



# Karam Kriya School **AQUARIAN** **TEACHER PROGRAM LEVEL 1**

Powered by Cherdī Kala Yoga International 



*Aquarian Teacher Program*  
*for women only*  
*Start October 9th 2019*



**International Kundalini Yoga Teacher Training Level 1 Intensive**  
with extra modules on Pregnancy Yoga and Women's Teachings  
A deep immersion into yogic lifestyle through ashram-style retreat

Cherdī Kala Yoga International is registered in the Netherlands: KvK No. 57426015

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## WOMEN ONLY

### INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1 INTENSIVE

Including additional modules on pregnancy yoga and teachings for women

## International Kundalini Yoga Teacher Training Level 1 for women

Training starts 9 October 2019 (arrival afternoon)

KRI Level I International Program in Kundalini Yoga as taught by Yogi Bhajan  
Including additional modules on pregnancy yoga and teachings for women

**Lead Trainer: Bachitar Kaur - [www.cherdikala.eu](http://www.cherdikala.eu)**

*“You believe the woman is a doormat. I believe woman is the door to God.  
You believe woman is the chick and I believe she is the eagle. Her sway and  
her grace is keeping the Earth in its own place.” - 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

- Understand the fundamental nature, technologies and concepts of Kundalini Yoga.
- Have a transformational experience through the practice of these teachings.
- Develop the skills, confidence and consciousness required to teach Kundalini Yoga.
- Develop a lifestyle of consciousness.
- Experience a sense of community with other participants, local teachers and 3HO worldwide.
- Develop a link to the Golden Chain through the teaching of the master -Yogi Bhajan.
- Acquire a wealth of tools to support woman around conscious conception, pregnancy, childbirth, postpartum and beyond according to Yogi Bhajan's teachings.
- Immerse yourself into Yogi Bhajan's invaluable teachings for women. Learn specific Kundalini Yoga and Meditation techniques to empower women to access their inner strength, dignity and sacredness.

## Course Fees

**The cost of the full course is 3.150,- Euro (for tuition, teacher training manual, administration & general services, examination fee & full board 26 days residential) if registered before 15 August and 3.300,- thereafter.**

**Deposit:** A non-returnable deposit of 787,50 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 (787,50 Euro) six weeks prior to the start date. Two subsequent payments of 787,50 Euro are to be made six weeks prior to week 2 and week 3. Alternatively, you can pay the whole course at once when making the deposit. If you register after August 15 you don't make use of the early bird discount and your registration fee is 937,50 EUR.

**Cancellation Policy:** After registration you have 14 days to re-consider and cancel while receiving a refund of the registration fee. Cancellation after 14 days means the registration fee is non-refundable. In case of cancellation within 7 days after the first training week, the registration fee, cost for the first week (787,50 euro) and 100 euro administration fees are due. After 7 days after the first week, the full tuition fee is due. Contact us in case of special circumstances.

**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.





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## 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 26 days that will be taught during the years of 2019 and 2020. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programmes organised by Chedi Kala Yoga or any other organiser of the International Karam Kriya School. 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, seva community project and one day White Tantra]

- 180hrs classroom instruction and practice [22 residential days] required for KRI Level 1 certificate
- minimum additional 32hrs classroom instruction and practice [4 residential days] for pregnancy yoga and kundalini yoga for women.
- 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 12 sadhanas/morning meditations [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, "Conscious Pregnancy" by Tarn Taran Kaur, other Kundalini Yoga (KRI) Manuals.
- 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:**

- 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]





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- Pass a satisfactory grade in the written exam [take-home].
- Design two separate course curricula.
- Seva community project geared towards women or families (eg 40 day postnatal sevadar)

**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).

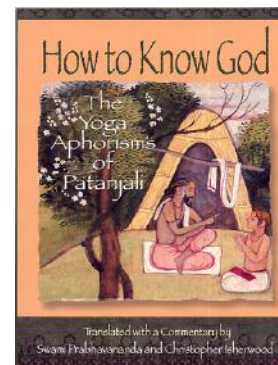
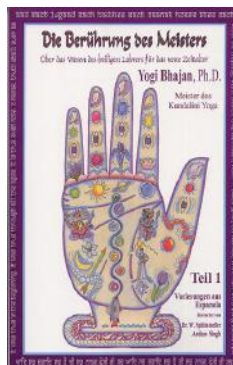
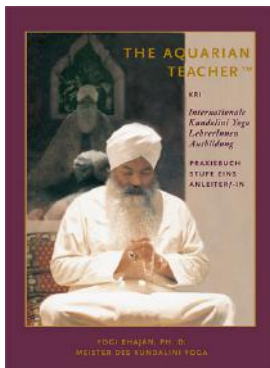
**On completion:** The student will obtain the KRI level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan. This course is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of any national Kundalini Yoga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

**Complaints:** Please check <http://cherdikala.eu/complaints.en.php> for a detailed complaints procedure.

### IMPORTANT LITERATURE

The training manual “The Aquarian Teacher” (included in the training fee) and two chapters of “The master’s touch” by Yogi Bhajan.

