

**"We are not asking you to find the Master—Be the Master."**

—Yogi Bhajan, Teacher Training 1997



**Yogi Bhajan**  
1929-2004

**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—Happy, Healthy, Holy Organization, based on his first principle *"Happiness is your birthright."* The **Aquarian Teacher Program** of the Kundalini Research Institute (KRI) 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.

**"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

**THE TRAINING TEAM**



**GURU RAJ KAUR**

LEAD, LEVELS ONE & TWO TRAINER

The team is led by Guru Raj Kaur Khalsa. She is founder/director of 3HO Vancouver and brought Kundalini Yoga to Vancouver 37 years ago. She has been training teachers for 20 years. She serves on the International KRI Teacher Training Executive Council, and is director of Khalsa Ladies Camp.



**GURUDEV SINGH**

LEVELS ONE & TWO TRAINER

Gurudev Singh joins the team again. A student of Yogi Bhajan since 1977, lifelong Kundalini Yoga practitioner, Gurudev Singh's pragmatic approach to spiritual living in the modern world draws from the wisdom and techniques of the ancient yogis, his personal practice, and his lifelong passion for science.



**DR. HARI DASS SINGH**

LEVEL ONE TRAINER

Dr. Hari Dass Singh joins the team again. He has been a skillful and sensitive Kundalini Yoga Teacher and Trainer, and chiropractic physician in the Portland, Oregon area for over 25 years. He has been part of Vancouver Teacher Training Team for over 10 years.



**HARI SINGH** PROFESSIONAL TRAINER

Manager of Yoga West, and one of Yogi Bhajan's original students, he has been studying and spreading the teachings of Kundalini Yoga for over 37 years. He is committed to sharing the essence of the teachings of Yogi Bhajan to create fulfillment for each individual in spirit, vitality and life.



**BIR KAUR** PROFESSIONAL TRAINER

Bir Kaur has been instrumental in the development of Teacher Training in Vancouver over many years. She is a leader of the new generation of Kundalini Yoga Teachers dedicated to the transformative process of creating teachers. She is a Director of 3HO Vancouver.

**This outstanding program now in it's 20th year!**

# Kundalini Yoga Teacher Training

# The Aquarian Teacher

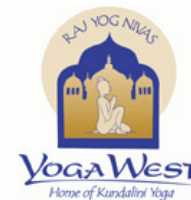
## KRI LEVEL ONE TEACHER TRAINING PROGRAM



**Vancouver, B.C. Canada**  
**October 2010 through May 2011**

220 hour Internationally Certified Program

(604) 732-9642 • [yogawest.ca](http://yogawest.ca)



## COURSE CURRICULUM

- Posture (*asana*), sets (*kriyas*), sound (*mantra*), breath (*pranayam*)
- Understanding the mind through meditation
- Yogic and Western anatomy
- Humanology and 3HO yogic lifestyle
- Chakra system
- Healing yogic foods and herbs
- Yogi Bhajan lecture & meditation DVD classes
- Use of ancient techniques of mantra and sacred sound
- Yogic history, philosophy and psychology
- Self-transformation to the consciousness, essence and projection (identity) of a Teacher
- How to prepare and teach Kundalini yoga classes
- How to present yourself professionally as a Teacher

## REQUIREMENTS FOR CERTIFICATION

To successfully complete the course, students are required to:

- Attend *all* classes.
- Attend a minimum of 20 Kundalini Yoga classes *during* the course outside of class time
- Complete a 40 day meditation and all other assigned meditations
- Complete regular homework assignments
- Complete 15 Aquarian *Sadhanas* (early morning yoga practice), including 10 group *sadhanas*
- Complete 1 White Tantric Yoga workshop
- Satisfactory performance in a supervised public class at Yoga West or equivalent venue.
- Passing grade on the written final exam.
- Mandatory Entrance and Exit Interview.
- Participation in two of four Yoga Practice Sessions (these occur outside of class time)
- Acceptable representation of the Kundalini Yoga Code of Professional Standards and readiness to be a Kundalini Yoga Instructor as determined by KRI and the Teacher Training Team.
- Complete a confidential evaluation.
- Recommendation of the Lead Trainer for certification.

In addition to classes, the curriculum and schedule devote a substantial amount of time and focus to assigned meditations, reading, written work, and practice teaching sessions.

A mandatory entrance interview will be scheduled after receipt of your registration package.



## LOCATION

*Classes*  
Raj Yog Nivas—Yoga West  
2662 West 4th Avenue  
Vancouver, BC, Canada

*Retreat*  
Camp Raj Yog  
Sunshine Coast, BC, Canada  
[www.camprajyog.com](http://www.camprajyog.com)

## DATES & COURSE HOURS (approximate hours)

2010	2011
October 15, 16, 17	January 14, 15, 16
November 12, 13, 14	February 11, 12, 13
November 20 ( <i>White Tantric Yoga</i> )	March 18, 19, 20
December 17, 18, 19	April 15, 16, 17
	May 20, 21, 22 ( <i>Retreat</i> )

---

<i>Fridays:</i> 6:00pm - 9:00pm	WHITE TANTRIC YOGA DAY November 20, 8:00am - 6:00pm <i>(approximate end time)</i>
<i>Saturdays:</i> 8:00am - 9:00pm	
<i>Sundays:</i> 9:30am - 4:45pm	

Dates for your Entrance & Exit Interviews, Practice Sessions & Practicum will be available on the Yoga West website this summer.

## COST

- Total cost for the program is **\$3500**. *Note:* This does *not* include the price of books nor the price of the White Tantric Yoga course (approx \$360).
- Yoga West is registered with the province as a post secondary education institution. Students receive a T2202A form which allows claiming the program on your taxes.

*Included in the course:*

- Course fees for all instruction
- 10 yoga classes at Yoga West Vancouver (students responsible for cost of other 10 required for certification)
- A one-year Membership to IKYTA (see: [www.kundaliniyoga.com](http://www.kundaliniyoga.com))
- A discount of 20% is available to full-time students and seniors
- 10% off books and CDs and Sheepskins at Yoga West
- 20% off yoga passes at Yoga West while in training

## PAYMENT SCHEDULE & REGISTRATION

Submitted with your application: a non-refundable fee of \$100

### BALANCE OF PAYMENT

**Schedule A:** Total Tuition: \$3400 (not including deposit). By October 4, 2010

**Schedule B:** Total Tuition: \$3550 (not including deposit) (Admin fee for payment plan is \$150)

**By October 4, 2010:** \$1900 / **by December 17, 2010:** \$825 / **By March 18, 2011:** \$825

(All future payments must be made by post-dated cheques OR post-dated credit card authorizations by October 4, 2010).