

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 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 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 2 are immersive residential retreats on the Sunshine Coast, experiencing living the Kundalini yoga community. Module 3 is taught online over three weekends via Zoom.

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 one year after the last day of training. Delays are possible on an individual basis upon agreement with the trainers.

2024-2025 Teacher Training Dates

Module One (Foundation): November 10-16, 2024

Module Two (5 Elements): February 9-15, 2025

Module Three (Self): March 15-16; May 10-11; June 7-8, 2025

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): \$5950

Full price (GST included): \$6350

Registration:

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

Payment Plan:

\$500 deposit in registration
\$1500 instalment 1 - Feb 2024
\$1500 instalment 2 - Jul 2024
\$1500 instalment 3 - Aug 2024
Last instalment - Sep 2024

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. If canceling the training or a module or the training at least 30 days from the start of the training, your Teacher Training fees will be transferred to the following intake of the Teacher Training.

Certification Requirements:

The deadline for certification and completion of the requirements is one year after the last day of 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 intensive day, or over two days, of minimum six hours of meditation. The [Rebirthing Intensive Workshop](#) (2025 date, TBA) fulfils the requirement of the intensive meditation for certification.
8. Read and understood the Code of Professional Standards for Kundalini Yoga Teachers.