

Reichian Institute

2017 KRI Level One Teacher Training Syllabus



MARCH

March 18 and 19 in Sacramento,
March 21 and 22 in Nevada City

The Aquarian Age, and Fundamentals of Kundalini Yoga

- Read Chapters 1 and 2
- Skim the study guide and the class folder
- Decide which of the 16 Practicums you'd like to teach in the future.
- 40 Day Personal Kriya: Practicum #1 Basic Spinal Energy Series. Ends April 29th.

APRIL

April 8 and 9 Sacramento,
April 11 and 12 in Nevada City

Pranayam: Awakening the Breath.

- Read Chapters 8, 12 and 20 plus Study Guide
- Read A Master's Touch, pp. 59-66
- Attend three Yoga Classes and have each signed off.
- 40 Day Personal Sadhana, April 30th - June 8th: Preparatory Exercises for Lungs, Magnetic Field, and Deep Meditation.

MAY

Sacramento and Nevada City groups combined,
May 19-22 (Friday-Monday) at Inner Path,
200 Commercial Street in Nevada City

May 19 and 20:

The Awakening of Consciousness through Sound and Mantra

- Read Chapters 5 and 7, plus Study Guide.
- Guest Teacher: Prabhu Nam Kaur. Please listen to her amazing music.

May 21 and 22:

Divine Alignment

- Read Chapters 9, 27, and 28 plus Study Guide
- Please attend three Kundalini Yoga Classes and have each signed off.

Guest teachers: Simran Kaur and Guru Prem Singh

JUNE

We will not meet in the month of June

Relaxation and the Roots of Kundalini Yoga

- Read chapters 3, 4, 6, and 10, plus Study Guide
- Attend three Kundalini Yoga Classes and at least one morning Sadhana.
- 40 day personal Sadhana, June 9 - July 18: Awakening to Your Ten Bodies

**Happy Solstice Celebration in New Mexico!
June 15-24 (Highly Recommended!)**

JULY

Sacramento and Nevada City groups combined,
July 7-10 (Friday-Monday) at Inner Path,
200 Commercial Street in Nevada City

July 7 and 8:

Humanology and Spiritual Development

- Read Chapters 18, 19 & 21 plus Study Guide

Guest Teacher: Awtar Kaur

July 9:

Mind & Meditation

- Read Chapter 11 plus Study Guide
- Guest Teacher: Dr Krishna Kaur Khalsa

Please remember that the first day's class of each month is always from 9 am to 5 pm, and the last day's is always from 8 am to 3 pm.

July 10:

Prosperity, The Chakras, and Ten Bodies.

- Read Chapter 15 and 16 plus Study Guide
- Attend three Kundalini Yoga Classes and at least one morning Sadhana
- Next 40 day personal Sadhana, July 19 - Aug 27: Wahe Guru Kriya

AUGUST

August 12 and 13 in Sacramento,
August 14 and 15 in Nevada City

Yogic Philosophy

- Read Chapters 15-18, plus Study Guide
- Read A Master's Touch, pp. 49-57
- Attend three Kundalini Yoga Classes and at least one morning Sadhana.
- Next 40 day personal Sadhana, August 28 - October 8: Nabhi Kriya.

SEPTEMBER

September 16 & 17 in Sacramento,
September 19 & 20 in Nevada City

The Role of Kundalini Yoga Teacher

- Read Chapters 22-26 plus Study Guide
- Attend three Kundalini Yoga Classes and at least one morning sadhana
- 5 and 10 week curriculums are due
- Sign and Submit Code of Professional Standards
- Next 40 day personal Sadhana, October 9 - November 17: Sat Kriya Workout

OCTOBER

Sacramento and Nevada City groups combined,
October 20-23 (Friday-Monday) at Inner Path,
200 Commercial Street in Nevada City

Friday, October 20:

Bringing Prosperity into Every Facet of Your Life

- Read Chapter 19 plus Study Guide
- Guest Teacher: Siri Pritim Kaur

October 21 and 22:

Yogic and Functional Western Anatomy

- Read Chapters 13-16 plus Study Guide
- Guest Teacher: Dr Yogi

October 23:

Final Exam Review

- Attend at least three Kundalini Yoga classes and at least one morning Sadhana

NOVEMBER

November 11 & 12 in Sacramento,
November 14 & 15 in Nevada City

Saturday, November 11 (Sacramento) and
Tuesday, November 14th (Nevada City):

Reviewing What We've Learned and Ways We've Grown

- Closed book final, 3 hour time limit.

Sunday, November 12 (Sacramento) and
Wednesday, November 15 (Nevada City)

Assessing our Exams and the Gifts We've Received.

- Complete 20 yoga class requirement and submit all paperwork
- Complete morning Sadhana requirement and submit documentation
- Wrap up any other loose ends
- Continue practicing 40, 90, 120, and 1,000 day personal Sadhanas over your lifetime

DECEMBER

Graduation and Summing It All Up!

Saturday, December 9 at Inner Path,
200 Commercial Street in Nevada City.
Times TBA.

Reminder: Please check in with
Siri Gian Singh Khalsa at least once
between our meetings.