

Guidelines for KRI Teacher Training Level One PR

1. The Aquarian Teacher, KRI Level One Teacher Training Program
2. Yogi Bhajan Bio:

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.”* Through The Aquarian Teacher Program, Yogi Bhajan has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

3. Use the **KRI logo** (available on the KRI website: www.kriteachings.com)
4. Use a picture of Yogi Bhajan of your choice in the brochure. You can use the Aquarian Teacher photo that is available on the website but it is optional.
5. If a teacher is pictured in a yoga class they **must be wearing head-coverings**. But the students pictured **do not** need head-coverings
6. Yogi Bhajan quote on teaching: “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.”
7. Program Description: The Aquarian Teacher program is the KRI Level One Certification program in Kundalini Yoga as taught by Yogi Bhajan®. In Level One you will become an **Instructor** and learn the fundamental principles and practices of Kundalini Yoga. You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga. This is a 220 hour course, which includes 180 hours of classroom instruction in a well-defined curriculum which includes:

Teaching Kundalini Yoga Postures, Kriyas & Meditation
Role of a Kundalini Yoga Teacher
Yogic Philosophy & The Origin of Kundalini Yoga

8. This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. *The Aquarian Teacher* program is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification: KRI Level One: **Foundations and Awakening** - Instructor; KRI Level Two: **Transformation** - Practitioner; and KRI Level Three: **Realization** - Teacher.
9. Teacher Training Team: Only currently licensed Teacher Trainers may have write ups in the promotion of the program. We request that if you include associates or interns you only list them. Description of Teacher Trainers or yoga centers must be correct and unexaggerated. A good example of a description is: “Siri Deva Jot Kaur Khalsa, PhD, ERYT, has been training Kundalini Yoga Teachers for the past 10 years, and hosts Teacher Training at her Yoga Center, *Realizational Yoga*, in Espanola, NM bi-annually. She began studying with Yogi Bhajan in 1976 and has been spreading the technology to underprivileged African-Americans in New Mexico since moving there in 1992. She has her PhD in psychology, making her a unique addition to the Training Team. Siri Deva Jot Kaur has the most amazing ability of delivering everyone in the class to the understanding and experience of the most difficult concepts. Everyone deserves to experience her classes.” – Mukhtiar Shivanander Singh, RYT, *Realizational Yoga* 2004 Teacher Training graduate
10. *The Aquarian Teacher Certification program is open both to yoga students ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan.*

Text guidelines:

Program creates Level One **Instructors** (not teachers). Use this term.

Please do not advertise any material not included in the Aquarian manual or that is Level Two material.

Please **do not make any claims** or guarantees as it is considered false advertising:

For Example:

“Master Kundalini Yoga” or “Kundalini Yoga Master”

“We guarantee (or promise) you will be totally transformed.”

“You will achieve enlightenment”

Note: Testimonials are a great way to advertise the impact this course has on peoples’ lives.

KRI is actually not under the 3HO Foundation but is a nonprofit organization in its own right.