



CHERDI KALA - THE ART OF UPLIFTMENT

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

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CONTENTS:

- o Course Goals
- o Course Fees
- o Completion Criteria
- o Insurance and registration
- o Weekend schedule and dates
- o Weekend themes
- o Application form



Yogi Bhanan, 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 Bhanan 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 Bhanan 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.

AQUARIAN TEACHER 2012 Rotterdam, The Netherlands

Training starts 10 March 2012

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

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 Bhanan.

COURSE FEES:

The cost of the full course is 2.700,- Euro (for tuition, teacher training manual, food, administration & general services, examination fee, practicum days & full board 6 days residential in Portugal).

Reservation before 1st January 2012: €100,00 discount

Deposit: A non-returnable deposit of 550 Euro is required with your application to secure a place.

Payment: Students must then pay the first instalment (650 Euro) four weeks prior to the start date. Three subsequent payments of 500 Euro to be made on the 3rd, 5th and 7th weekends. 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 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.

Cherdi Kala (VOF) is registered in the Netherlands. KvK No. 24419933

ING Bank NL – Account Cherdi Kala – Account No. 3456006

IBAN: NL50INGB0003456006 – BIC: INGBNL2A

VAT/BTW No. NL8183.48.744.B01

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 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]

- o 180hrs classroom instruction and practice [7 weekends, 6days en-block residential, plus 3 individual 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 5 sadhanas/morning meditations (12.5hrs) [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 exam.
- 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:

Shiv Charan Singh LEAD TRAINER 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.

Amrit Singh BA (Hons) Dip TCM RCHM Dip BSS. Has been a teacher of Kundalini Yoga since 1995. He has long standing experience and understanding of other forms of Yoga, Oriental Energetics and the mind-body dynamic. He is a practitioner of Shiatsu (since 1989), Acupuncture and Chinese Herbal Medicine (1995). He is the co-coordinator of the Karam Kriya Consultancy training.

Bachitar Kaur MA. Sociology. She is co-founder of the International Kundalini Yoga and Karam Kriya Centre Cherdikala. 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 Cherdikala. 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.

Meherbani Kaur was first drawn to Yoga and Meditation at the age of 18 and deepened into the spiritual practice and philosophy of Yoga in parallel with her career as a Theoretical Physicist. She organises Teacher Trainings in Italy. Since 2000 she is a part of the Court of Karam Kriya.

Simrit Kaur

Has been with the Israeli Kundalini Yoga community since its beginning in 2005. A professional trainer with I-SKY (International School of Kundalini Yoga). Running SKY-Middle East- The first teachers training program in Israel. Has just opened "Ali- Kundalini Yoga in the center" – a KY center in Jaffa, with the vision of bringing Jews and Muslims together.

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

WEEKEND SCHEDULE AND DATES:

DAILY SCHEDULE FOR EACH WEEKEND		COURSE DATES 2012	
		Weekend 1	10 & 11 March 2012
5am	Sadhana (only on Sunday)	Weekend 2	31 March & 1 April 2012
8am	Breakfast (only on Sunday)	Weekend 3	5 & 6 May 2012
9am	Morning session	Weekend 4	9 & 10 June 2012
1.00pm	Break	Practicum day	23 June 2012
2.00pm	Afternoon session	Residential	6-11 September 2012 (Weekend 5,6,7 combined in Portugal)
6.00pm	End	Practicum WE	29 & 30 September 2012
		Weekend 8	13 & 14 October 2012
		Weekend 9	10 & 11 November 2012
		Weekend 10	8 & 9 December 2012

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:

All weekends and 1 Practicum Day will be at Cherdikala, Jan Sonjéstraat 21 b, 3021TT Rotterdam, The Netherlands, www.cherdikala.eu. 15 mins walk from Central Station or 5 mins by tram (line 21- direction Woudhoek or line 23 – direction Holy). Get off at stop "Middelland". From there it is a 1-2 min walk.

The residential is at Quinta do Rajo in Portugal : www.quinta-do-rajo.pt

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

Weekend themes & Practicum days

<u>Weekend 1</u>	Introduction and course guidelines.
Definition of yoga, identity of a teacher	Definition of yoga and yogi. Types of yoga. Purpose of yoga. 7 Steps to happiness, 7 Chakras. 3HO Code of Professional Standards for Kundalini Yoga Teachers.
The seven steps	Identity of a teacher, the Teachers' Oath. The 16 facets of a teacher. Keeping a record/journal. Choosing and committing to a 40-day meditation.
<u>Weekend 2</u>	Shabd guru — The quantum technology of sound.
Sounds, mantras,	Mantras — their meaning, effects and how to chant them.
Personal practice	Sadhana: your personal spiritual practice.
<u>Weekend 3</u>	Origins & foundations of yoga. The four eras. Aquarian age
Origins of Yoga,	What is KY — its comprehensive unity. Householders Dharma.
The path of Kundalini	5 stages of a student, the 4 errors Intro to body/breath/brain. Locks and the vertical journey. Path of Kundalini. Golden chain. Yogi Bhajan. Ong Namu Gurudev Namu.
<u>Weekend 4</u>	Western anatomy, the yoga process, organs, elimination, some breathing.
Anatomy, energetics, lifestyle	Life-style: ishnaan, diet, sleep, wakeup. Cautions and pitfalls. Power/money/sex. Addiction and how yoga helps.
<u>Residential (5)</u>	KY — the technology for the times.
Knowing and sharing the technology	Kriyas and asanas, (angles, triangles, rhythm). The effects/benefits/cautions. Navel. Ida/Pingala/Sushmana. Breath and consciousness (relate all to neutral mind).
<u>Residential (6)</u>	Meditation, types, stages, states, concentration, time in minutes and days.
Meditation	Gong, mala, Tratakam, points of focus, mudras, More on mantra, Celestial Communications, Prayer, Sat Nam Rasayan healing, Banis.
<u>Residential (7)</u>	Humanology.
Consciousness & Relationship	The soul coming into birth, 120 days, life cycles. Relationships: the highest yoga — from perspective of spiritual psychology. Meditations for men and women, Venus Kriyas, Tantra, Moon-points, etc.
<u>Weekend 8</u>	Roles and responsibilities in and out of class setting. Class structure, preparing to teach.
Roles & responsibilities	Setting and maintaining tone and environment. Difficult questions, difficult situations. Class & curricula preparation, relation to students, administration, PR, Gurudakshina. Relation of KY and Sikh Dharma. Teaching in different spaces, different levels, and different groups.
<u>Weekend 9</u>	Yogic Philosophy.
The eight limbs	The eight limbs of Pantajali.
Self healing & dying	Death and dying.
<u>Weekend 10</u>	Relaxation — its importance, different techniques.
Being a relaxed and conscious ten-in-one human being	Concentration, master/mystery. Ten Spiritual Bodies. Community and continuity. Resources for the teacher. Answer & questions. Preparation for exam.
<u>3 Practicum Days</u>	Extra Teaching Practice – with feedback. Reading and discussing the Master's Touch book. Watching and discussing videos of Yogi Bhajan.

APPLICATION FORM 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 550,00 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 2.700,- Euro (€100,00 discount if registered before 1st January 2012) and that I must pay 650 Euro four weeks prior to starting the course on the **10 March 2012** as well as three subsequent payments of 500 Euro by the start of the 3rd, 5th and 7th weekends.

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
550 Euro non-refundable deposit	<input type="checkbox"/>
650 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