

Early Registration Savings!

To Register, please complete the following:

Name: _____

Address: _____

City: _____

State _____ Zip _____

Phone _____

Email _____

Please make check payable to BSC Yoga Ctr. and mail with this form to the office in Millis.

Course Fees: Paid by August 20th \$2,700 plus \$500 books & fees; by September 20th \$2,850 plus \$500 books & fees; after September 20th \$2,950 plus \$500 books & fees.

Students (Full-time with ID) & Seniors \$2,450

The \$500 books & fees includes all KRI & IKYTA fees and books required by the course.

Snacks, yogi tea and Sunday lungar (vegetarian community lunch), are provided as a compliment to training at BSC Yoga Center. Home-made vegetarian meals are offered on Saturdays for \$8. Overnight housing is available at a special rate of \$35/night. Participation in a White Tantric Course is required.

Payment plans are available. Please call: 508-376-4526 (Pat Quinn)

We accept : Visa, MasterCard, EFT

Card Number

Card Expiration Date

Card Holders Signature

The Aquarian Teacher Program for the New England Area

Course Location:

Yoga at the Ashram
Baba Siri Chand Yoga Center
surrounded by 18 beautiful acres at

Guru Ram Das Ashram
368 Village Street
Millis, MA 02054

Course Schedule 2010-2011

8:30 AM—6:00 PM (exceptions noted)

September 24 (6:30 pm—9 pm), 25, 26

October 23, 24

November 20, 21

December 4, 5

January 15, 16, 17

February 19, 20, 21

March 5* (White Tantric), 6, 19, 20

April 16, 17, 30

May 1, 21

Graduation will be the afternoon of the 21st

June 4,5 possible make-up for snow days;

Overnight stays at the ashram can be booked by
calling Dharma Kaur at:

(508) 376-4387 or (508) 735-4580

Yoga at the Ashram
368 Village Street
Millis, MA 02054
www.kundaliniyogane.com
1-508-376-4525



The Aquarian Teacher

KRI Level 1 Teacher Training Program

September, 2010—May, 2011



“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

Kundalini Yoga

The word **Yoga** means **Union**. Yoga creates union. The practice of yoga is designed to bring you into contact with your infinite self - your link to the universe. Yoga uses movement, breath, sound and meditation to help relax and heal your mind, body, and spirit. Relaxation allows your spirit to flow more freely. When you feel your spirit, you feel a greater sense of well being and happiness - this is your birthright as a human being.

Kundalini Yoga, as taught by [Yogi Bhajan, PhD.](#), Master of Kundalini Yoga, is a great way to recharge your body. This system of yoga creates immediate results.

The regular practice of Kundalini Yoga strengthens and balances the nervous and immune systems, increases endurance and flexibility and centers the mind. From your very first class you will experience yoga's rewards. These benefits may include relief from back pain, stress, sadness, and insomnia.

In Kundalini Yoga practice, the benchmark of success is your own experience. This is true of our Teacher Training Program as well. As you develop your skills as an instructor, you will experience a profound shift in your sense of self. As you share these teachings with others, you may develop a powerful, life-altering awareness of the extremely subtle nature of all of your communications. This experience will serve you in all aspects of your life.

The Aquarian Teacher Certification program is open to yoga students ready to become teachers as well as to those who simply wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan.

Program Description

The Aquarian Teacher program is the KRI Level One Certification program in Kundalini Yoga as taught by Yogi Bhajan®. In Level One you will become an **Instructor** and learn the fundamental principles and practices of Kundalini Yoga. You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga. This is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum which includes:

- Teaching Kundalini Yoga Postures, Kriyas, Breathing Techniques & Meditation
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy; History of Yoga; The Origins of Kundalini Yoga
- Yogic & Western Anatomy
- Humanology & Yogic Lifestyle
- Mantra & the Science of Sound

The Instructors

Hari Kaur Khalsa, Lead Trainer

Dharam Singh Graham

Siri Sevak Kaur Khalsa

Harbhajan Kaur Khalsa

Sahaj Kaur Loheed

Dr. Sham Rang Singh Khalsa, guest teacher for:
Anatomy & Physiology

Jot Singh Khalsa, guest teacher for: Sadhana

Our instructors have decades of experience; most have studied directly with Yogi Bhajan. They combine knowledge, humor and interactive teaching to help students get the most of the training experience.

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."* For over 30 years, he traveled 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 The Aquarian Teacher Program, Yogi Bhajan has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.



The KRI Teacher Training Team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga Teacher. Successful graduates will receive a one-year Membership with the International Kundalini Yoga Teachers Association (IKYTA), and will have met the requirements for Yoga Alliance membership.