

LEVEL 1 KUNDALINI YOGA TEACHER TRAINING

Terms and Conditions



Structure of the Teacher Training:

The KRI Level One Aquarian Teacher Training is a 220-hour program for spiritual growth and professional teacher certification in Kundalini Yoga as taught by Yogi Bhajan®, following Kundalini Yoga Research Institute standards and procedures for teacher training and real personal transformation.

The training is structured in 3 modules called FOUNDATION, THE SELF and 5 ELEMENTS. Each module lasts 7 to 8 days. Between each module, you will participate to study groups, which can be attended online or live, to support every step along the training.

40-day yoga practices with specifically chosen Kriyas and Meditations will guide you through a process of transformation and expansion, helping you find your inner guidance and to build the ground for a permanent commitment toward positive change.

Module 1 and Module 3 are immersive residential retreats on the Sunshine Coast, experiencing living the Kundalini yoga community. Module 2 is taught online over three weekends via Zoom. The Module 1 online option is also offered for international students or students that can't travel.

Participation to all modules, to the study groups (three meetings after each module) as well as completion of all homework after each module and requirements for certification (see list below) are necessary to become a KRI certified Kundalini Yoga teacher.

Upon completion, a 220 hours certificate, also recognised by Yoga Alliance, KYTANZ & Yoga Australia, will be issued by the Kundalini Research Institute (KRI) in Espanola/New Mexico, USA.

The training can be booked only in full and should be completed in maximum two years. Delays are possible on an individual basis upon agreement with the trainers.

2023 Teacher Training Dates

Module One (Foundation): May 14-20

Module Two (Self): June 30-July 2; August 4-6; September 1-3

Module Three (5 Elements): October 22-29

Investment:

The price includes: Teacher Training fees, Two-Retreat in share accommodation, ayurvedic meals, manuals, books, materials and KRI certificate.

Total early-bird (GST included): \$5775

Full price (GST included): \$5975

Registration:

Your registration is secured only after the initial deposit of \$500 AUD is made.

Payment plan:

\$500 in registration
\$1500 instalment 1 - August
\$1500 instalment 2 - October
\$1500 instalment 3 - December
\$775/\$975 instalment 4 - February

Bank account:

Please make bank transfer to the following bank account:

Kundalini Yoga Brisbane
BSB 064121 Account 10338505

Reference: L1 plus your first name and surname initial.

Cancellation Policy:

The full amount of the training needs to be fully paid before the start of the training. In case of cancellation refunds are not available and your Teacher Training fees will be transferred to the following year's Teacher Training. In case of outstanding payments, certificates and letters of attendance cannot be issued.

Certification requirements:

(completed 2 years from the start of your training)

1. Attended the whole Teacher Training.
2. Received a passing grade of 75% or better on the final exam.
3. Completed 20 Kundalini Yoga classes offered by a certified teacher (one day workshop counts as 3 classes).
4. Taught 5 Kundalini Yoga classes.
5. Created 3 acceptable Kundalini Yoga course curricula (given as homework during the training).
6. Completed one full morning Aquarian Sadhana (2 1/2 hours each) for 40 consecutive days.
7. Participated in one day of White Tantric Yoga or equivalent (one day intensive meditation, rebirthing... alternatives will be communicated during the training).
8. Read and understood the Code of Professional Standards for Kundalini Yoga Teachers.