



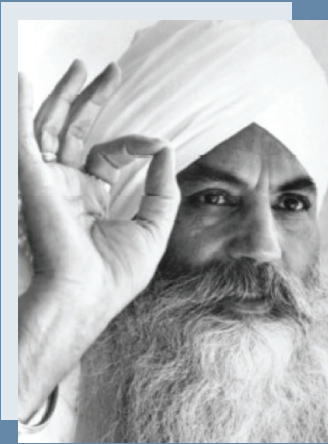
THE AQUARIAN TEACHER™

Level One Kundalini Yoga Teacher Training Program 2020



"With Kundalini Yoga you can build a healthy body, develop a balanced mind, make contact with your infinity, your innate inner wisdom, as well as open the door so that you can reach your full potential." {Yogi Bhajan}

Level One 'Foundations' is an interactive course in the theory, practice, and basic skills of a Kundalini Yoga Instructor. It includes 180 hours of classroom instruction and 40 hours of independent study, assignments, personal practice, a 40 day meditation practice and White Tantric Yoga. It is an introduction to the principles and practices of the self-sensory human, and explores how Kundalini Yoga and yogic lifestyle can **harmonise and uplift the human experience and awaken your true potential.**



YOGI BHAJAN

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: "I have come to create Teachers, not to gather disciples." For over 30 years, he traveled 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."

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 White Tantric. Before this time Kundalini Yoga was practiced in India and Tibet but was a secret practice only passed down selectively and verbally from a master to a chosen disciple. Kundalini Yoga Teacher Training is a **unique and experiential yoga certification program**. You will **explore your own potential, challenge yourself, and touch your soul**.

2020 UKI NSW Schedule

The training will take place as a series of three training weeks from April until November at UKI NSW.

Training Week ONE	April 23-29	Arrival Evening April 22
Training Week TWO	August 13-19	Arrival Evening August 12
Training Week THREE	October 29-November 4	Arrival Evening October 28

For all training weeks we ask you to arrive the evening before for a 6pm dinner.

All training weeks finish at 4pm on the last day.

