

## **Level 1 Sacramento Kundalini Yoga Teacher Training Schedule and Assignments, 2018 - 2019**

All classes will be held at 1401 68th Ave, Sacramento, 95822, with the exception of February 22nd-25th, (Which will be held at Inner Path, 200 Commercial St, Nevada City) and Graduation on June 2nd, (which will be held at Sierra 2, 11am-1pm) classes will be held from 9am-5pm on the first day of the weekend, and 8am-3pm on the last day of the weekend.

### **Weekend 1 OCT 6-7**

#### **The Aquarian Age and Roots of Kundalini Yoga**

- Chapters 1-4 and Study Guide
- Student Presentations
- 40 Day Personal Kriya: Basic Spinal Energy Series Oct. 6th-Nov 14th
- Attend 2-3 Kundalini Yoga Classes and have them signed off by teacher

### **Weekend 2 NOV 3-4**

#### **Breath, Sadhana, Humanology, a Yogic Lifestyle**

- Chapters 8, 12, 19, 20 and Study Guide
- Master's Touch, pp. 59-66, Yogi Bhajan Video
- Student Presentations
- Attend 2 Kundalini Yoga Classes & Sign off
- Next 40 day Personal Kriya: Preparatory Exercises, Nov 15th- Dec24th
- Guest teacher: Siri Pritam Kaur (Sunday)
- Sign up for your Practicum
- Attend two Kundalini Yoga Classes and have them signed off by teacher

### **Weekend 3 DEC 8-9**

#### **Yogic and Functional Western Anatomy**

- Chapters 13, 14, 15, 16, and Study Guide
- Student Presentations
- Next 40 day Personal Kriya: Awakening to Your Ten Bodies, Dec 25th-Feb 2nd 2019
- Attend Aquarian Sadhana (4am-6:30am, wearing a head covering)

- Student led Practicums
- Attend two Kundalini Yoga Classes and have them signed off by teacher

### **Weekend 4 JAN 12-13**

#### **Relaxation and Work**

- Chapter 10 and Study Guide
- Student Presentations
- Participate in at least one Aquarian Sadhana
- 4 Student Practicums
- Attend two Kundalini Yoga Classes and have them signed off by teacher

### **Weekend 5 FEB 22-25 (Friday-Monday)**

#### **In Nevada City at Inner Path, 200 Commercial St.**

##### **Feb 22nd-23rd:**

- Kundalini Yoga, Sikh Dharma, the Golden Chain, The Awakening of Consciousness through Sound and Mantra.
- Chapters 5, 6, 7 and Study Guide
- Attend Aquarian Sadhana at LEAST one morning
- Guest Teacher: Prabhu Nam Kaur
- Attend 3 Kundalini Yoga Classes and have them signed off by teacher

##### **Feb 24th-25th:**

- Kriya in Kundalini Yoga and Divine Alignment
- Chapters 9, 27, 28 and Study Guide

- Highly recommended reading: *Divine Alignment, The Heart Rules, and Spirituality in Everyday Life*
- Next 40 day Personal Kriya: Wahe Guru Kriya, March 15th-April 23rd
- Guest Teachers: Guru Prem Singh and Simran Kaur

### **White Tantra Yoga, March 2nd in Oakland**

### **Weekend 6 MARCH 23-24**

#### **Mind & Meditation, Yogic Philosophy, Yogic Diet**

- Chapters 11, 17, 18, 21 and Study Guide
- Guest Teachers: Dr. Krishna Kaur and Hari Darshan Singh
- Masters Touch, pp. 49-57 and Yogi Bhajan Video
- Attend 3 Kundalini Yoga Classes and have them signed off by teacher
- Attend Aquarian Sadhanas
- Submit and present 5 & 10 week curriculums

### **Weekend 7 APRIL 26-29 (Friday-Monday)**

#### **The Role of a Kundalini Yoga Teacher**

- Chapters 22-26 and Study Guide
- Student Presentations
- Your miniclass with discussion
- Student Practicums
- Attend 3 Kundalini Yoga Classes and have them signed off by teacher
- Sign and submit code of Professional Standards

### **Weekend 8 MAY 25-26**

#### **Final Exam & Reflection on Your Path Forward**

- Saturday AM Final Exam Review
- Saturday PM Exam 1-4pm
- Sunday AM go over your final exam

- PM Practicum if necessary
- Complete your 20 Kundalini Yoga Class Requirement

### **Weekend 9 JUNE 1-2**

#### **Summing up and Celebration!**

Saturday: AM Complete packets to send to KRI

- PM Kundalini Yoga!
- Chanting!
- Practicum if necessary

Sunday: 8am-10am dyads, partner yoga, chanting

- 10am drive to Sierra 2
- 10:15-11am Prepare the Graduation Space
- 11am-1pm Graduation with Potluck
- 1-2pm Cleanup