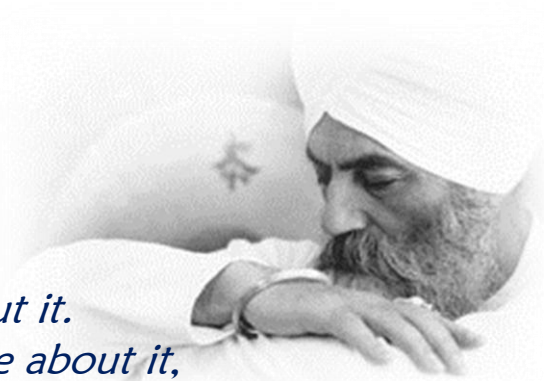


KUNDALINI YOGA

TEACHER TRAINING 2012

Adelaide



*“If you want to learn something, read about it.
If you want to understand something, write about it,
if you want to master something, teach it”.* Yogi Bhajan

Program Overview

Kundalini Yoga or the “yoga of awareness” was brought to the West in 1969 by Yogi Bhajan, the Master of Kundalini Yoga and Mahan Tantric. Before this time Kundalini Yoga was practised in India and Tibet but was a secret practice only passed down selectively and verbally from master to disciple.

Kundalini Yoga Teacher Training is a unique and experiential yoga certification programme. You will explore your own potential, challenge yourself, and touch your soul.

2012/2013 Schedule

Training will be held at 4 retreats over 8 months. All retreats are fully residential (textbooks, accommodation & catering is included in course fee).

Retreat Dates: 1 to 5 September 2012
8 to 12 December 2012
16 to 20 February 2013
27 April to 1 May 2013

All retreats commence on Saturday at 9am and finish on Wednesday late afternoon.

Other Dates:

- Attend one full day of White Tantric Yoga (to be completed by between 1/9/12 and 1/9/13). White Tantric Yoga will be held on 22 September 2012 in Sydney – Cost **not** included in course fee.
- Trainees to organise Adelaide Festival of Light in May 2013.

Lokananda Retreat Centre



Lokananda means the bliss of a place as well as the bliss of the world. Lokananda retreat centre was built in the 1870s and originally served the thriving community of Point Pass, approximately 1½ hrs drive from Adelaide. Known as the Butter Factory, Lokananda is situated in rolling hills on two acres of contemplative gardens and fruit trees. The shared accommodation is clean and comfortable and nutritious, wholesome vegetarian food will be prepared for us using their own produce. The original stone buildings have been lovingly restored creating a beautiful place for us to have our first Adelaide Teacher Training.





Master of Kundalini Yoga, Yogi Bhajan, arrived in the US from India in 1969 with a stated purpose “I have come to create teachers, not to gather disciples”. He then founded 3HO – the Healthy, Happy, Holy organisation based on the first principle:

“Happiness is your birth-right”

Yogi Bhajan travelled the world teaching Kundalini Yoga to hundreds of thousands of people. In 1994 he founded the International Kundalini Yoga Teachers Association (IKYTA), which works to spread these priceless teachings worldwide. As a certified teacher you will be part of a global International Teaching Team.

Curriculum

- Yogic philosophy
- History of yoga
- Roots of Kundalini Yoga
- Yogic & western anatomy
- Asana, mudra and bandha
- Science of breath
- Sound & mantra
- Meditation and the mind
- Humanology & yogic lifestyle
- Yogic diet & nutrition
- Deep relaxation
- Eight chakras and ten bodies
- Sadhana: daily spiritual practice
- Role of a Kundalini yoga teacher
- Teaching Kundalini yoga

Requirements for Certification

- Attendance at **all** group classes and retreats
- Completion of the assigned 40-day sadhana (spiritual practice) of given set / meditation including keeping a journal of the experience.
- Preparation of two - six classes over six weeks course outlines
- Write a critique for the course in general to be handed in at exam time
- Write a thesis on a yogic topic of your choice (which has been approved by the team) and present it to the rest of the group
- Ongoing home practice
- Completion of all assignments
- Satisfactory practicum (presentation and facilitation skills teaching a class to the group)
- Passing grade on final KRI written examination (administered during the course)
- Completion of all homework and/or makeup assignments, which constitutes the KRI take-home examination (an open book exam).
- Completion of 20 Kundalini Yoga classes as taught by Yogi Bhajan (outside of training classes; taken before, during or after completion of Teacher Training). Please note that a certified KRI Level 1 teacher must conduct and sign the record of class attendance.
- Attendance at White Tantric Yoga
- Agreement with the Code of Ethics and Professional Standards for Kundalini Yoga Teachers.
- Live a yogic lifestyle to the best of your ability
- Full payment of course fees

Certification

The complete training for KRI Level 1 (Instructor) Certification consists of 220 hours of instruction, personal practice and yoga classes and workshops that will develop skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching in a practicum setting, participate in early morning Sadhana (spiritual practice), and experience the powerful transformational energy of this ancient technology.

