

The Aquarian Teacher™ KRI Level 2 Training Program

Kundalini Yoga Teacher Level 2: Life Cycles & Life Styles

With Cherdi Kala Yoga and International Karam Kriya School
In Engen, Germany 3 – 8 July 2019



KRI Level Two Certification program in Kundalini Yoga as taught by Yogi Bhajan.

Course and tutors are approved by IKYTA and KRI

Lead Trainer: Hari Krishan Singh

Cherdi Kala Yoga www.cherdikala.eu and Karam Kriya School www.karamkriya.com

YOGI BHAJAN



Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated mission: *"I have come to create Teachers, not to gather disciples."* Since then he has travelled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO — the Happy, Healthy, Holy organization, based on his first principle "Happiness is your birthright." Through 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association, (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

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COURSE GOALS LEVEL 2

In Level 2, through your personal practice, group process, deep interactive discussion, intense meditations, you will go through a transformation that will help you to deepen your own direct perception of the teachings. It will also serve to improve your ability to create and maintain the Sacred Space of a Teacher.

- This course will help you tap deeper into the wealth of Yogi Bhajan's teachings

- Be part of a community and nourish the inspiration to offer others the chance
- Strengthen your connection to the Golden Chain
- Build more sense of community amongst your peers
- Take the teachings into the world on a deeper level

Excellence is acknowledging your own divinity and guiding others to realise it within themselves.

The advanced Teacher Training in Kundalini Yoga consists of five modules:

- Authentic Relationships
- LifeCycles and LifeStyles
- Mind and Meditation
- Conscious Communication
- Vitality and Stress

Life Cycles & Life Styles

Review your personal biography in a manner that will set you free from the dead weight of the past and turn lead to gold. Learn to harmonise the 7, 11 and 18-year cycles of your life and why this is important. Establish your future projection so that the flow of prosperity is a natural consequence of the balance of the rhythms. Step further into the practical science of transforming your life from habits that are soul-demoting to a discipline that is soul-promoting.

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Cherdi Kala reserves the right to refuse entry to any students on grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.

COURSE FEES LIFE CYCLES AND LIFE STYLES

The course fee includes the following costs of the training:

Teaching fee incl. manual, registration fee, administration and general services, accommodation, vegetarian food during the course in Yogahouse Prasaad and exam.

Early Bird Discount:

Full course fee is EUR 900,00 if registered before 31.05.2018. (All fees & services EUR 550,00 and food and accommodation EUR 350,00.)

With registration after 31.5. the full course fee is EUR 950,00.

Deposit

A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 700,00 resp. 750,00 is due latest two weeks prior to start of the course.

ENTRANCE AND COMPLETION CRITERIA

In general, applicants are expected to hold a KRI Instructor Certificate in Kundalini Yoga: i.e. Aquarian Teacher Level 1. A copy of this must be submitted with your application. However, long term KY students or yoga teachers of other disciplines may also apply.

To become a KRI certified level 2 Practitioner you must complete 300 hours of training which includes:

- 240 hours of classroom instruction in the five level 2 modules listed.
- 60 hours of additional requirements to be completed outside of classroom time including a home exam.

This course/Level 2 module Life Cycles and Life Styles is a 62-hour program of which fifty hours are classroom time and twelve hours are part of home study assignments and activities to be completed after the classroom segment. Participants are required to attend all classes, pass the exam and complete the home study requirements which span the 90-day period after the course to receive a completion credit.

Pre-requisites & requirements for completion credit:

- attendance of all the course hours
- full payment of all course fees
- successful participation in the exam
- Level 1 certificate

The module Life Cycles and Life Styles is one of five modules required for KRI Level Two Practitioner Certification. After qualifying and obtaining completion credits in *all* five modules you are a KRI Level 2 Practitioner and you can then request the KRI Level 2 Practitioner Certificate. These five modules are Conscious Communication, Mind & Meditation, Authentic Relationships, Life Cycles & Life Styles and Vitality & Stress. The five modules are to be taken over no less than a two-year period. General recommendation is to take no more than one module every 6 months. Individuals may choose differently.

EXAM is a Take Home Exam and can be done by using your manual and your notes from the course.

TRAINERS



Hari Krishan Singh (NL) Hari Krishan, Dutch but resident in Germany, is co founder of Cherdi Kala International Kundalini Yoga School along with his wife Bachitar Kaur. He travels and teaches in Europe and Australasia as a Lead level 1 & 2 Trainer and is a Karam Kriya consultant and trainer. He is responsible for establishing many training programmes around the world in cooperation with the Karam Kriya School. With profound understanding and insight into the

teachings and an abundant sense of humour, Hari Krishan's infectious presence naturally puts people at ease. He brings the teachings across in a way that is both light and deep and facilitates deep processes of change and personal growth.

