



“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.”

In the 50 years plus that Kundalini Yoga, the Yoga of Awareness has been taught in the west and internationally, it has been the intention not to gather disciples but to create teachers. 3HO—Healthy, Happy, Holy Organization, based on the first principle “Happiness is your Birthright” was founded for this reason. The Aquarian Teacher Program of the Kundalini Research Institute (KRI) has trained thousands of KRI Certified Kundalini Yoga Teachers, who form an international community of Kundalini Yoga teachers dedicated to this endeavor. Come join us!

“We are not asking you to find the Master—Be the Master”

## OUR TEACHER TRAINING TEAM OF SENIOR TEACHERS



**GURU RAJ KAUR KHALSA**  
Level 1 & 2 Lead Trainer  
& Level Three Teacher

The team is led by Guru Raj Kaur Khalsa, founder/director of 3HO Vancouver, who brought Kundalini Yoga to Vancouver almost 50 years ago. As a Legacy Teacher, she has been training teachers for over 30 years now, and teaches in programs worldwide. She has served on the KRI Teacher Training Executive Council, and been instrumental in developing the KRI Aquarian Academy. Her two daughters are also Kundalini Yoga teachers, and she is a proud grandma!



**NIRMAL KAUR KHALSA**  
Professional Trainer Level 1 &  
2 & Level Three Teacher

Nirmal Kaur, a Professional Trainer in the Aquarian Academy, is a well-loved teacher at Yoga West. Practicing various forms of Yoga for many years, she brings experience dedicated practice. She is a Certified Level Two Sat Nam Rasayan practitioner. She has a great love for these teachings and shares them with great joy.



**HARI SINGH KHALSA**  
Professional Trainer Level 1 & 2  
& Level Three Teacher

Manager of Yoga West, founder of 3HO Men's Camp, one of Yogi Bhanjan's original students, he has been studying and spreading the teachings of Kundalini Yoga for almost 50 years. Retired Juno award winning music producer and sound engineer, he is committed to sharing the essence of the teachings of Kundalini Yoga to create fulfillment for each individual in body, mind and spirit. He is also a Level 1 Sat Nam Rasayan practitioner and a master of Gong Yoga.



**DR. HARI DASS SINGH KHALSA**  
Level One 1 Lead Trainer, Level 2  
Practitioner & Level 3 Teacher

Dr. Hari Dass Singh has been a skillful and sensitive Kundalini Yoga Teacher and Trainer, and chiropractic physician in the Portland, Oregon area for over 40 years. He has been part of our Vancouver Teacher Training Team for many years. As a practicing Chiropractor, he brings a unique understanding of Kundalini Yoga, Anatomy and Posture to the program.



# KUNDALINI YOGA TEACHER TRAINING

The Aquarian Teacher  
CERTIFICATION FOR KRI LEVEL ONE INSTRUCTOR

**October 2023** through **May 2024**

THIS OUTSTANDING PROGRAM IS NOW IN IT'S 33<sup>RD</sup> YEAR AT YOGA WEST

VANCOUVER, B.C. CANADA

[WWW.YOGAWEST.CA](http://WWW.YOGAWEST.CA)

604-732-9642



## COURSE CURRICULUM

- Posture (asana), sets (kriyas), sound (mantra), breath (pranayam)
- Understanding the mind through meditation
- Yogic and Western anatomy /physiology
- Humanology and 3HO yogic lifestyle
- Chakra system and Ten Bodies
- Healing yogic foods and herbs
- 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 class hours (or make up by watching video of the class presentation)
- Attend a minimum of 20 Kundalini Yoga classes during the course outside of class time
- Complete a 40 day meditation and all other monthly assigned meditations
- Complete regular homework assignments
- Complete 10 Aquarian Sadhanas (early morning yoga practice), including 5 group sadhanas
- Complete 1 White Tantric Yoga workshop or equivalent approved meditation intensive
- Satisfactory supervised public practicum class performance at Yoga West or equivalent venue
- Passing grade on the written final take-home exam
- Entrance and Exit Interviews with the Lead Trainer
- Participation in the arranged 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
- Recommendation of the Lead Trainer for certification
- Certification is dependant on the Teacher Training course fees being paid in full.
- 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.

## DATES

### 2023

October 20, 21, 22  
November 17, 18, 19  
December 2 TBA  
White Tantric Yoga or  
*21 Stages of Meditation*  
*First Journey*  
December 15, 16, 17

### 2024

January 12, 13, 14  
February 9, 10, 11  
March 8, 9, 10  
April 5, 6, 7  
May 10, 11, 12

## COURSE HOURS

Times are approximate  
& subject to adjustment

**Fridays** 6:00pm - 8:30 pm  
**Saturdays** 8:00am - 6:00 pm  
**Sundays** 8:30am - 6:00 pm

### Online

All classes will be available online via Zoom for those students who are unable to attend in person at Yoga West.

You will sign up for an entrance interview when you register. Dates for your Practice Sessions & Practicum will be forthcoming early in the program.

## COST

- Total cost for the program is **\$4000** **Note:** This does **not** include the price of books nor the price of any other required courses .
- Students receive a T2202A form which allows claiming the program on your tax return.

### 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 Associate Membership to IKYTA (see: [www.kundaliniyoga.com](http://www.kundaliniyoga.com))
- A discount of 10% is available to full-time students and seniors 65 and over
- 10% off books and Sheepskins at Yoga West while in training
- 10% off yoga passes at Yoga West while in training

## PAYMENT SCHEDULE & REGISTRATION

**Submitted with your application: a non-refundable fee of \$200**

**Special Early-bird Price:** \$3800 paid in full by Monday, October 2, 2023

**Option A: Total Tuition** \$4000 paid in full by Wed. October 18, 2023

**Option B: Payment Plan** Total Tuition: \$4000 + \$150 Admin fee = **\$4150 total**

by **Mon. Oct 16, 2023** \$2200 / by **Fri. Dec 15, 2023** \$975 / by **Fri. March 8, 2024** \$975

(All payments must be made by post-dated cheques or post-dated credit card authorizations by Oct. 18, 2023)

**Registration Deadline: Wednesday October 18<sup>th</sup>, 2023**

Contact Yoga West 604-732-9642 or [info@yogawest.ca](mailto:info@yogawest.ca)