



THE AQUARIAN TEACHER®

INTERNATIONAL TRAINING BERLIN 2015/2016

Kundalini Yoga Teacher Training Level 1 as taught by Yogi Bhajan

organized by **Karam Kriya Schule Deutschland**
Leadtrainer Shiv Charan Singh



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 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.



Shiv Charan Singh is the founding director of the Karam Kriya School and co-founder of Quinta do Rajo, its headquarters in Portugal. Scottish by birth, he is an outstanding and authentic spiritual teacher. Karam Kriya means 'action in spiritual awareness'. He runs training programmes throughout Europe, Australia and South America. Author of 'Let the Numbers Guide You' he has written five books, including a poetry book and he also sees people daily in his practice as a counsellor.

CONTENTS

1) Course Goals	S. 2
2) Dates	S. 2
3) Module Themes	S. 3-4
4) Daily Schedule	S. 4
5) Locations	S. 5
6) The Teachers	S. 6
7) Completion Criteria	S. 7-8
8) Investment	S. 8
9) Contact Details	S. 9
10) Application Form	S.10

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

DATES

2015/2016

1. Module 1: 2 days 3./4. 10. 2015
2. Module 2: 4 days 26. – 29. 11. 2015
3. Module 3: 4 days: 14. – 17. 01. 2016
4. Module 4: 4 days: 17. – 20. 03. 2016
5. Ashram Exp. 13. – 17. 5. 2016
6. Module 5: 4 days: 30. 06. – 03. 07. 2016
7. Exam: 10. or 24. 09. 2016

MODULE THEMES and ASHRAM EXPERIENCE

<p>Module 1 2 days</p>	<p>2 days: Course guidelines, origins and foundations of Kundalini Yoga. Stages of its development. Definition of yoga and yogi. Types of yoga. Purpose of yoga. Golden Chain. Adi Mantra. Basic class structure. 3HO Code of Professional Standards for Kundalini Yoga Teachers. Teacher's Oath. Identity of a teacher.</p>
<p>Module 2 4 days</p>	<p>2 days: Western anatomy including body systems, organs and glands. Yogic anatomy including tattwas, nadis, bandhas and chakras. 5 senses, 5 passions, 5 vayus. Nadis and Bandhas. Chakras. The Path of Kundalini.</p> <p>2 days: Kriyas and asanas (angles, triangles, rhythm). The effects/benefits/cautions. 5 niyamas in relation to asana. Muscular-skeletal system. Knowing and sharing the technology of the times.</p>
<p>Module 3 4 days</p>	<p>2 days: Shabd Guru — The quantum technology of sound. 4 Yugas. Aquarian Age. The changes and the challenges of the times. Mantras — their meaning, effects and how to chant them. Sensory human. Body as a communication system including introduction to nervous system, meridians glands. Sadhana: your personal spiritual practice.</p> <p>2 days: Meditation, types, stages, states, concentration, time in minutes and days. Gong, mala, Tratakam, points of focus, Mantra, Celestial Communications, Mudras, Prayer, Banis, Sat Nam Rasayan healing. Tantra: black, red, white, Mahan Tantric. Brief outline of Patanjali.</p>
<p>Module 4 4 days</p>	<p>2 days: Humanology – the possible Human Being. The soul coming into birth, 120 days, life cycles. Being fe/male. Growing up, lifecycles. Relationships: the highest yoga — from perspective of spiritual psychology. Meditations for men and women, Venus Kriyas, Tantra, Moon-points</p> <p>2 days: Roles and responsibilities in and out of class setting. Relation of KY and Sikh Dharma. The art of being a student: Obey, Serve, Love, Excel. 5 steps to wisdom, the 4 errors, 2 laws of the Kundalini Yoga teacher. The art of being a teacher: Poke, Provoke, Confront, Elevate. Cautions and pitfalls. Class structure, preparing to teach, setting and maintaining tone and environment, relation to students, administration, PR, Gurudakshina.</p>

