

Study Conditions – Cherdi Kala Teacher Training Level 1 2011

1. Registration

1.1 Online registration

Students can register by completing the registration form. The agreement between the student and Cherdi Kala (CK) includes the registration form, the study guide and the study conditions. Through registration / enrollment, the student agrees with its contents.

1.2. Deposit

The registration is only valid after a deposit of 550 euro per bank (ING 3456006 Cherdi Kala – The Art of Upliftment, Rotterdam. IBAN: NL50INGB0003456006 BIC: INGBNL2A).

1.3 Introductory meeting

Upon receipt of the notification CK will contact the student for an interview. During the interview, students can ask questions about the program. For the training this interview is an important means to better understand the background and motivation of the student. The conversation may take place during a personal appointment or by telephone.

1.4 Welcome

Before the first training weekend, the student receives an information pack with further details in preparation for the weekend:

- Welcome message from the organization.
- Information about the location, route description, and other practical information
- Contact list with names and relevant contact information.

1.5 Time for reflection

After registration, the student has a reflection time of 7 days. If the student decides not to do the training within this time, the contract shall be dissolved and the paid training fee reimbursed.

2. Payment

2.1 Transfer

Payment preferably by bank transfer mentioning TTL1 2011, your name, and where applicable, the installment number.

2.2 Payment Options

On the application form the student can choose from several payment options:

An early payment discount:

For full payment before the specified discount dates, the student receives a significant discount.

Payment in installments:

Both the deposit of 550 euros for registration and the first term have to be paid in full at the latest 10 days prior to the first training weekend.

2.3 Billing

The student receives an invoice for the total training costs.

2.4 Questions of an administrative nature

For questions of an administrative nature, the student can contact the study coordinator present during the training or the head organizer. See below: contactlist

3. Study Materials

3.1 The student manual (2 parts) is included in the training fee. The manual will be handed out during the first weekend, or can be picked up after completing the full registration fee.

3.2 Recommended study materials

Materials List

Master's Touch - Yogi Bhajan

Japji / Nitnem Banis

How to know God – Patanjali's sutras

Recommended study materials can be ordered through our shop.

3.3 Ownership

The study materials are under copyright. The materials may not, without permission of the author, be copied or reproduced.

4. Exam and Certification

4.1 Certificate

After successfully completing the teacher training the student receives the "International Instructor Level 1" certificate from KRI - Kundalini research Institute. This course is internationally accredited by the KRI and the teacher qualifies for registration as a member of Kundalini Yoga Netherlands (Kyn) and the International Kundalini Yoga Teachers Association (IKYTA). These memberships provide several benefits for a professional teacher.

4.2 Conditions

Students must fulfil the following criteria to complete the course and receive certification:

Fee: Full payment of all fees.

Attendance: Students must attend all the 10 weekends that will be taught during the years 2011-2012. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programmes. **Note:** maximum length of training is 2 years from the starting date.

White Tantra: In addition to the hours described below the student is required to attend (or have previously attended) at least one day of White Tantra Yoga.

Hours: The course will be at least 200hrs [and additional time for exam, written course work and one day White Tantra]

- 180hrs classroom instruction and practice [7 weekends, 6days en-block residential, plus 3 individual days]
- 40 day meditation and yoga practice. [i.e. 31 mins a day — in student's own time]
- 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- Attendance at minimum of 5 sadhanas/morning meditations (12.5hrs) [on the training days]
- Included in this time will be the viewing of at least two video classes by Yogi Bhajan.

Reading: essential reading: The Course Manual and two chapters from “The Master's Touch” by Yogi Bhajan. Recommended reading: Pantajalis Sutras, other Kundalini Yoga Manuals, any book on charkas. Additional classes: students are required to attend a minimum of 20 Kundalini Yoga classes either during or after the training. These must be taught by an KRI certified instructor.

4.3 Evaluation Of The Student: The final evaluation of the student for completion of the course will be based on completion of the above criteria as well as the Tutors' general evaluation of:

- The student's involvement with the course [including leading yoga sessions on the course]
- Their general grasp of the practical material
- Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*
- Satisfactory completion of exam and course work [see below]

Where appropriate the evaluation will include an interview between the student and two Tutors.

