

**Kundalini Yoga as taught by Yogi Bhajan®**  
**International Teacher Certification Program**  
**Bangkok - Thailand 2019-2020**  
**INFORMATION KIT**



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

This Level 1 Teacher Certification Program (TCP) by the USA-based Kundalini Research Institute (KRI) includes the theory and practice of Kundalini Yoga as taught by Yogi Bhajan®, covering the following subjects:

- *Kundalini Yoga Postures, Pranayama, Mantra, Kriya, and Meditation*
- *The Role of a Kundalini Yoga Teacher*
- *Yogic Philosophy & Roots of Kundalini Yoga*
- *Yogic & Western Anatomy*
- *Humanology & Yogic Lifestyle*

### **2019-2020 Training Dates**

The curriculum will be taught over a period of 7 months.

<b>Week 1</b>	Sat-Fri	Nov 2-8 (arrival Nov 1 to set up)
<b>Week 2</b>	Sat-Sat	Feb 15-22 (arrival Feb 14 to set up)
<b>Week 3</b>	Sat-Fri	April 4-10 (arrival April 3 to set up / including final exam)

### **PROGRAM SCHEDULE**

This is an international training administered by the Kundalini Research Institute (KRI) in Espanola, New Mexico, USA. [www.kriteachings.org](http://www.kriteachings.org)

The Course is a one-year program with in-class training sessions spread over a period of 6 months, and another 1-3 month period for students to complete the requirements (roughly 9 months), with the exception of the White Tantric Yoga, which can be taken when available within a year from the Graduation's date (last day of the course) in place and time most convenient to you. You can check the schedule of WTY around the world, [www.whitetantricyoga.com](http://www.whitetantricyoga.com).

### **Daily Schedule**

<b>05.00-07.30am</b>	<b>Sadhana:</b> open to everyone, on Donation basis for visitors to support SEVA programs Compulsory for students, inclusive in course fee
<b>Start - End</b>	Please arrive at 4.30am to get settled, ready to start Sadhana (spiritual practice) All other sessions will begin on time, <u>aiming to end each day at 18.00hrs.</u>
<b>07.30-08.30</b>	Breakfast
<b>08.30-12.30</b>	Morning sessions, with break
<b>12.30-14.00</b>	Lunch break
<b>14.00-18.00</b>	Afternoon sessions, with break
<b>Note: Time management</b> We aim at functional effectiveness, with some acceptable flexibility!	

<b>Week One</b>	<b>Saturday Nov 2-8 with arrival Fri Nov 1 (7 full days; class ends 18.00 on Nov 8)</b>
<b>13.00-16.00</b>	<b>Friday Nov 1, Training Team meeting</b>
<b>16.30-18.00</b>	<b>Friday Nov 1, Student's arrival for induction and setting up room</b>
<b>16.30-18.00</b>	<b>Friday Nov 8, Closing: review, home work for Week 2; wrapping-up for leaving</b>

## REQUIREMENTS

The training program takes at least **220 hours**, which includes

- About 180 hours of class sessions (Student's presentations, practice teaching, teacher guided Q+A, and peer group discussion).
- 45 hours for assignments, homework and preparation.
- At least 40 hours for personal yoga practice.
- 5 Rebirthing videos with Yogi Bhajan – scheduled during training
- 2 Master's Touch video classes with Yogi Bhajan – scheduled during training
- 20 classes taken outside the training program (before/during/ after the training course)
- 2 Presentations, in class; teaching assignments; 2 Practicums (student teaching practice)
- 1 Course Curriculum development of 10 classes with lesson planning of the 10 classes
- Teaching 5 classes outside the training program (during/ after the training course)
- Attendance of 1 day of White Tantric Yoga (within 1 year's time after Graduation)
- Completion of the Take-Home Exam
- Completion of the final written exam with passing score of 75%
- Completion of additional assignments (if written exam score below 75%)

Students should expect to spend additional time for the preparation of assignments; homework and personal home practice; planning for Curriculum Development, and Take-Home Exam.