The yoga sutras of Patanjali (How to Know God), Conscious Pregnancy by Tarn Taran Kaur and other Kundalini Yoga (KRI) Books and Manuals.





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## The Tutors



**LEAD TRAINER: Bachitar Kaur** is Teacher Trainer in Kundalini Yoga and Karam Kriya Consultancy (number awareness). Her passion for a more humane world is reflected in her enthusiasm with which she teaches. Being a strong advocate for female solidarity and community building, she is specialized in Teachings for Women and also Conscious Parenting. Bachitar is co-founder of the Kundalini Yoga Training Institute Cherdi Kala Yoga International, initiator of Yogaschule Golden Temple, founder of Yogahouse Prasaad and has co-developed the Divine Woman Program. She has been living and teaching Kundalini Yoga in different countries to students with a broad variety of social and cultural backgrounds and special requirements. Together with her Dutch husband and their two sons she now lives in South-Germany at Yogahouse Prasaad – a retreat place for conscious living in nature. She teaches throughout Europe and Asia and Australia.



**Sukhdev Kaur** pioneered to Estonia from her homeland of Mexico in 2004. She has taught and trained teachers for almost a decade across Europe and Mexico. Sukhdev is the director of Dharamsaal – School of Kundalini Yoga and Humanology in Tallinn, and the Guru Ram Das Institute and Rajamaa Ashram. She is a doula, Conscious Pregnancy teacher trainer and Karam Kriya trainer. She developed the program Conscious Parenting for integrating yoga awareness into conscious family living. Sukhdev is also creating a conscious, dharmic, democratic, forest primary school for children in the ashram.



**Angad Kaur** is a KRI Professional Teacher Trainer and runs Level 1 courses in the UK since 2009. Mentored by Shiv Charan Singh, she is also a consultant and trainer in Karam Kriya, applying the universal intelligence of numbers to support meaningful life transitions. This is combined with ongoing training in Kundalini Medicine, led by Guru Dharam Singh, which integrates Kundalini Yoga with proven systems of holistic medicine. Angad offers spiritual counselling, yoga and meditation in hospitals and psychiatric units with a specialist interest in mental health, spiritual awakening, death & dying, and the creative application and transformation of the mind through meditation, story telling and spiritual teachings.





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**Sada Sat Simran Kaur** is a longstanding practitioner of Kundalini Yoga and teacher trainer on international Level 1 Aquarian Teacher programs. She is consultant and trainer in Karam Kriya numerology, under the guidance of Shiv Charan Singh.

Sada Sat Simran also teaches the philosophy of life in public education and is a Sat Nam Rasayan healer.



**Avtar Kaur:** Teaching Kundalini Yoga and Karam Kriya has been my passion for the last 20 years. Co-founder of the Divine woman program with Bachitar Kaur, I travel in Europe and America to deliver these precious teachings to the world. I am a certified L1 and L2 teacher and a professional trainer in various L1 programs through Europe, as well as a Karam Kriya trainer and consultant. My wish is to bring depth and at the same time give enough challenges to allow the transformation to happen. Originally French, I live in Germany near Frankfurt with my husband and my two children.



**Seva Kaur** is a full-time Karam Kriya Consultant, Kundalini Yoga Teacher Trainer, and Sat Nam Rasayan Healer. She is specialized in the field of communication, personal development, meditation and devotional music (kirtan) with voice and harmonium. She started her spiritual search since her early childhood. Although it would be years later when she found and committed to her path with her spiritual teacher, Shiv Charan Singh. Since then, she has been travelling throughout Europe and India receiving his teachings, and sharing them to many others. She also is organizer of Women Circles in many different locations, Mantra concerts and meditational journeys to the Desert.





