



Yogi Bhajan

“Don’t Love Me,
Love my teachings”

Teacher training is so much more than a certificate..
Its an opportunity to immerse yourself in these teachings, to set foundations and begin a gradual process of awakening. Kundalini Yoga is yoga of awareness. Experience this technology to live more consciously and support your Self on this journey.

Kundalini Yoga as taught by Yogi Bhajan

International Teacher Certification Program Bangkok Thailand 2011

Program Begins May 19

A program by Kundalini Research Institute (KRI)
www.kriteachings.org

Program Details

Yoga Alliance Accredited

Total 220+ hours completed over 6+ months

- This includes 12 to 15 Sadhanas (early morning group spiritual practice)
- 125 hours In Classroom Study (student presentations, practice teaching, Q & A, peer group discussions)
- 45 hours for Assignments and Homework
- 40 hours of Personal Yoga practice
- Final Exam (written)

In Classroom Study Schedule for 2011

36 Classroom sessions completed in 4 Clusters or modules of intensive Study

- Module 1 May 19 to May 22
- Module 2 July 2 to 4
- Module 3 September 3rd to 5th
- Module 4 December 8th to 11th

Other Requirements

- 40 Workshop hours with a KRI Lead Trainer
- 20 Regular Kundalini Yoga Classes with KRI certified teachers, outside of the Training Program
- 1 Day White Tantric Yoga

Workshop Hours with KRI Lead Trainer Sunder Singh Khalsa

March 25 to 27, 2011 Thailand
October 2011 Thailand

Updates on workshop schedules
www.kundaliniyogaasia.org



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Program Fees

50,550 Thai Baht (USD 1650)

Partial scholarships available for Thai nationals only (conditions apply)
Please contact us for more information

Visitors are welcome to attend the In Class Study Sessions

Single Visit Fee 800 Thai Baht (26 USD)

Early Bird Registration

April 8 47,500

Information and Registration

Bangkok mobile 087 055 4787 English/ Thai

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