

Kundalini Yoga Level 1 Teacher Training

*KMYOGA in association with Amrit Nam Sarovar,
International Kundalini Yoga School founded by Karta Singh Khalsa present:
Teacher Training KRI Level 1 Sydney, Australia 2014*



*"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 Bhaijan ©*

Kundalini Yoga is known as the "yoga of awareness". It was originally practised in India and Tibet as a secret only passed down selectively and verbally from master to disciple. Yogi Bhaijan brought Kundalini Yoga to the West in 1969 and it remains one of the most powerful and transformative yoga styles of today.

This training is open to everybody. It is an adventure in consciousness for personal development for both yoga students ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga.

During this training, you will:

- Immerse yourself into the science of Kundalini Yoga and acquire the competencies to use this systemic and holistic technology.
- Connect to a lineage of yogis whose teachings are from a thousand years Himalayan tradition.
- Create or strengthen your inner reference point from where you grow and teach.
- Develop trust and intuition to be able to hold a space of teachings.
- Learn how to transmit Kundalini Yoga: responsibility of the Teacher and required qualities.
- Experience a personal transformative process within a group.

COURSE OVERVIEW

TEACHER TRAINING LEVEL 1 COVERS THE FOLLOWING TOPICS:

- The Dynamics of Kundalini Yoga
- History & Philosophy of Yoga
- Oriental Physiology
- Introduction to the mind & meditation
- Karma & Health
- Yogic lifestyle (Humanology)
- Kriyas & Asanas
- The spiritual path

THE KRI CERTIFICATION

The total program takes at least 220 hours, including about 140 hours of class sessions (class presentations, teachings and teacher guided Q&A and peer group discussions), 40 hours of assignments, homework and preparation, and at least 40 hours of personal practice.

Students have to attend 20 Kundalini Yoga classes outside the training program with KRI certified teachers. Attendance of one or more days of White Tantric Yoga is also a requirement.

A final written exam will be organized at the end of the training to validate your certified diploma by KRI.

The Kundalini Yoga Teacher Certificate will be delivered by KRI (Kundalini Research Institute). It will give you the access to IKYTA (International Kundalini Yoga Teachers Association), which guarantees the validity of the certification and its worldwide recognition.

DATES

The course will take place as a series of three retreats from March to October 2014

Training week 1 : March 15-22, 2014

Training week 2 : June 7-14, 2014

Training week 3 : October 18-25, 2014

LOCATION

The training will take place at Avrajita, a unique retreat nestled amidst 40 acres of unspoilt rainforest and native bushland in magnificent Kangaroo Valley, NSW.

TEACHING TEAM

Lead Trainer Sat Sarbat Kaur, Satmukh Singh, assisted by Sarb Sewak Kaur (Kathryn McCusker) All teachers are active members of Amrit Nam Sarovar International Kundalini Yoga School based in France.

INVESTMENT and REGISTRATION

Early-bird Price: \$5,000 register by December 22, 2013.

Full Price: \$5,500 after December 22, 2013.

Price includes all teacher training manuals, accommodation and food.

CANCELLATION POLICY

For all cancellations, KMYOGA must receive a written request for a refund, sent via email to manager@kmyoga.com.

If you cancel before February 1, 2014 the cancellation fee is \$500 and the balance paid will be refunded. If you cancel on or after February 1, 2014 there is no refund.

Course Cancellation Fees:

Before February 1: \$500 cancellation fee and the balance paid will be refunded.

After February 1: No Refund.

COURSE POLICIES

The Kundalini Yoga Teacher Training Course is a drug, alcohol and cigarette free environment. All meals are vegetarian. We reserve the right to request anyone disobeying the course policies to leave the course.

CONTACT DETAILS

Please contact local administrator Sarb Sewak (Kathryn) at kathryn@kmyoga.com for more information.



Kundalini Yoga Teacher Training Level 1 Application Form Sydney, Australia 2014

Thank you for your interest in the KMYOGA Kundalini Yoga Teacher Training Level 1 2014. For your application to be processed please complete the following:

- Fill out your details below
- Pay the full amount of \$5,000 before December 22, 2013 or \$5,500 after December 22, either direct funds transfer, or by credit card
- In no more than 500 words, express what inspires you about Kundalini Yoga and what has motivated you to do the course

Postal Address: Level 1, 26 – 30 Spring Street, Bondi Junction, NSW 2022

Direct Funds Transfer:
K M YOGA ATF
KMYOGA UNIT TRUST
BSB 012241
ACC 262470571

Please email manager@kmyoga.com once you have completed a payment.

FULL NAME:

SPIRITUAL NAME: (if you have one)

ADDRESS:

SUBURB: STATE: POSTCODE:

PHONE: MOBILE: EMAIL:

HAVE YOU ATTENDED KUNDALINI YOGA CLASSES?

APPROXIMATELY HOW MANY CLASSES?

Payment (please circle): / Credit Card / Direct funds transfer

The undersigned by signing this agreement that he/she understands the risks inherent in practicing Kundalini Yoga and hereby assumes the risks incident to such activity and waives any claim or right of action against the Teacher Certification Program Level 1 and its officers, shareholders, employees and agents for loss, expenses, liabilities, damages or legal fees incurred on account of as a result of the undersigned attendance at classes conducted at the selected facilities and or used at the selected facilities. By my signature below, I acknowledge that a written description of the course requirements and Refund Policy was made available to me prior to the start date of the course, regardless of the date of my registration.

SIGNATURE _____ Date _____

PRINTED LEGAL NAME _____

Note: The Teacher Certification Program Level 1 team reserves the right to refuse entry into the program and to possibly ask anyone to leave if they are not complying with the rules of the course or are found to be too disruptive to the rest of the group