It is a 220 hour course, which includes 180 hours of classroom instruction as well as homework which includes reading assignments, written assignments, a 40 day personal sadhana and independent study.

KYTANZ – the Kundalini Yoga Teachers Association Australia & NZ administers the course in Australia (www.kundaliniyoga.com.au). Once certified you will receive complimentary membership to KYTANZ for 2013.

IKYTA - the International Association of Kundalini Yoga Teachers (www.kundaliniyoga.com) is the worldwide professional organization of certified Kundalini Yoga Teachers. Once certified, new teachers also become professional members of IKYTA in 2013.

KRI - the Kundalini Research Institute (www.kriteachings.org) based in New Mexico, USA, administers the certification standards for Kundalini Yoga Teachers worldwide.

The KRI Level 1 Teacher Certification team reserve the right to grant KRI Certification based solely at their discretion and their evaluation of each participant's readiness to be a Kundalini Yoga teacher.

Evaluation is based on successfully meeting the **KRI Teacher Certification Level 1** course requirements.

Records are maintained and required for students to show attendance at all classes. Additionally, students will keep personal records of class and home practice experience and a journal tracking their 40-day home practice of assigned yoga set/mediation.

Pre Course Requirement

It is required that you attended at least 20 Kundalini Yoga classes before commencing the course.

Becoming a teacher is not only the study and experience of the yogic teachings and of human nature, it is a lifestyle. To choose a life as a teacher is to have a commitment to the “Self”; to work towards living in a positive state of joy, peace and contentment. When people see you smiling and walking tall, they will come to you. The power of your presence will uplift others and create positive change around you.

Teacher Training Team

Guru Jivan Kaur Khalsa

GuruJivan Kaur is the Lead Teacher Trainer in Australia. GuruJivan has thirty-nine years of teaching experience and lives in Melbourne. She studied directly with Yogi Bhajan, the Master of Kundalini Yoga. GuruJivan brings a wealth of knowledge from her personal experience of practising and teaching this technology and sharing it with others over many years.



SevaSimran Kaur

SevaSimran has been teaching Kundalini Yoga in Perth since early 1998, after beginning her Level One Teacher Training in London in 1997. She has had a career in finance, and also in the teaching of natural health sciences and is a qualified Chinese Medicine Herbalist and Acupuncturist. SevaSimran lives in Perth with her husband. She teaches with gratitude and service to the teachings and practice of Kundalini Yoga and she has completed three Level Two modules.

Didar Kaur

Didar Kaur (Barb Whitfield) started on her yoga journey when she was 12 has found her true calling when she discovered Kundalini Yoga. She is KRI certified level 1 teacher and will soon complete her KRI level 2 training. She is the owner of the Mackay Kundalini Yoga Healing Centre and Kundalini Books Australia & NZ and has a background in health & wellness spanning over 30 years. Her passion is making Kundalini yoga available to all especially to those with chronic illnesses and diseases.



Gurudaya Kaur Khalsa

Gurudaya has for many years, been enchanted by the spiritual side of life. She began practicing meditation as a teenager and has continued since then to explore different paths and spiritual traditions. She discovered Kundalini Yoga 8 years ago & has practiced it passionately ever since. She completed her teacher training in 2007 before travelling to India to study Sikh scripture and devotional music. She is currently undertaking Level 2 training and an internship as a Kundalini Yoga teacher trainer. She teaches regularly in Melbourne, using her experience as a Holistic Kinesiologist and her current studies in Shiatsu to develop her understanding of this amazing science. She strives to teach classes which challenge, uplift and awaken students to the deeply rich, inner joy of their true Self.

