



Do you want to deepen your personal practice?

Do you want to broaden your knowledge base and skill set?

Does a still, small voice within you call you to be something more?



## Course Training Schedule Level 1 - 2019 / 2020

Saturdays 9:00 a.m. - 5:30 p.m.

Sundays 8:00 a.m. - 5:00 p.m.

Oct 5 - 6	Feb 8 - 9
Oct 12 -13	Mar 7 - 8
Nov 2 - 3	April 4 - 5
Nov 23 - 24	April 25 - 26
Dec 14 - 15	May 16 - 17
Jan 11- 12	June 6 - 7
May 9 * White Tantric (Portland)	

Local hotel information is available upon request.

### Location:

Awakenings  
1016 SE 12th Avenue  
Portland, OR 97214

### Contact/Registration:

NWKYTT  
2949 SE Walta Vista Ct  
Oak Grove, OR 97267  
Hari Dass S. Khalsa  
503-997-9897 - haridass@mac.com

Eugene:  
Viriam S. Khalsa  
541-556-7608 - vkhal@uoregon.edu

Details at [www.nwkytt.com](http://www.nwkytt.com)

### The Teaching Team

*A team of accomplished KRI Teacher Trainers from the Northwest will instruct this course. The core teachers are Viriam Singh Khalsa, M.A., from Eugene and Dr. Hari Dass Singh Khalsa, Ajeet Kaur Wise and Ad Purkh Kaur Khalsa from Portland. Together they bring over 125 years of yoga teaching experience to share with you.*

Become a Teacher  
and Serve Your World

# The AQUARIAN TEACHER™

Kundalini Research Institute®  
International Teacher Training in Kundalini Yoga  
as taught by Yogi Bhajan®

**Kundalini Yoga Teacher Training**  
**220 Hour Level 1 Training**  
**Portland, Oregon**

**Oct 2019 - June 2020**



*"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





# THE AQUARIAN TEACHER™

*“There is nothing outside of you—just be You.”*

~ Yogi Bhajan

The Aquarian Teacher Training Program is an international program available in more than 12 languages in 46 countries around the globe. There are three levels of training:

## About Kundalini Yoga as taught by Yogi Bhajan®

Kundalini Yoga as taught by Yogi Bhajan® is one of the major systems of yoga practiced today, incorporating the physical, mental and spiritual aspects of yoga into a cohesive and integrated system to elevate the individual consciousness, cultivate group consciousness and serve Universal consciousness.

Kundalini Yoga was introduced to the West by Yogi Bhajan in 1969, and today you can find a Kundalini Yoga class in most countries around the world. Kundalini Yoga uses kriya, asana, breath, mantra, meditation and lifestyle disciplines to awaken the You within you.

Yogi Bhajan (1929-2004) established the Kundalini Research Institute in 1972, which maintains the integrity of his teachings and licenses Kundalini Yoga Teacher Training around the globe. The Yogi Bhajan Library of Teachings now contains more than 6,000 lectures, yoga classes and intensive trainings on audio and video tape.

*“Now is the time for you to become what you were meant to be: Teachers of the Aquarian Age.”*

~ Yogi Bhajan



## LEVEL 1 FOUNDATIONS - Instructor

The KRI Level One Foundations Course is a professional program in the theory and practice of Kundalini Yoga as taught by Yogi Bhajan® including a minimum of 180 hours of classroom instruction and practicum. In addition there are 40 hours of independent study, White Tantric Yoga and a 40-day meditation.

- History and Philosophy of Kundalini Yoga as taught by Yogi Bhajan®
- The Concept of Kriya: Asana, Mudra & Meditation
- Developing a Meditative Mind
- The Role of a Kundalini Yoga Teacher
- Pranayam: Awakening the Breath
- Divine Alignment: Asana and the Human Form
- Mantra and Sacred Sound
- Yogic and Functional Anatomy
- Sadhana: Establishing a Daily Practice of Yoga and Meditation
- Yamas and Niyamas: The Lifestyle Choices of a Yogi
- Kundalini Yoga in Applied Settings: The Business and Ethics of a Yoga Teacher
- The Master's Touch: Video Courses with Yogi Bhajan
- Practicum: Teaching from Day One



**Kundalini Research Institute**

Home of The Yogi Bhajan Library of Teachings

Training \* Research \* Publishing \* Resources

PO Box 1819, Santa Cruz, NM 87567 505-629-4407

[www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org) [www.yogibhajan.org](http://www.yogibhajan.org)

## Course Registration Fees:

There is limited space in this course. To reserve your place, pre-register with your \$500 deposit on or before 09/01/17. We require a minimum of 14 registrants and can accommodate a maximum of 30.

**Course fee: \$3250 (if paid in full Oct 5th 2019)**

\$200 early bird discount for \$500 deposit paid by September 8, 2019 and full payment by 10/5/19 (\$3050 total)

Discount of \$500 for Students with ID and Seniors 65+

**Finance fee (for payment beyond Oct 5, 2019):**

\$200 for 2 payments of \$1400 (Sept 30 & Jan 27) after \$500 deposit (3250 Total)

\$310 for 6 payments of \$510 (Oct 12th & 12th of month for next 5 months) after \$500 deposit (\$3560 Total)

## Price Includes:

All instruction and required texts:

The Aquarian Teacher Textbook  
The Aquarian Teacher Yoga Manual  
The Master's Touch by Yogi Bhajan, PhD

White Tantric Yoga Course fee

First year Associate Membership in IKYTA.

Sunday breakfasts.

Registration form & downloadable brochure at:

**[www.nwkytt.com](http://www.nwkytt.com)**

Awaken your potential; take the next step on your journey toward the Self and the Soul with The Aquarian Teacher—join the global community of practitioners and teachers serving to make the world healthier and happier, each and every day.



All graduates from KRI International Level One Teacher Training are eligible to become Registered Yoga Teachers RYT 200 hours in Yoga Alliance's Yoga Teacher Registry. Graduates from the KRI Level Two Teacher Training are eligible for RYT 500 hours.