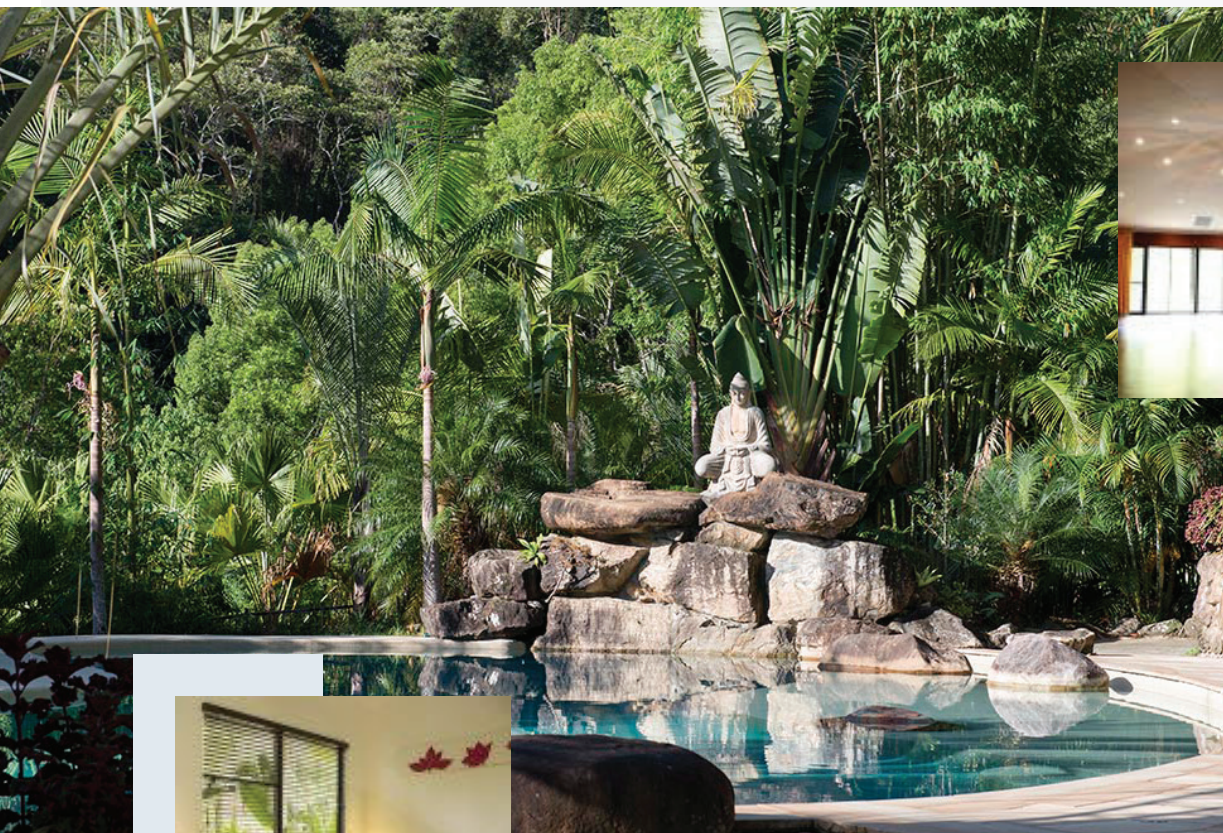


UKI, NSW Sustainable Retreat

Gymea Mt Warning Residential Retreat Centre, Northern NSW

Set in lush surrounds, the Gymea Eco Retreat & Spa residential retreat centre provides guest and hosts with the perfect environment to compliment a transformational residential retreat experience.

Regeneration and rejuvenation are the commitment and the core focus of our Retreat Centre & Healing Spa.



It is our belief that by serving our guests and Mother Nature, in collaboration with other like-minded people and organisations, that we will be able to bring about an enlightened evolution to ourselves, others and our world.

<https://www.gymearetreat.com.au>

Teacher Training Team

The Level One program is conducted by Ramadasa Australia Ltd in affiliation with Ramadasa International and KYAsia. We hold programs throughout Asia Pacific, including Australia, Israel, Taiwan, China and Thailand.

For more information go to ramadasa.com.au, www.ramadasa.org or kundaliniyogaasia.org



SURAJ KHALSA - International KRI Certified Level 3 Lead Trainer

Suraj is an International Level 3 Lead Teacher, Trainer and Mentor in Kundalini Yoga and Meditation. A guide for those in the process of healing, transition and transformation, she has practiced meditation and healing for over 40 years. For the past ten years she has served as President of Ramadasa, Center for the study of KY and Meditation in China and Asia Pacific. Suraj created the Awakened Woman series of teachings, including relationship, intimacy and pregnancy, and brought the first Woman's Camps to China and Israel.



HARJINDER KAUR

Harjinder is a Professional Trainer and an accredited senior teacher / mentor with Yoga Australia. She serves as the Organiser of White Tantric Australia.

Kundalini Yoga opened the doorway to her inner strength, potential and grace.

She has the capacity to meet people where they are, to see and trust in their ultimate potential and to inspire them to find their own greatness.

Her passion includes working therapeutically with students with PTSD and supporting single parents to regain self value, confidence and expressing leadership in their life.



SAHIB SINGH

Sahib Singh came from Brazil to Australia at the end of 2002, looking to expand his horizons and learn a new language. He has now been teaching

yoga for more than half his life, and believes that his existence would be very different without this powerful technology.

Nowadays, he spends his time running a successful business, teaching yoga and enjoying his family life. He believes that Kundalini Yoga is what creates a foundation and seamless connection between day-to-day activities and the most sacred part of the human soul.

ALSO ON THE TEACHER TRAINER TEAM

Adi Shakti Kaur, Gopalpreet Kaur

Level One Instructor: Foundations

The complete KRI Level 1 (Instructor) Aquarian Teacher Training program is a 220 hours professional training in Kundalini Yoga as taught by Yogi Bhajan. An interactive course in the theory, practice, and basic skills of a Kundalini Yoga Instructor, it includes 180 hours of classroom instruction and 40 hours of independent study, assignments, personal practice, a 40 day meditation practice and White Tantric.

Foundations introduces the student to the principles and practices of the self-sensory human, and explores how Kundalini Yoga and yogic lifestyle can harmonise and uplift the human experience and awaken your true potential.

Curriculum

There are six principle components for a Level One program:

- 1. Kriya and Meditation:** The foundation of Kundalini Yoga as taught by Yogi Bhajan. The theory and practice of Kundalini Yoga kriyas, asanas and mudras. Explore the nature of the mind and how we train the mind through meditation, mantra and pranayam.
- 2. Humanology and Philosophy:** The Lifestyle of a Kundalini Yoga Teacher. The history and tradition of Kundalini Yoga as well as the underlying philosophy behind all yogic practice. The technologies of Kundalini Yoga as they apply to healing and humanology (the science and technology of daily living), including, birth, death, relationships, lifecycles, nutrition.
- 3. Anatomy and Physiology:** Essentials of Yogic and Functional Anatomy. Traditional western Anatomy, its purpose and function, including all the body systems and their relationship to the practice and teaching of yoga. Yogic Anatomy and the energy systems of the body including the Ten Bodies, the Chakras, the Nadis, Pranas and Vayus.
- 4. Consciousness of a Teacher:** Virtues and Values of Living in the Golden Chain. The skills and techniques to become an effective instructor, including practical strategies for teaching beginners, ethical guidelines, curriculum development, and the transformational role of the teacher in developing a successful yoga practice.
- 5. The Master's Touch:** Cultivating a Connection to the Master. Connect with Yogi Bhajan through the Golden Chain, through the Masters Touch. Understand the Legacy and Lineage of Kundalini Yoga.
- 6. The Practicum:** Teaching from Day One. Practical experience instructing a yoga class under the supervision of a KRI Yoga Teacher Trainer, receiving written evaluation and student feedback.