He lives with his family in South-Germany in Yogahouse Prasaad, their retreat centre near Lake Constance.



Bachitar Kaur is Trainer in Kundalini Yoga and Karam Kriya. She is a Lead Trainer for Level 1 Programs and teaches and consults since 2005 in europewide and in Australasia. She is mother of two boys, co-founder of the international Kundalini Yoga and Karam Kriya School Cherdi Kala, co-initiator and trainer of the Divine Woman Program and directs together with her husband Yogahouse Prasaad in Germany, where she is living with her family. She is a strong advocte of female solidarity and community

building and her passion for creating a more humane world is reflected in her enthusiasm with which she teaches

LOCATION FOR THE 6-DAY RESIDENTIAL

Yogahouse Prasaad
Almenstrasse 11
78234 Engen-Anselfingen, Germany (Near Lake Constance)
info@prasaad.de
prasaad.de
+49 7733-9965 995 or +49 170 5521 796

Accomodation is Ashram-Style in bedrooms of 3-6 beds. There is also the possibility of camping in the big garden/orchard. Vegetarian Food.



Bachitar Kaur & Hari Krishan Singh
Facilitator/Manager Yogahouse Prasaad



Yogahouse Prasaad

SCHEDULE AND DATES

Arrival 2. July in the afternoon. Departure 8. July in the evening or 9. July in the morning

Daily Program at Yogahouse Prasaad

- 5:00 Aquarian Sadhana
- 8:00 Breakfast
- 9:30 Teachings
- 13:00 Lunch
- 14:30 Teachings
- 18:30 Dinner
- 20:00 Evening Program/Study group (on some evenings)

QUESTIONS?

For questions concerning the Training, please contact Bachitar Kaur bachitar@karamkriya.de or +49 (0)170 5521 796. FB personal messages cannot be answered

IMPRESSIONS OF YOGAHOUSE PRASAAD





SEVA

A part of the training is also to do seva (selfless service, or Karma Yoga), which might consist of helping prepare or cook food, cleaning up and some light cleaning at the accommodation.

OVERVIEW AND SUMMARY OF THE THREE LEVELS OF THE KRI KUNDALINI YOGA AQUARIAN TEACHER TRAINING PROGRAM

The Aquarian Teacher™ program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bajan® and is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification:

- a. KRI Level One: Instructor – Foundations
- b. KRI Level Two: Practitioner – Transformation
- c. KRI Level Three: Teacher - Realization

Level Two Teacher Training builds on the foundations of Level One, and is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher.





REGISTRATION

KUNDALINI YOGA TEACHER TRAINING LEVEL 2

LIFE CYCLES AND LIFE STYLES

This course/Level 2 module Life Cycles and Life Styles is a 62-hour program of which fifty hours are classroom time and twelve hours are part of home study assignments and activities to be completed after the classroom segment. Participants are required to attend all classes, pass the exam and complete the home study requirements which span the 90-day period after the course to receive a completion credit. Life Cycles and Life Styles is one of five modules that are required to receive a KRI Level 2 Practitioner certificate.

Course Dates 3 – 8 July 2019

Arrival July, 2 in the afternoon. Departure July 8 in the evening or July 9 in the morning.

Location

Yogahaus Prasaad – Almenstrasse 11 – 78234 Engen-Anselfingen

Course Fee

Full course fee is EUR 900,00 if registered before 31.05.2018. (All fees & services EUR 550,00 and food and accomodation EUR 350,00.). With registration after 31.5. the full course fee is EUR 950,00. A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 700,00 resp. 750,00 is due latest two weeks prior to start of the course.

Please mark the correspondant with a cross:

I have paid the course fee of EUR 900,00 resp. EUR 950,00 into the following bank account: Cherdi Kala Yoga International, ING Bank, IBAN: NL50 INGB 0003456006 BIC: INGBNL2A. I have named the payment in the subject line „KY Level 2 LL“.

I have paid the registration fee of EUR 200,00 into the following bank account. I will transfer the remaining course fee of EUR 700,00 resp. 750,00 until 19.6.19:

Cherdi Kala Yoga International, ING Bank, IBAN: NL50 INGB 0003456006 BIC: INGBNL2A. Please name your payments in the subject line „ KY Level 2 LL Y“.

I understand that my place can only be reserved with payment of the registration fee.

Family Name _____ First Name _____

Spiritual Name _____ DoB _____

Address _____

Address _____ Mobile _____

E-Mail _____

Place/Date _____ Signature _____

Thank you for registering. We are looking forward to welcoming you. Sat Nam. Please send this form to bachitar@karamkriya.de oder Bachitar Karle-de Hommel – Almenstrasse 11 – 78234 Engen-Anselfingen