



CHERDI KALA - THE ART OF UPLIFTMENT

Kundalini Yoga: Teacher Training, Classes & Workshops
Karam Kriya: Training in Karam Kriya Consultancy & Applied Numerology,
Workshops and Consultancy

Tel. +31 (0)10 844 1129
info@cherdikala.eu www.cherdikala.eu

AQUARIAN TEACHER 2012 Mallorca, Spain

Training starts 17 April 2012

KRI Level I International program in Kundalini Yoga as taught by Yogi Bhajan

Lead Trainer: Shiv Charan Singh www.karamkriya.eu



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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.

COURSE GOALS:

- o Understand the fundamental nature, technologies and concepts of Kundalini Yoga
- o Have a transformational experience through the practice of these teachings
- o Develop the skills, confidence and consciousness required to teach Kundalini Yoga
- o Develop a lifestyle of consciousness
- o Experience a sense of community with other participants, local teachers and 3HO worldwide
- o Develop a link to the Golden Chain through the teaching of the master -Yogi Bhajan.

COURSE FEES:

The cost of the full course is 2.413,- Euro (for tuition, teacher training manual, administration & general services, examination fee & full board 24 days residential). 2.513,- euro if registered after 1 February 2012.

Deposit: A non-returnable deposit of 745 Euro is required with your application to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

Payment: Students must then pay the first instalment (556 Euro) six weeks prior to the start date. Two subsequent payments of 556 Euro to be made six weeks prior to each module. Alternatively, you can pay the whole course at once when making the deposit.

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Cherd 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.

CONDITIONS FOR COMPLETION OF THE COURSE:

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 21days that will be taught during the year of 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]

- o 180hrs classroom instruction and practice [21 residential days]
- o 40 day meditation and yoga practice. [i.e. 31 mins a day — in student's own time]
- o 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- o Attendance at minimum of 12 sadhanas/morning meditations [on the training days]
- o 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.

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:**

- o The student's involvement with the course [including leading yoga sessions on the course]
- o Their general grasp of the practical material
- o Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*
- o 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:

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

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).

On completion: The student will obtain the KRI level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan. This course is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of Kundalini Yoga Netherlands (KYN) and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits.

THE TUTORS:

LEAD TRAINER: Shiv Charan Singh is a renowned teacher of KY and Applied Numerology throughout the world since the early 80's. He travels extensively every week teaching Karam Kriya. Author of 'Let the Numbers Guide You' he has written five books, including a poetry book. He is the founder of the Karam Kriya School/Kriya Centre and sees people daily in his practice as a counsellor.

Seva Kaur

Student of life. Lived in London for 5 years where she was trained as a Kundalini Yoga Teacher, Personal Counsellor and Karam Kriya teacher. There she met her spiritual teacher, Shiv Charan Singh. Her biggest inspiration is to make these teachings reach to everyone who wants them, keeping its purity and integrity. They are secrets that were revealed by great yogis ages ago. Today, they are practices available for the daily life that directs you towards a healthy, happy life towards the excellence of the human being.

Raghurai Singh

Born in Spain, living in London for over 27 years. He teaches KY since 1999, works as a counsellor/supervisor (*MSc Counselling, Dip. Counselling Supervision, BA Hons in European Studies*), and as a Karam Kriya consultant. He's also a volunteer of the Guru Ram Das Project (*a charity founded by SCS and SK to take KY to people dealing with drug/rehabilitation, mental health and immune conditions.*)

Satguru Kaur

Sat Guru Kaur Khalsa was born in London. She found the magic of Kundalini Yoga in the Mountains of New Mexico in 1997 where she was trained as a teacher. She started teaching Kundalini Yoga at that very moment. Since then, she has been travelling all over the world and studying with great Kundalini Yoga teachers. She focuses her teachings on courses for women and Bhangra, which takes her all over the world teaching from Mexico to Germany.