Exam and Course work:

- Maintain a journal of experience and progress, [in particular — recording the experience of 40 day practice]
- Pass a satisfactory grade in the written exam.
- Design two separate course curricula.

4.4 Evaluation Of Tutors: The student is required to complete a brief confidential evaluation form for each of the KRI Tutors on the course. These will be submitted to the head office of the Kundalini Research Institute (KRI).

4.5 Retake:

A student who fails the first exam may retake without extra costs. Extra

training can be done at a discounted rate (40% discount).

4.6 Questions and advice:

The student has the right to ask for free advice regarding the study. During the training days advice can be sought at any time from the student contact or teachers present.

5. Disclaimer

5.1 Care and medical advice

We invite the student to practicing yoga with enthusiasm. However, we recommend careful consideration to the implementation of the exercises during the training offered. If the student doubts whether yoga is recommended for certain injuries or conditions, we suggest them to consult a doctor or therapist. The instructions and guidance from the training provided are not intended to replace professional medical and psychological care. There are certain restrictions on the practice of yoga for pregnant and menstruating women. As a student, you're supposed to be aware of these restrictions. The student can find information about this in the study materials or can be informed by the teacher.

5.2 Liability

Registration means that the student agrees to assume full responsibility and release all others from any liability for any injury or damage to persons or property directly or indirectly the result of the training. Organizers, teachers and staff are not responsible for any injury or damage to persons or property.

6. Cancellation and Termination

6.1 Deposit

The deposit of 550 euros for registration is non-refundable.

6.2 Foreclosure

If the student is temporarily unable to follow the training days, the training or payments for the training will not stop. Not attending training days needs to be reported at the latest 10 days before those training days. Together with the teacher we can examine how the missed material can be made up. Missed weekends can be attended in the next year's training. You pay just the cost of accommodation and meals. There is no refund of tuition for missed weekends possible.

6.3 Termination

If the student wants to stop the training without the intention of finishing the training within the following year the program be terminated prematurely. Denunciation shall be effected by a registered letter to be written and, at the latest 10 days before the start of next training day, to be reported. The student is entitled to 50% refund for the remaining days of training. At termination, the student will be charged 350 euros for additional organizational and administration costs.

6.4 Special cases

In special cases where the student terminates the course early, such as when there is an inability situation, we will see what agreement for both parties is a fair solution.

6.5 Termination of agreement

The mutual rights and obligations arising from the agreement end once the agreement is terminated and the fee is paid.

7. Late payments

If payments are over 8 days late, the student will be addressed and the amount can be increased by an administration fee. With a late payment of two months or more CK is entitled to terminate the student's participation in the course, until payments have been done in full. Obligation for payment of the full course fee remain. The money owed will be increased by 10%, with a minimum of 35 euros, if a collection agency is hired to recover the tuition fee. After payment of the debt, the training agreement can be restarted.

8. Information

CK does everything in its power to avoid and correct errors in brochures, ads and lessons. CK cannot accept liability for any errors. The copyright of all training materials produced by CK belongs to CK. It is not permitted to copy or use training materials, promotional materials, website text, photos, brochures, study conditions, for any other purposes than use within this training without prior consent.

9. Moving training data

CK has the right to change any training dates. In case of insufficient registrations CK maintain the right to cancel or postpone the training. Upon agreement the paid course fees can be refunded to the student. Students will be informed in good time.

10. Privacy policy

Please note that you provide personal information to our student database. We want to use your data to keep you informed of your training and for relevant offers from CK. If you object to the use of your data, you can do so in written form. Please read our privacy policy.

9. Complaints and disputes

CK is committed to support you in a pleasant course of your study. Should you have a complaint, please send an e-mail to the customer service of CK. The email address is: info@cherdikala.eu. If we do not come to an agreement, you can file your complaint to the Complaints Committee of KRI or the CRKBO. You will get a reaction to your complaint within four weeks.

10. Feedback and suggestions

CK encourages the student to give feedback on the education and share ideas and suggestions. The input of the student will be deployed to improve the method and curriculum, and as much as possible fit with the wishes of the student.

11. Contacts

Hari Krishan Singh
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