, diet, times of day, getting the best sleep.
Addiction: and how yogic lifestyle helps, link to Cautions & Pitfalls.
Relaxation: Its importance, different techniques.
- Weekend 5
The Technology of the Times:
Posture, Kriyas (concept & practice), Asanas (angles, triangles & rhythm).
The effects/ benefits/ cautions. Including shivasana.
- Weekend 6
Mind & Meditation:
The techniques, types, effects over time, stages.
Patanjali: Pratyahaar, Dharana, Dhyana, Samadhi.
The 3 Functional Minds. Training the mind.
- Weekend 7
Humanology: 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. Communication.
- Weekend 8
Roles & Responsibilities: In & out of the class setting.
The art of being a student, 5 Steps to Wisdom, the 4 Errors, 2 Laws – keep up & deliver.
The nature & art of a teacher – Teacher's Oath.
Teaching in different spaces, different levels, different groups.
Before, during & after the class. Managing the time, space, ambience & the people.
Message, marketing, media. Preparing yourself & preparing the class.
- Weekend 9
Yogic Philosophy; Death & Dying:
Philosophy: Key terms & common concepts in Yogic Philosophy. Sutras of Patanjali.
Importance of concentration.
Yamas & Niyamas in detail. From Pranayama to Samadhi.
Maya & the cycle of manifestation – the ladder of subtlety.
Death & Dying: What happens when we die & after we die?
The stages, issues, opportunity & technology. Dead/ Liberated while alive.
- Weekend 10
Ashram Experience (5 days) – Completion & Continuity:
Ten Spiritual Bodies & The Applied Science of Spiritual Numerology.
Kundalini Yoga & Sikh Dharma: Differences & Similarities.
Resources for the teacher. Questions & Answers. Preparation for the exam.
Viewing & experiencing Yogi Bhajan through videos; exploring the Master's words – The Master's Touch (book). Personal check in. Improving teaching skills.

APPLICATION FORM FOR KRI LEVEL I INSTRUCTOR COURSE IN KUNDALINI YOGA AS TAUGHT BY YOGI BHAJAN WITH KARAM KRIYA SCHOOL AT THE LIGHT CENTRE MONUMENT, LONDON 2019/20 (starting 14 & 15 Sept 2019)

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

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

I enclose (please circle): **£400.00** non-refundable deposit **£300** first installment or **£1,450** up-front payment

I understand the UK course fee is **£1,550** inc. VAT if paid in installments or otherwise **£1,450** if paid up front. **Plus** Ashram Experience costs that include: **€374** for registration & teaching fees (booked online independently) **and** costs for meals & accommodation which is an approximate total of **€276** (**Note:** this charge is subject to minor increases each year).

If paying in installments, I understand I pay £400 deposit in advance, £300 by/on weekend 1, £150 by weekend 2, then 7 further monthly payments of £100 (UK course fees paid by weekend 9).

I attach a letter detailing my yoga experience and a passport size photo (can be a head shot from holiday photo).

Date of Birth.....

Name.....

Address.....

.....

.....

..... Post code.....

Telephone..... Mobile.....

E-mail.....

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

In emergency contact

Name..... Relation to you

Telephone..... Mobile.....

Address.....

Where did you hear about the Karam Kriya School?

If it was through a Kundalini Yoga teacher who was it?

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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 Bhajan do not constitute medical advice.

SIGNED (by applicant)..... Date

For more information contact Angad Kaur:

07771 803 562

or

angadkaur@karamkriya.co.uk

Now send this form along with your LETTER, PHOTO and PAYMENT to:

7 Brandrams Wharf, 127-131 Rotherhithe Street, London SE16 4NF