

# Teacher Training

*"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."*

## Awakening: Teacher Training 1



### ***Level One Instructor***

The KRI Level One Aquarian Teacher Training Program is a 220-hour professional certification program in Kundalini Yoga as taught by Yogi Bhajan®. An interactive course in the theory, practice, and basic skills of a Kundalini Yoga instructor, it includes 180 hours of classroom instruction and 40 hours of independent study: service projects, a 40-day meditation, and White Tantric Yoga. Graduates of Level One earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bhajan® and fulfil the Yoga Alliance RYT (Registered Yoga Teacher) 200-hour requirement.

Foundations introduces the student to the principles and practices of the self-sensory human, and explores how Kundalini Yoga and yogic lifestyle can harmonize and uplift the human experience and awaken your true potential.

## Transformation: Teacher Training 2



### ***Level Two Practitioner***

Develop the inner growth and personal discipline of a truly excellent teacher. Open to KRI Level One Certified Instructors, this 300-hour certification program consists of five, 62-hour modules. Graduates of Level Two earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan® and combined with Level One certification, fulfil the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour requirement.

Building on the foundation of Level One, Level Two Teacher Training is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher.

In this level, the Instructor cultivates the yogic capacities of intuition, neutrality and self-assessment within the five mirrors of consciousness.

### Realization: Teacher Training 3



#### ***Level three Realization***

The 21 Stages of Meditation gives you tools and experiences to deepen your meditation and come to a profound understanding of your Self. Complete three meditative journeys toward the pinnacle of contemplative awareness .Students and teachers from all contemplative traditions are invited; instructors and practitioners of Kundalini Yoga as taught by Yogi Bhajan® are encouraged to participate...again and again.