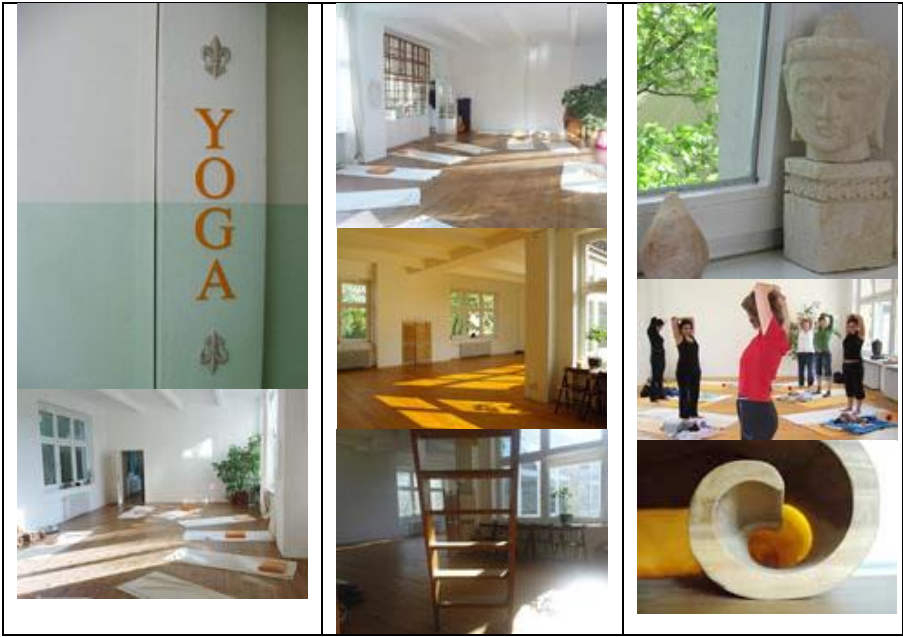
<p>Module 5 4 days</p>	<p>2 days: Yogic philosophy. Common ideas in different schools, glossary of key words. Ladder of subtlety and cycle of manifestation. Patanjali, yamas and niyamas, Pratyahaar to Samadhi. Death and dying.</p> <p>2 days: Ten Spiritual Bodies. Teaching in different spaces, different levels, and different groups. Relaxation — its importance, different techniques. Concentration, master/mystery. Community and continuity. Resources for the teacher. Preparation for the exam.</p>
<p>Ashram experience</p>	<p>Ashram Experience Pranayam – body, breath, brain, consciousness. Respiratory system. Yogic lifestyle – the 3 gunas and 3 doshas. A day in the life of a yogi: waking, ishnaan, sadhana, yogic diet, prayer, bed. Addiction and how yoga helps. Yogi Bhajan videos, Master’s Touch videos, group discussions. Cooking classes, karma yoga.</p>
<p>Exam</p>	<p>1 day: Exam, good-bye and move on, build community</p>

DAILY SCHEDULE

<p><u>Modules 2-5, 4 days:</u></p> <p><u>Thursday 11 am – 7.30 pm</u> Lunch 1-2 pm Evening Break 5.30 - 6 pm</p> <p><u>Friday & Saturday 5.30 am - 9 pm</u> Sadhana 5.30 – 8 am Breakfast 8-9 am Lunch 1-2 pm Evening Break 6-7 pm</p>	<p><u>Sunday 5.30 am - 5 pm</u> Sadhana 5.30 – 8 m Breakfast 8-9 pm Lunch 1-2 pm</p> <p><u>Module 1, 2 days:</u></p> <p><u>Saturday & Sunday 5.30 am – 6.30 pm</u> Sadhana 5.30 – 8 m Breakfast 8-9 pm Lunch 1-2 pm</p>
---	--

LOCATIONS


Weekend teaching Modules:
Zentrum für Yoga und Stimme, Paul-Lincke-Ufer 30, 10999 Berlin - Kreuzberg
<http://www.yogaflow.de/>



Ashram Experience:
Quinta do Rajo, Santa Susanna, near Lisbon, Portugal
<http://www.quinta-do-rajo.pt>



TEACHER TRAINING TEAM

	<p>Shiv Charan Singh LEAD TRAINER is totally committed to guiding students in their spiritual growth so they can bring spiritual awareness into their everyday lives and develop their full potential as human beings. „<i>My main interest is not just to teach techniques – these can be learnt from books, but to enter into the shared space of a negotiated relationship to the unknown, which is the frontier of our consciousness.</i>“-Shiv Charan Singh</p>
	<p>Siri Sadhana Kaur is an inspiring musician and a kundalini yoga teacher trainer with the Karam Kriya school in London. She encourages others to experience themselves as joyful instruments of expression and transformation. She also holds a certificate as a PGCE Ed teacher, and is a qualified Tai Chi Chuan and Nia blue belt instructor. Siri produces music mantra Cds, teaches yoga + singing and gives concerts.</p>
	<p>Ardas Kaur loves to teach Kundalini Yoga, because she finds in it the greatest tools to reach out to her students to support them in their unique way of discovering their greatest gifts which so often can be found in the wounds of the heart. She is a KRI certified Kundalini Yoga Teacher Trainer and Karam Kriya Consultant. Numbers guide her throughout her life, when teaching and counseling. She is also a Pregnancy Yoga Teacher Trainer, specialized in Postnatal Yoga, a Family Therapist and Doula.</p>
	<p>Anand Raj Singh Is a Yoga Teacher with heart and soul. To him Yoga is meant to unfold the creative potential to experience the self in its original nature. After exploring Chinese martial arts Anand Raj took up his studies of Yoga in India in 1999 and is since than immersing in to the science of Kundalini Yoga with all its varies aspects. He is a KRI Certified Kundalini Yoga Teacher and Teacher Trainer. Three years ago AnandRaj moved from his hometown Berlin to Norway where he is running Kundalini Yoga Skolen in Oslo together with his wife and partner Salila Gyanjot. AnandRaj`s background as musician, artist and art therapist gives his approach to Yoga depth and playfulness. While his dedication to Karam Kriya (yogic numerology), lets the alignment of spiritual wisdom shine through his teachings.</p>
	<p>Sat Karam Singh was born and lived in Germany before he moved to Sweden 4 years ago, where he is now running a yoga center. He is a teacher and teacher-trainer for Kundalini Yoga as well as for Karam Kriya, and he has wholeheartedly studied both disciplines for over 15 years now. Besides teaching he applies the wisdom and clarity of numbers in personal consultations for individuals as well as for couples. Sat Karam loves to share the invaluable wisdom and insights of numerology and yoga all over Europe, while his approach to these teachings is without dogmatic attitude, but instead is always fun.</p>

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

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 by or on the 5th module.