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### *Week schedule and dates:*

Daily Schedule for each week

Course Dates 2019/2020  
(arrive around 17:00, depart 1 day later)

5:30 am	Sadhana	Week 1	9 - 15 October 2019
8:30 am	Breakfast	Week 2	4 - 10 December 2019
9:30 am	Morning session	Week 3	18 - 24 March 2020
1.00 pm	Lunch	Week 4	20 - 26 May 2020
2.30 pm	Afternoon session		
6.30 pm	Dinner	There will be also private time during the training weeks	
8 pm	Evening Session (sometimes)		
9.30pm	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, Accomodation, Food*

All weeks will be held at **Yogahouse Prasaad in South-Germany**  
([www.prasaad.de](http://www.prasaad.de))



Yogahouse Prasaad | Almenstrasse 11 | 78234 Engen-Anselfingen

Vegan breakfast, Lunch and Dinner are included. Accommodation is in shared rooms ashram style. For offsite private room inform for possible options.

**Please direct any enquiries to: Bachitar Kaur at [bachitar@cherdikala.eu](mailto:bachitar@cherdikala.eu)**

#### **Important note**

Please take into consideration that this is an intensive training, which mostly is spread out over

eight to ten 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.







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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 ;-).



## Week themes

*These sessions will be divided over the four weeks*

### Session 1: Yoga Origins, Types, Lineage and Becoming a Teacher

**What is Yoga:** it's origins and history up to present. baba sri chand, guru ramdas, [shakti/Bhakti].

**Types of Yoga:** traditional and modern. Kundalini Yoga as the mother of all yogas, householders dharma.

**Golden chain.** Adi mantra & basic class structure

**Code of ethics** – Professional Code & 16 Facets of the Teacher. 7 steps to happiness.

### Session 2: Shabd, Mantra & Sadhana

#### Quantum Shabd Guru:

The 4 yugas, kali Yug and Naam as the supreme yoga of Kali Yug.

The nature of the age we live in. [the grey transition between Piscean and Aquarian era.

The changes and challenges of the times, and what is needed.

Sensory human: The body as a communication system;

**Mantra:** the meanings, effect, and how to chant the mantras of Kundalini Yoga.

**Sadhana:** The importance and value of daily discipline of exercise and meditation.

Building your sadhana slowly and steadily





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#### Session 3: The map - Yogic and western anatomy.

**Western anatomy:** body systems and specific organs. How yoga and diet help  
**The yoga process;** concept of energetics rejuvenation /balance/ elimination [G.O.D.]  
Yogic anatomy of Gunas, Tattwas, Chakras, Nadis, Vayus, prana and apana.  
The path of the Kundalini and the 3 locks/bhandas.

#### Session 4: Breathing & Living

**Pranayama:** Body – breath – brain - consciousness  
What, how, why of the breath. Its nature, importance, variations & effects.  
**Yogic Lifestyle:** Guidelines, wisdom and tips for all aspects of life.  
How to awake, hydrotherapy, diet, times of day, getting the best sleep.  
Addiction and how yoga helps. Cautions and pitfalls. Power/money/sex.

#### Session 5: The Technology of the Times; Posture

**Asana:** Kriyas and asanas, Angles, triangles, rhythm. The effects/benefits/cautions.

#### Session 6: Meditation:

The techniques, types, effects over time, stages.  
Patanjali: Pratyahaar, Darana, Dhyana, Samadh.  
The 3 minds; training the mind.

#### Session 7: Humanology:

We are Spirits here for the Human Experience.  
The possible Hu-man Be-ing, soul's choice, soul's journey, birth, 120 days, the mother.  
Being fe/male, growing up, Moon Points, Lifecycles. Meditations for Wo/men.  
Relationships –the highest yoga. Venus Kriyas. Tips for Communication.

#### Session 8: Roles and Responsibilities :

In and out of the class setting.

The Art of being a student; 5 steps to wisdom, the 4 errors, 2 laws - keep up and deliver.  
The nature and art of a teacher - Teacher's Oath. 16 Facets.  
Teaching in different spaces, different levels, and different groups.  
Before, during and after the class.  
Message, market & media. Preparing yourself, preparing the class,  
Managing the time, the space, the ambience & the people.  
The relation between Kundalini Yoga and Sikh dharma.

#### Session 9: Pregnancy Yoga

**Conscious Conception, Conscious Pregnancy, Birth, Postpartum, 40 Days and Beyond,**

Postures, Pranayama, Meditation.

Dos and donts in a pregnancy yoga





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class. Special purpose of pregnancy yoga class. Natural childbirth and others. Mothering the mother. Supportive foods and nutrition. Importance of network/community "It takes a village to raise a child".