Balwant Kaur

Balwant Kaur discovered Kundalini Yoga in 2001 after trying many other forms of yoga. It was in that first class that she realised something happened to her. The practice touched her in a way she had never felt before. She felt connected to something greater than herself. Balwant became a teacher under GuruJivan Kaur Khalsa in 2004. She says “Kundalini Yoga is an almost instantaneous connection to the deepest parts of oneself, facing the reality of all aspects of the self that are clearing and changing”. Balwant holds weekly classes and workshops and is passionate about teaching Kundalini Yoga to the wider community.



Costs & Payments

The total cost of teacher training is \$4,350. This cost includes all teaching and retreat costs and textbooks.

If you pay the full amount by June 1st 2012, the total cost is reduced to \$4,200.

The following payment plan is also available:

Upon registration	\$1,200
15 June 2012	\$1,050
15 July 2012	\$1,050
15 August 2012	\$1,050

A deposit of \$1,200 is required to confirm your place.

To Apply

Please mail a completed application form, signed waiver of liability and payment of \$1,200 deposit to reserve your place. You will be notified of your acceptance within a week of our receiving your application. If your application is unsuccessful there is no charge.

Refund Policy

An amount of \$500 is non-refundable this is too cover administration and material costs. Other fees are fully refundable until 1 August 2012. If a student decides to withdraw from the course once the course has commenced, the fees paid for the part of the course not taken may be refunded upon written request stating a reasonable basis for dissatisfaction and at the discretion of KYTANZ.

Kundalini Yoga as taught by Yogi Bhajan, is recognised as one of the major systems of yoga instruction. For more than thirty years, teachers in over twenty countries worldwide have taught Kundalini Yoga to thousands of students. We hope to help you on your journey to also becoming a certified Kundalini Yoga Teacher.

Remember, the first student you will have to teach as a teacher is yourself. And as the light of one candle can light thousands of candles, you must first illuminate your own consciousness. Awaken your own awareness. Then you can help. You can serve. You can contribute. You can do your part to help humanity enter this New Age and make the dream of world peace a reality.

We look forward to welcoming you on the course!

Contact Details

For more information or if you have any queries please contact Balwant Kaur via phone on 08 8431 0419 or email at kathy@rarestgem.com.au.

APPLICATION FORM

Kundalini Yoga Teacher Training 2012 - Adelaide

Please fill out your details below, sign the liability waiver and release statement and write approximately 500 words as to why you would like to participate in the course and sent to:

Post: Balwant Kaur
The Rarest Gem
23 Rosemont Street
Norwood SA 5067

Email: kathy@rarestgem.com.au

Full Name: _____

Spiritual Name: _____

Address: _____

Suburb: _____ State: _____ Postcode _____

Email: _____ Phone: _____ Mobile: _____

Date of Birth: _____ Male / Female

Have you attended Kundalini Yoga classes? Y / N Approximately How Many Classes: _____

Payment: Direct Funds Transfer / Credit Card

Payment Options:

I will pay by Direct Deposit

(Please use surname and initial in reference and email kathy@rarestgem.com.au with confirmation of the transaction)

Account Name: Aquarian Teacher Training; BSB 085-375; Account Number: 12-474-3535

I will pay by Credit Card

Please telephone 08 8431 0419 to pay immediately or fill in the details below:

Name on Card: _____ Amount: _____

Type of Card: Visa / MasterCard

Card Number: _____ Expiry Date: _____

Signature: _____

To complete your application please remember to write approximately 500 words as to why you would like to undertake Kundalini Yoga Teacher Training.

Liability Waiver and Release Statement:

The undersigned by signing this agreement indicates that s/he understands the risks inherent in practicing Kundalini Yoga and hereby assumes all risks incident to such activity and waives any claim or right of action against IKYTA/ KYTANZ Teacher Certification Program Level 1 and its officers, shareholders, employees and agents for loss, expenses, liabilities, damages or legal fees incurred on account of any loss or injury to the undersigned or the undersigned's property incurred in connection with and/or as a result of the undersigned's attendance at classes conducted at the selected facilities and or use of the selected facilities. By my signature below, I acknowledge that a written description of the course requirements and Refund Policy was made available to me prior to the start date of the course, regardless of the date of my registration.

SIGNATURE _____ DATE _____

PRINTED LEGAL NAME _____

Note: The KYTANZ Teacher Certification Program Level 1 training team reserves the right to refuse entry into the program and to possibly ask anyone to leave if they are not complying with the rules of the course or are found to be too disruptive to the rest of the group.