Bachitar Kaur MA. Sociology. She is co-founder of the International Kundalini Yoga and Karam Kriya Centre Cherdhi Kala. She has been practicing yoga since 2001. She has been teaching Kundalini Yoga since 2004, teaches also Karam Kriya and gives Karam Kriya Consultations. She is a certified Business Yoga teacher and Systemic Coach. Together with Hari Krishan Singh she will be hosting this training.

Hari Krishan Singh is co-founder of the International Kundalini and Karam Kriya Centre Cherdhi Kala. He has been teaching Kundalini Yoga since 2003 and is a qualified Karam Kriya teacher and consultant. He will be hosting this training together with Bachitar.

All the tutors on the training look forward to sharing with you the technology that conquers the ego-mind and opens the heart.

WEEK SCHEDULE AND DATES:

DAILY SCHEDULE FOR EACH WEEK		COURSE DATES 2012	
		Week 1	17-23 April 2012 Mallorca, Spain
5am	Sadhana	Week 2	11-17 July 2012 Portugal
8am	Breakfast	Week 3	2-8 October 2012 Mallorca Spain
9am	Morning session		
1.00pm	Lunch		<u>There will be also private time during the training</u>
2.30pm	Afternoon session		<u>weeks.</u>
6.30pm	Dinner		
8pm	Evening Session		
10pm	End		

Please note: Trading or promotion of goods or services, by trainees, during the scheduled weekends is not permitted without prior consent from the School directors.

LOCATION:

1st week on Mallorca, Spain. Exact location will be announced in December 2011

2nd week in Portugal at Quinta-do-Rajo (www.quinta-do-rajo.pt)

3rd week on Mallorca

Please direct any enquiries to: Hari Krishan Singh on +31 (0)10 844 1129 or info@cherdikala.eu

Accommodation:

Accommodation is in shared rooms. For a private room inform for possible options.

Important note:

Please take into consideration that this is an intensive training, which mostly is spread out over 8 weekends and a residential week. You will be confronted with a lot of material, exercises and philosophy to digest per week. Allow yourself some time to integrate your experiences after each week.

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

There will be time off during the week during which you can choose to go on a day trip with (part of) the group, or rest on your own. There won't be an evening program every evening, so there is time to yourself and rest when needed.

You are required to attend at least 12 sadhana's (but encouraged to join all of them of course ;-)

CONTRACT FOR LEVEL I TRAINING - KUNDALINI YOGA INSTRUCTOR:

I hereby apply for participation on the Kundalini Yoga Instructor’s course as detailed below.

I have read and understood the conditions for completion of the course.

I transferred 745,00 Euro non-refundable deposit to the following bank account:

Cherdi Kala – The Art of Upliftment

For national bank transfer: Account no. 3456006.

For international bank transfer: **IBAN: NL50INGB0003456006 BIC: INGBNL2A**

I understand the cost of the full course is €2.413,00 (€2.513,00 if registered after 1 Feb 2012) and that I must pay 556 Euro six weeks prior to starting the course on the **17 April 2012** as well as two subsequent payments of 556 Euro six weeks prior to each module (= beginning of residential weeks).

I attach a letter stating the reason why I wish to attend this course, detailing my yoga experience to date.

Date of Birth.....
 Name.....
 Address.....

 Post code
 Telephone..... Mobile.....
 E-mail.....

Fee bank transferred	Please tick one
745 Euro non-refundable deposit	<input type="checkbox"/>
556 Euro first instalment	<input type="checkbox"/>
EUR Other (specify)	<input type="checkbox"/>
Please specify KYTT Lev1 with the payment.	

Full payment of the first instalment entitles the student to collect his/her copy of the Training Manual from the School.

In emergency contact

Name..... Relation to you
 Telephone..... Mobile.....
 Address.....

Disclaimer

To the best of my knowledge there is no physical or mental medical reason why I should not do this course.

I understand that the teachings of Yogi Bhajan do not constitute medical advice.

SIGNED (by applicant)..... Date

For more information contact Hari Krishan Singh on:

+31 (0)10 844 1129

or

info@cherdikala.eu

Now send this form along with your letter to:

Cherdi Kala
Jan Sonjéstraat 21b
3021 TT Rotterdam
The Netherlands