**Please note:** 5 Rebirthing videos do NOT replace the WT requirement!

The 5 Rebirthing videos with YB are an alternative for students to be certified while waiting for an opportunity to attend 1 day (or more) White tantric yoga - People may live in a region where there is no possibility for this to happen. All students are encouraged to attend the *White Tantric Yoga®*

### Accommodation-1<sup>st</sup> week update

#### RETREAT – Nov 1-8,

Baan Phu Wan – Pastoral Training Center – Nakorn Phatom province (about 1 hour from Bangkok)  
In this retreat all services are provided - 3 vegetarian meals, snacks, tea and accommodation for a reasonable price (note: cost not included in the teacher training fee).

It provides peaceful, serene surroundings ideally for students to embark on their Teacher Training. To get to know each other (teacher and students) to live together in harmony, practicing Seva (giving from the heart). It is especially a perfect setting to learn the yogic teachings and concepts and to live them directly on the training premises, gradually becoming a real way of life – no longer a dream.

You'll be given SEVA tasks to do – simple tasks such as learning how to prepare Yogi tea, clearing the practice room , etc. as we become a yogic family. It also provides a safe, relaxed and harmonious environment for your wellbeing during the training week, and for an optimal and effective delivery of the Curriculum of Level One. After a day (8hrs) of learning and practicing KY, all you need is a good night rest in the calmness of the quiet and safe surroundings of Baan Phu Wan to settle the energies and body-mind-spirit for the next day. It'll save you the shock of an abrupt change of environment and energy in an overcrowded reality of life in the big city after the learning day.

It'll give you all the time you may need to revise the newly acquired materials of the day, and to prepare for presentations and/ or teaching assignments of the next day.

**Please pay cash for this week's tuition/accommodation/meals upon arrival to Ajeet Nam Kaur.**

### **Meals**

**3 Vegetarian Meals plus tea and snacks**

### **Clothes**

We are **modestly dressed** in simple, clean and dignifying yogi clothes for our daily tasks in training and around the venue, which is a sacred space for all of us to be during the time we spend together. White clothing, preferably in pure cotton, for comfort for all day during the training week—as we do lots of yoga and sweat even in an air-conditioned room. November is usually cool season but can still be warm and humid with slight possibility of rain. Bring a shawl or covering for shoulder as it may be cool in the morning.

A **head cover** is required for morning Sadhana and in some meditations. Most of Kundalini Yogis wear it all day in training.

**Laundry** – sunshine and heat in BKK can dry clothes out in a short time! But try to bring enough white clothes to save time washing, and resources. There is a laundry service at the retreat venue, which you pay for by yourselves. You can inform the reception of your need.

### **What to bring**

Your personal self-care items; **sandals for outdoor, flip-flops for indoor**; a water bottle for refill from a water fountain; sun cream, swim suit; hat-optional; pencil, pens & color pens, notepads; personal computer and other electronic devices you need to use for this week in training, including **chargers** and personal extension wires, alarm clock, ...and any other items for personal care and happiness away from home.

Please bring your **personal yoga mat with a mat cover** in natural fibers such as cotton.

If you need a **sitting support**, please bring a small cushion.

### **Being together**

We are mindful and responsible for our conduct, speech and actions.

### **SEVA Tasks**

**Seva** means service to community. Students will share tasks around at the training during the week. SEVA is part of the training, and is a strong aspect of a yogi's life in *Kundalini Yoga as taught by Yogi Bhajan®*.

Learn to make Yogi Tea, Golden Milk and serve them to all; clear training space end of day, and some other tasks. Set the practice room; take care of YB's altar...

### **Visitor Fees\***

We welcome visitors to attend any topic sessions, and the **Workshops (TBC)**, which are open to the public. A day fee is **THB 2500** (09.00-12.30hrs; 14.00-18.00hrs); Workshop fee (09.00-12.00hrs) is **THB 1300/each** including tea breaks, but excluding lunch. A half-day fee is **THB 1300**. Members of KY Thailand with valid membership, and alumni pay 60% of the respective fees. Advance reservation appreciated - Please bring your own yoga mat, and water bottle to refill – thank you!

**\*excluding participants' travel, meals and accommodation.**

### **INFORMATION & REGISTRATION**

**Satya:** [event-info@kundaliniyogathailand.org](mailto:event-info@kundaliniyogathailand.org) BKK Mobile: +66 8 9212 1782

**ENJOY YOUR TRAINING – BECOME A KY TEACHER & SERVE YOUR WORLD**

**'God only gave you breath of life. When you use it to recite a mantra, you make yourself positive, pure and your vibration is very penetrating' - Yogi Bhajan 6/8/94**