Attendance: Students must attend all the teaching sessions including the full Ashram Experience. 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 to receive certification is 2 years from the start date – which provides the opportunity to catch up on missed weekends in the next year and to complete course requirements.

White Tantric Yoga: In addition to the course criteria described below, the student is required to attend or have attended at least one day of White Tantric Yoga (in any country).

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

- 180hrs classroom instruction (teaching modules and practicums) and minimum 20hrs practice
- 40 day meditation practice (i.e. 31 mins a day for 40 consecutive days, keeping a journal)
- 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- Attendance at a minimum of 5 sadhanas on the training days in Berlin [12.5 hrs] plus Ashram Experience
- Included in this time will be the viewing of at least two video classes by Yogi Bhajan

Essential Reading: The Course Manual and two chapters from “The Master’s Touch” by Yogi Bhajan. Recommended reading includes: books on Patanjali’s Sutras, other Kundalini Yoga manuals, Jap Ji Sahib by Guru Nanak.

Additional classes: Students are required to attend a minimum of 20 Kundalini Yoga classes during the training. These must be taught by a qualified Kundalini Yoga instructor registered with 3HO or IKYTA.

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]
- 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]

Evaluations may include an individual interview between the student and Tutors during the Ashram Experience week.

Exam and Course work:

- Maintain a journal of experience and progress (in particular — recording the experience of a 40 day practice)
- Pass a satisfactory grade in the written or home exam
- Design two separate course curricula

Evaluation of Tutors: The student is given the opportunity 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 3HO Germany and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits.

INVESTMENT

Your investment for the full course is 2650€.

This will include all trainer fees, tuition in Portugal, 2 teacher training manuals: text book & manual with kriyas and meditations, administration & general support and food during the training modules in Berlin (breakfast, warm lunch and evening snack).

Not included is for the Ashram Experience: flights (approx.180 – 250 €), accommodation for 6 nights and food for 5 days at Quinta do Rajo, Portugal (242 €), the cost of attending White Tantric Yoga, and 50 € examination fee, to be paid at the last module.

Payment:

1. Refund policy. There are no refunds for any payments made except in extenuating circumstances, or if the course is postponed or cancelled.

2. Full payment up front before the start of the training, latest by 30. September 2015.

The Early Bird discount for full payment before the 31st of August 2015 is 2500€.

If you can not pay the full course fee in advance, please speak to us. We will find a solution.

3. To register for the course, there is a non-refundable deposit of €550. This will secure your place and will not be returned even if you decide not to do the training.

Equal Opportunities Policy:

While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity, the Karam Kriya School 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.

CONTACT DETAILS

More information in the www:

<http://www.internationalyogateachertraining-berlin.de>

<https://www.facebook.com/InternationalKundaliniYogaTeacherTrainingBerlin?ref=hl>

<http://www.ardas-berlin.de>

<http://www.karamkriya.com/kundalini-yoga/level-1/>

<http://www.karamkriya.org>

<http://www.karamkriya.de>

Please direct any enquiries to: Ardas Kaur on +49151-15939313 or kkberlin@gmx.de



**APPLICATION FORM
FOR LEVEL I TRAINING – KUNDALINI YOGA INSTRUCTOR**

I hereby apply for participation on the Kundalini Yoga Instructor’s course as detailed above.
I have read and understood the conditions for completion of the course.
I understand the cost of the full course is €2.650 and has to be paid in advance latest 30.Sept.2015
and that I must pay €550 prior to starting the course in order to secure my place. The Early Bird price
is €2.500 if paid in full in advance latest 31st of August.

- I transferred € 550,00 non-refundable deposit on the(date)
- I transferred € 2.500 Early Bird on the.....(date)
- I transferred €..... on the.....(date) and will transfer the rest as
described and agreed on with the KKSchool on the.....(date)

to the following bank account:

Karam Kriya Schule Deutschland, (use the reference: “International KYTT Berlin 1”)
IBAN: DE28430609672032745700, BIC: GENODEM1GLS, Kreditinstitut GLS Bank

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
TelephoneMobile.....
E-Mail

In emergency contact

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

Where did you hear about the Karam Kriya School? If it was through a Kundalini Yoga teacher who
was it?

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.....

Please send this form together with your motivation letter to kkberlin@gmx.de