#### Session 10: Yogic Philosophy, Death & Dying

**Philosophy:** Key terms and concepts in Yogic Philosophy. Sutras of Patanjali. Concentration. The cycle of manifestation & the ladder of subtly.

**Death & Dying:** What happens when we die and after we die. The stages, the issues, the opportunity, and the technology. Dead/Liberated while Alive.

#### Session 11: Completion & Continuity

Ten Spiritual Bodies;

Applied Science of Spiritual Numerology [Karam Kriya].

Relaxation — its importance, different techniques.

Resources for the teacher. [Including Community and continuity.]

Answer & questions. Preparation for exam.

#### Session 12: Women's teachings

Specific Kundalini Yoga and Meditation techniques.

Selected Video Lectures by Yogi Bhajan from Women's Camps.

A woman's basic and elevated nature.

Four ways of a woman to liberation.

The future is feminine. Female leadership.

Woman is community. Community building.

#### PRACTICUMS:

Viewing and experiencing Yogi Bhajan through videos.

exploring the master's words – Book: The Master's Touch

Personal check in. Improving teaching skills.





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CONTRACT FOR LEVEL I TRAINING - KUNDALINI YOGA INSTRUCTOR

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

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

I transferred 787,50 Euro non-refundable deposit to the following bank account:

Cherdi Kala – The Art of Upliftment Bank transfer: IBAN: NL42 INGB 0008 3321 46 BIC: INGBNL2A

I understand the cost of the full course is €3.150,00 (€3.300,00 if registered after 15 August 2019) and that I must pay 787,50 Euro six weeks prior to starting the course on 9 October 2019 as well as two subsequent payments of 787,50 Euro six weeks prior to week 2 and week 3 (= beginning of residential weeks). I have read and understood the cancellation policy.

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

Fee bank transferred Please tick one:
787,50 Euro non-refundable deposit
787,50 Euro first instalment
EUR .....Other (specify)
Please specify "KYTT Lev1 women only" with the payment as well as your name!

Name.....Spiritual Name.....

Address.....

Mobile.....E-mail.....

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 .....

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.

Do you give Cherdi Kala permission to use your data for:

- Identify and contact you before and during the event in case of need
- To contact your emergency contact if needed during the event
- To add your email address to our database in order to send our newsletter and occasional announcement
- Issuing you with an invoice/receipt

SIGNED (by applicant).....Date .....

Now send the content of this form along with your letter to: bachitar@cherdikala.eu

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## Privacy Policy

The new GDPR (General Data Protection Regulations) or AVG (Algemene verordening gegevensbescherming) is a legislation that is entering into force on 25 May 2018 and in which Europe lays down rules for companies on how to deal with clients' data.

We would like to transparently report what kind of data Cherdikala Yoga keeps when you are registering with us for a Kundalini Yoga Teacher Training; how these data are stored, and how long they are stored for.

### **Personal Client Data: What client Data Are Collected and Kept, How Are they Stored, and How Long Are they Stored for?**

Certain personal client data are collected by Cherdikala Yoga at the time of registering for a teacher training, workshop or consultation. This is for the purposes of meeting Insurance Company criteria as well as for your health and safety during your yoga practice, training or consultation. Health information is also used to tailor sessions to suit your individual needs.

All information gathered by Cherdikala Yoga during the booking process or provided by a client at any other point in time is treated as confidential and will not be shared with a third party.

**Three exceptions** to sharing information are made:

- **Kundalini Research Institute** (KRI: <http://kundaliniresearchinstitute.org/>) is the central Kundalini Yoga organisation that issues the certificates and will be given your: name, address, e-mail address, phone number and date of birth to be able to register you. **IKYTA** (International Kundalini Yoga Teacher's Association: <https://www.ikyta.org/>) will also receive this information.
- **Emergency Contact information** is collected only for use in an emergency, should Cherdikala Yoga need to contact your next of kin or give this information to the emergency services.
- **Guest teacher trainers** will be informed of any important health information and emergency contact details will be shared with them.

You may update or correct your registered information, alter any of your data, review how they are used or request their return to you at any time by contacting me via email or phone (contact details are provided at the top of the page).

You may, of course, decline to submit personal information to Cherdikala Yoga, in which case Cherdikala Yoga may not be able to provide certain services to you.

For our full Privacy Policy please read <http://cherdikala.eu/Privacy.en.php>

**Sat Naam.**

