

# Aquarian Teacher Training - Level 1 Course



**Karam Kriya School Training at Gracelands Yard, 102 Liddell Gdns, NW10 3QE**

**Training Weekends Starts 9/10 March 2024. Ends 7/8 December 2024**

## Course Goals

- Obtain a Kundalini Yoga Teaching Certificate, issued by KRI, recognized worldwide.
- Gain a sound understanding of the fundamental nature, technologies and concepts of Kundalini Yoga.
- Experience a transformation through the practice of the teachings of Kundalini Yoga, as taught by Yogi Bhajan, and develop a lifestyle of consciousness.
- Develop the skills, confidence and consciousness required to become a Kundalini Yoga teacher. Learn how you can support your community through sharing the Teachings.
- Build a relationship with other participating trainees, local teachers, and the 3HO community worldwide.
- Develop a relationship with the Masters of Kundalini Yoga and link to the Golden Chain



# Course Program

The course comprises 9 weekends in London and a 5-day residential Ashram Experience held in Quinta do Rajo, Portugal, the HQ of the Karam Kriya School (NB: from 2020 the AE can also be attended via Zoom). The topics and content of each module are provided below.

## Weekend 1

**Introduction and course guidelines.** What is yoga? Origins & history up to present. Relevance for the transition into the Aquarian Age. Types of Yoga: traditional & modern. KY as the mother of all yogas. Householder's Dharma. Balance of Shakti/ Bhakti. The 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. 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. Addictions and how yoga helps, link to Cautions & Pitfalls. Relaxation: its importance, different relaxation 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 Minds. Training the mind.

## Weekend 7

**Humanology:** We are Spirits here for the Human Experience. The possible Human Being. 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 and out of the class setting. The art of being a student. The 5 Steps to Wisdom, the 4 Errors, the 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.

## **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. Improving teaching skills.

## **Intensive Meditation Day (6 hours) or White Tantra Day**

The White Tantra day will be held in London in January 2024 (date tbc). The meditation day will be held in London in December 2023 (date tbc)

## **Optional: 5 Revision evening sessions**

Five 1.5 hour online monthly sessions to support the student with homework

## **Optional: 3 Specialist workshops**

Three additional 2.5 hour online specialist workshops will be held during February-June 2024. These workshops are organised in partnership with the Guru Ram Das Project, a UK Yoga charity devoted to sharing the technology of Kundalini Yoga to support the well-being of vulnerable people in our communities, including mental health users, people recovering from addictions, the elderly and the youth. The workshops will be facilitated by specialist teachers and professionals, including Harvard Professor Dr. Sat Bir Singh, a worldwide leading researcher in the science of Yoga. Teacher Training participants will be able to join these additional sessions through a small donation to the GRDP charity.

## Ashram Experience (details)



A component of the level 1 training is the attendance of a 5 day residential retreat in [Quinta do Rajo, Portugal](#).

### What is it?

The experience will consist of daily Sadhana and afternoon Yoga Practicum, along with lectures and open discussions of the teachings. You will immerse yourself in the Yogic lifestyle; including the spirit of community/holistic living, Yogic diet, seva (Karma yoga - lending a helping hand with cooking, cleaning etc, important aspects of community living.). The Ashram is in a natural environment and aims to be eco-friendly based on sustainability principles

### Is it open to others?

In addition to enrolled trainees, the ashram experience is only open to family members and/or baby-sitters; advance notice needs to be given. If someone you know wishes to have a retreat in a yogi setting then they can contact the Ashram to find out about our Ashram Retreat program.

### Dates

Dates for the Ashram Experience are listed on the [Quinta do Rajo website](#) and trainees will book their place independently via the site during the training. There are plenty of opportunities and it is recommended to attend after the 9th weekend module in the UK.

**Online Option:** Since January 2020 the Ashram Experience is also offered online via Zoom. It comprises morning lectures by the school director Shiv Charan Singh and additional afternoon activities with the Karam Kriya School trainers.

**Important Note:** Teaching fees for the Ashram Experience are paid when booking a place. Travel expenses, food and accommodation are not included in any course fees, so trainees are expected to organise and pay them separately.

# Equal Opportunities Policy

While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age, disability or ethnicity the Karam Kriya School reserves the right to refuse entry to any students on grounds of general or medical unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.

## Entrance & Completion Criteria

There are no concrete requirements for entry; however, if the student has little or no experience of Kundalini Yoga then entry will be based on a conversation or interview with the course organiser. Students must satisfy certain criteria for certification on completion of the course, including:

### **Fees:**

Full payment of course fees by the 8th weekend.

### **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. Attendance at a minimum of 10 sadhanas on the training days and the sadhanas during the Ashram Experience.