"In Kundalini yoga the most important thing is your experience.
It goes right to your heart. No words can replace your experience."

~ Yogi Bhajan

Requirements for Certification

- Attendance at ALL 180 hours of classroom instruction
- Attend morning sadhana sessions during the course
- Completion of the assigned 40-day sadhana (spiritual practice) of given set / meditation including keeping a journal of the experience
- Create two sample yoga class course outlines of six classes, one for beginners, the other a selected theme of your choice
- Present two oral presentations, one on a topic of your choice.
- Ongoing home practice
- Satisfactory practicum assessment (teach a class to the group)
- Passing grade on final KRI written examination
- Completion of all homework and assignments, including the KRI take-home examination (an open book exam)
- Completion of 20 Kundalini Yoga classes as taught by Yogi Bhajan outside of the course - if there are no classes in your area please let us know
- Properly represent and sign 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
- Attend one full day of White Tantric Yoga (at additional cost)

Prerequisite to the Course

We recommend you read Flow of Eternal Power by Shakta Parwha Khalsa, who was Yogi Bhajan's first student. It is available through Kundalini Books Australia (www.kundalinibooks.com.au).

Costs & Payments

Early Bird Course Fee is AUD \$6,785 (Full payment to be received by March 1, 2020)

Standard Course Fee is AUD \$7,085 (Applies after March 1, 2020)

Payment Plan Course Fee AUD \$7,385 is available.

Upon registration	\$1,300
June 1, 2020	\$1,500
August 1, 2020	\$1,500
September 15, 2020	\$1,500
October 15, 2020	\$1,585

Shared Accommodation and Organic Meals are included (per person per retreat \$1295).

The total of \$3885 is included in the above fee.

To secure your place please make a Deposit Payment of \$1300 OR Full Course Fee upon Registration.

To Apply

Make a payment of \$1,300 deposit OR Full Course Fee to reserve your place.

The KRI Level One Lead Trainer reserves the right to grant KRI Certification based solely on 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.

Cancellation Policy (please read carefully)

For cancellations Ramadasa Australia must receive your written request for a refund emailed to Harjinder Kaur: **Email:** info@ramadasa.com.au | **Phone:** +61 408 218 443

Cancellation fees apply, see below. There are no refunds and full payments required after April 8.

Course Cancellation Fees for 2020:

Before April 1	\$200 fee
From April 1 - April 8	\$500 fee
After April 8	No Refund - Full Course Payable

Course Policies

The Kundalini Yoga Teacher Training course is a vegetarian environment. It is also a drug free, cigarette free, and alcohol free environment. No pets are allowed. We reserve the right to request anyone disobeying course policies to leave the course.

Supporting Bodies



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



The International Association of Kundalini Yoga Teachers (IKYTA) – www.kundaliniyoga.com is the worldwide professional organization of certified Kundalini Yoga Teachers.



KYTANZ – the Kundalini Yoga Teachers Association Australia & NZ is the representative body for KY teachers in Australia & NZ. You will become a complimentary student member of KYTANZ when you begin the course.

Kundalini Yoga as taught by Yogi Bhajan, is recognized as one of the major systems of yoga instruction. For more than thirty years, teachers in over seventy 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.



We look forward to welcoming you on the course!

Blessings, Suraj Kaur Khalsa

Administration Contact: Harjinder Kaur | Email: info@ramadasa.com.au Phone: +61 408218443



"Teacher Training was an incredibly transforming experience for me. It was made easier however being in the presence of experienced, supportive and nurturing teachers. Challenging and Enlightening.. A must for anyone looking to improve themselves and raise their consciousness."

"Having done many yoga courses and much study, the Kundalini Yoga Teacher Training is by far the most profound and transformative experience. It truly is life changing. Lead by a team of amazing dedicated Teachers."

"Although we are finished with the training, I feel like now is just the beginning. It's like unlocking a door to a beautiful garden of knowledge. I arrived as a textbook acting from my mind comparing, competing and complicating. I am leaving with a toolkit within to feel into my heart for the answers. Abundant gratitude Ramadasa team for your gracious, compassionate, precious wisdom. "