

The Aquarian Teacher Level One Instructor  
Curriculum Schedule Outline

**KRI LEVEL ONE** –On January 1, 2007, the minimum HOUR REQUIREMENT increased to 220.

The KRI Level One Certification program must now offer a minimum of 180 hours of classroom instruction, plus 40 hours of assigned reading, yoga and meditation practice outside of class, and 5 morning sadhanas, to equal a minimum of 220 hours of classroom instruction and home study. The increase allows us to meet Yoga Alliance’s qualifications.

**INTRODUCTION: KUNDALINI YOGA & THE COMING OF THE AQUARIAN AGE**

Please complete the following Curriculum Hours Outline. Include the date and time that each section is scheduled to be taught, and complete the total hour calculations at the end. If this is the first time you are licensing a Level One Program, then we also need to see a Full Curriculum Schedule. See Full Curriculum Example Form for details. If you have any questions please call the Contract Manager at 505-629-4089 or 629-0865. *Note: Meals, sadhana, attending 20 Kundalini Yoga classes, White Tantric Yoga, and taking the exam do not count as in class time.*

**Example:**

The Roots of Kundalini Yoga: Date: 01/11/2011 Time: 8:00 am – 12:00 am = 4 hours  
Date: 01/12/2011 Time: 10:00 am – 12:30 pm = 2 hours  
Total 6 hours

Sound and Mantra: Date: 01/11/2011 Time: 1:00 pm – 4:00 pm = 3 hours  
Date: 01/12/2011 Time: 2:00 pm – 5:30 am = 3.5 hours  
Total 6.5 hours

**Required Classroom Instruction: minimum of 180 Hours**

Please note that until KRI determines where the increase in classroom hours will occur, the Licensee is asked to add extra hours so that the total classroom hours is equal to a minimum of 180 hours.

**6 Hours minimum: THE ROOTS OF KUNDALINI YOGA:**

**THE ROOTS OF KUNDALINI YOGA**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_  
Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_  
Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_  
Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_  
Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_  
Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**88 Hours minimum: AWAKENING THE CONSCIOUSNESS:**

**SOUND AND MANTRA**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_  
Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_  
Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

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**BREATH**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**KRIYAS**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**POSTURES AND EXERCISES**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**RELAXATION**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**MIND AND MEDITATION**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**(about) SADHANA**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**MASTERS TOUCH VIDEOS**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**CHAPTER CONVERSATION**

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_ am/pm -- \_\_\_ am/pm = No. of Hours: \_\_\_\_\_

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Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**21 Hours minimum: THE ROLE OF A KUNDALINI YOGA TEACHER:**

**THE ROLE OF A KUNDALINI YOGA TEACHER**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

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Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**8 Hours minimum: YOGIC PHILOSOPHY:**

**YOGIC PHILOSOPHY**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

**Total Hours:** \_\_\_\_\_

**20 Hours minimum: YOGIC & FUNCTIONAL WESTERN ANATOMY:**

**YOGIC & FUNCTIONAL WESTERN ANATOMY**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

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**Total Hours:** \_\_\_\_\_

**8 Hours minimum: HUMANOLOGY & YOGIC LIFESTYLE:**

**HUMANOLOGY & YOGIC LIFESTYLE**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_ am/pm -- \_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

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**Total Hours:** \_\_\_\_\_

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**10 to 25 Hours: PRACTICUM:**

**PRACTICUM (NEW: Practicum can now be extended to 25 hours)**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_ am/pm -- \_\_\_\_\_ am/pm = No. of Hours: \_\_\_\_\_

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**Total Hours:** \_\_\_\_\_

**PLEASE SCHEDULE A GRADUATION:**

**In 1997 Yogi Bhanjan said the following to Teacher Trainers:**

“The days when we said, ‘Go out to so-and-so place and teach,’ are over, we must have a standardized course for everyone. We must produce an undying Truth for the future. We are the pioneers. We must produce teachers who can teach. It must stand in the court of law. In a court of law, documentation is necessary. There must be a written exam from each student kept on file and **we must have graduations**. We will be tested in the court of law. Me, I am a Yogi, and can stand, but nobody will let you be that free.”

Use the graduation date on your student’s certificates:

Date of Graduation: \_\_\_\_/\_\_\_\_/\_\_\_\_