



## Karam Kriya School

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

+351 219 616 197 for Portugal Office (School Ashram)  
Level 1 teacher trainings in London, Birmingham & Kent  
[www.karamkriya.com](http://www.karamkriya.com)



<b>CONTENTS:</b>	
Course Goals	<p>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 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.</p>
Course Fees	
Completion Criteria	
Insurance+registration	
Weekend schedule/dates	
Application form	

### **WELCOME TO THE AQUARIAN TEACHER TRAINING 2020**

**Venue :** Central Gudwara 58-62 Queensdale Rd, Notting Hill, London W11 4SG

KRI Certified Level I International Course in Kundalini Yoga as taught by Yogi Bhajan  
Next Training starts **January 2020**

#### **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 and wellbeing
- Experience a sense of community with other participants, local teachers and 3HO worldwide
- Develop a link to the Golden Chain through the teachings of the Master – Yogi Bhajan

#### **UK course fees: 2020**

**£1450 inc. VAT** (for tuition, training manuals, administration, general support) upfront payment or **£1550** in installments including: £400 non-refundable deposit £300 by the 1st weekend (AT and Master's Touch manuals included) £150 by the 2nd weekend £100 x 7 weekends (3rd - 9th weekend)

**Portugal Ashram Experience fees:** 374 euros (paid with online booking)

**Meals & accommodation:** 276 euros paid separately to the Ashram when you book your AE slot and in advance of arriving. Please refer to the booking guidelines and prices. full accommodation for 6 nights and food for 5 days at Quinta do Rajo, Portugal for Ashram

Experience. It does not include the cost of attending White Tantric Yoga, travel to Portugal, Ashram Experience teaching fees or food during the London training weekends.)

**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 £1450 up front. There is a 5% discount for full payment in advance £1450 This includes the non-refundable deposit of £400 and must be received by Karam Kriya School one week before the start of the course.
3. Payment of £1,550 by deposit and installments. To register for the course, there is a non-refundable deposit of £400 which secures your place on the training and does not include manuals or any other resources. Followed by 9 payments of: £300 by weekend 1, then £150 by 2nd weekend. Then 7 monthly payments of £100 until weekend 9.

Equal Opportunities Policy: While honoring 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 FULFILL THE FOLLOWING CRITERIA TO COMPLETE THE COURSE AND RECEIVE CERTIFICATION:**

Fee: Full payment of all fees to be made by or on the 9<sup>th</sup> training weekend. 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 programs. 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]

- 180hrs classroom instruction (teaching modules and practicums) and minimum 20hrs practice
- 40 day meditation practice (i.e. 31 mins a day for 40 consecutive days, keeping a journal)
- 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- Attendance at a minimum of 5 sadhanas on the training days in London [12.5 hrs] plus Ashram Experience
- 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 two chapters from “The Master’s Touch” by Yogi Bhajan. Recommended reading includes: 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 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:

- The student’s involvement with the course [including leading yoga sessions on the course]
- 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]

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

### **Exam and Course work:**

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

**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.

**Insurance cover 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.

**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](http://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

<u>WEEKEND SCHEDULE AND DATES</u>		
DAILY		TRAINING DATES 2019
SCHEDULE		
<b>Saturday</b>		
5am	Sadhana	<b>Weekend 1</b> – 18th+19th January 2020 No Sadhana on 19th January
7.30am	Breakfast	<b>Weekend 2</b> -15th+16th February 2020
8.30am	Morning session	<b>Weekend 3</b> – 28th+29th march 2020
1.00pm	Lunch	<b>Weekend 4</b> – 25th+26th April 2020
1.45pm	Afternoon session	<b>Weekend 5</b> –23rd+24thMay 2020
7.30pm	End	
<b>Sunday</b>		
5am	Sadhana	<b>Weekend 6</b> – 27th+28th June 2020
7.30am	Breakfast	<b>Weekend 7</b> – 18th+19th July 2020
8.30am	Morning session	<b>Weekend 8</b> – 5th+6th September 2020
1.00pm	Lunch	<b>Weekend 9</b> – 3rd+4th October 2020
1.45pm	Afternoon session	
3.00pm	End	
		Ashram Experience, Quinta do Rajo, Portugal dates throughout 2019 will be available soon.Trainees book their own places directly with the Ashram.

## **LOCATIONS:**

Weekend teaching Modules 1 – 9: Central Gudwara 58-62 Queensdale Rd, Notting Hill, London W11 4SG

Ashram Experience Session 10 (5 Days)

Quinta do Rajo, Santa Susanna, near Lisbon, Portugal

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

Please direct all enquiries for the training: [sirisadhanakaur@karamkriya.co.uk](mailto:sirisadhanakaur@karamkriya.co.uk) 07985439657

## **WEEKEND THEMES & ASHRAM EXPERIENCE**

### **APPLICATION FORM FOR LEVEL I TRAINING – KUNDALINI YOGA INSTRUCTOR LONDON**

I hereby apply for participation on the 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

I understand the cost of the course is £1,550 inc. VAT if paid in installments or otherwise £1,450 if paid up front (5% discount) plus 374 Euros for the Ashram Experience teaching fees, 276 euros for food and accommodation (booked independently/ separately).

If paying in installments, I understand I pay £400 prior to course starting & 9 further payments: £300 by or on weekend 1, then £150 by 2nd weekend, then £100 for the 7 subsequent training weekend dates.

**I attach a letter detailing my yoga experience to date and a passport size photo.**

Date of Birth.....	Fee enclosed	Please tick
Name.....	£400 non-refundable deposit	
Address.....	£300 first installment	
.....	£1,450 [discounted full course fee]	
..... Post code.....	Please make bank transfers payable to:	
Telephone..... Mobile.....	<u>Bank Details</u>	
E-mail.....	SANTANDER	
	Account name: Ms D S COLLISTER	
	Account number: 06403743	
	Sort code: 09 01 26	
	BIC: ABBYGB2LXXX	
	IBAN: GB77 ABBY 0901 2606 4037 43	

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 .....

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

Address.....  
 .....

Where did you hear about the Karam Kriya School?

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

.....  
 .....

**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 [sirisadhanakaur@karamkriya.co.uk](mailto:sirisadhanakaur@karamkriya.co.uk) 07985439657

Please send this form your

LETTER, PHOTO and PAYMENT to:

**D.COLLISTER 4c Ampton Place, London WC1X 0LZ**