

Course Subjects

KRI Kundalini Yoga Asia Teacher Training Level One Sept 2020 – March 2021

ONLINE + IN CLASS

The following subjects will be covered over the seven month schedule:

Introduction

What is Yoga

The Golden Chain

Mantra and Shabd Guru

Breath (Pranayam)

Mind and Meditation

Sadhana

Western Anatomy

Yogic Anatomy, 10 Bodies, Chakras

Role and Identity of a Kundalini Yoga Teacher

Kriya, Posture, Alignment

Bandha and Mudra

Relaxation

Humanology

Relationships

Yogic Philosophy

Yogic History

Aquarian Age

Yogic Lifestyle

Yogic Diet