Note: maximum length of training to receive certification is 18 months and 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 or equivalent Meditation Day:**

In addition to the course criteria described below, the student is required to attend one day of White Tantric Yoga (in any country) or an equivalent one-day (6 hours minimum) meditation, taught by a KRI certified instructor and approved by the Lead Trainer.

### **Additional Classes:**

Students must record attendance at a minimum of 20 KY classes during the training period, independent of Yoga on the course.

### **Exam:**

Pass a satisfactory grade in the written or home exam.

### **Coursework:**

- Complete a 40-day meditation and keep a journal of the experience and progress
- Complete a 40-day vegetarian diet – with the exception of a medical condition
- Design two separate course curricula

### **Essential Reading:**

The Aquarian Teacher, International Kundalini Yoga Teacher Training Level One Instructor Manual - provided on the course.

The Student Handbook with general guidelines, homework and certification requirements



On satisfaction of these criteria by the completion deadline 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.

## West London Dates (2024) Non-residential

W/end 1: 9/10 March 2024	- Intro & Foundations
W/end 2: 13/14 April 2024.	- Sound & Mantra
W/end 3: 18/19 May 2024	- East & West Anatomy
W/end 4: 15/16 June 2024	- Breath & Living
W/end 5: 6/7 July 2024	- Asana
W/end 6: 7/8 September 2024	- Mind and Meditation
W/end 7: 5/6 October 2024	- Humanology
W/end 8: 9/10 November 2024	- Roles & Responsibilities
W/end 9: 7/8 December 2024	- Patanjali & Death

## Timetable for the weekend trainings:

5.00 – 7.30 Sadhana (Sundays)	7.45 Breakfast (Sundays)	9.00 Teachings	13.00 Lunch	14.00 Teachings	Saturday 18.30 Sunday 17.30
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**Venue:** Gracelands Yard, 102 Liddell Gdns, NW10 3QE Kensal Green station



# Organisers and Teacher Trainers

**The Karam Kriya School West London Level One Teacher Training is organised by Suhab Kaur. The training team will include Shiv Charan Singh, Suhab Kaur, Raghurai Singh and a team of UK and international KRI trainers**



**SHIV CHARAN SINGH** is a renowned teacher of Kundalini Yoga (since 1980) and founder of the Karam Kriya School (1996) and Quinta do Rajo. He currently travels around the world teaching Karam Kriya – Consultancy Training based on a study of numbers through life and life through numbers. He has written five books on this topic, including a poetry book and sees people daily in his practice as a counsellor. Shiv Charan Singh is on the advisory board for KYTA UK.



**SUHAB KAUR, PhD**, has been practicing Kundalini Yoga and Karam Kriya since 1995 under the guidance of her spiritual teacher Shiv Charan Singh. She is a KRI Teacher Trainer and Karam Kriya trainer and consultant, and is currently serving as Chair of the Yoga Charity Guru Ram Das Project. Suhab is also a musician and interdisciplinary artist researcher, and has participated in exhibitions and collaborative projects worldwide.



**RAGHURAI SINGH** (L1, 2 & 3 Kundalini Yoga, MSc. BA.) has taught Kundalini Yoga in London since 1999. He is a KRI Teacher Trainer and runs a Kundalini Yoga Chair-Based Program for the Silver Age for people 50+. He is a trustee of the Guru Ram Das Project. He trained as Karam Kriya consultant – the science of spiritual numerology – with his spiritual teacher Shiv Charan Singh.

## Investment

£1,650 if paid upfront. Or £1,800 if paid in installments:

- £300 non-refundable deposit
- £300 by the 1st weekend (Aquarian Teacher manual included)
- £300 every other weekend module (3, 5, 7 & 9).
- For other convenient form of payment or installments, please contact the organiser.

### **Ashram Experience fees (in presence or online options):**

At the Ashram: 374 Euros for registration and 5 days teaching fees. And approximately 240 Euros for meals & accommodation (includes 5 days/nights and complete meals) Subject to exchange rates and yearly increase. Online fee: 309 Euros.

**Note:** Costs are confirmed and paid in advance per meal and per night accommodation. They are subject to change each year. Please refer to the Ashram Experience Booking Guidelines document for further information.

## Bookings

To book a place in the Portobello Kundalini Yoga Level One Teacher Training Course, please contact Suhab Kaur (Course Trainer & Organiser)

Email: [suhabkaur@karamkriya.co.uk](mailto:suhabkaur@karamkriya.co.uk) WhatsApp: 07961 5029007

Course info @ <https://karamkriya.co.uk/portobello-road-london/>

## Useful Readings

Recommended books for reading before or during the training, include:

- Master's Touch by Yogi Bhajan
- Patanjali's Sutras
- Any Kundalini Yoga books published by KRI
- Jap Ji Sahib by Guru Nanak



[www.karamkriya.co.uk](http://www.karamkriya.co.uk)