



KRI Level 1 Teacher Training 2019-2020 Program Dates

Sacramento (Sat. - Sun.)	Nevada City (Tue. - Wed.)
Sept. 21 & 22	Sept. 24 & 25
Oct. 12 & 13	Oct. 15 & 16
Nov. 15-18 in Nevada City*	
Dec. 7 & 8	Dec. 10 & 11
Jan. 18 & 19	Jan. 14 & 15
Feb. 22 & 23	Feb. 18 & 19
Mar. 20 -23 in Sacramento*	
Apr. 25 & 26	Apr. 28 & 29
May 16 & 17	May 19 & 20
June 7 Graduation in Nevada City*	
*Sacramento and Nevada City groups combined.	

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?

Become a Teacher and Serve Your World.

Meet Our Teacher Trainers

All of our professional, world class, Kundalini Yoga Teacher Trainers are highly experienced and skillful at sharing the extraordinary teachings of Yogi Bhajan, a once in a lifetime master whose wisdom, grace and humor will permeate this Teacher Training. All have been personally taught and mentored by Yogi Bhajan, and can mentor you toward achieving your highest potential as a yogi and as a prosperous, happy, healthy human being. All our trainers are active both in the international kundalini yoga community (3HO) and in their own local yoga communities.



Dr. Siri Gian Singh Khalsa is the lead trainer for this Teacher Training. He loves Kundalini yoga, which he has practiced every morning for 43 years and has taught throughout the world in three different languages.



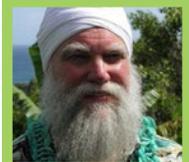
Awtar Kaur Khalsa, Director of the San Francisco Ashram, is wise, grounded, compassionate, and very funny.



Guru Prem Singh Khalsa was named 'Posture Master' by Yogi Bhajan and for the last 30 years has been practicing and teaching Kundalini Yoga all over the world.



In addition to being a gifted recording artist, **Simran Kaur** teaches postures and alignment nationally and internationally, bringing joy, ease and a smile to the yogic discipline.



Dr. Hari Simran Singh Khalsa AKA "Dr. Yogi" is a generous, vibrant spirit who brings to life both yogic and Western anatomy and physiology.



Dr. Krishna Kaur Khalsa has practiced Kundalini Yoga and Meditation for over 30 years. Dr. Krishna has taught Kundalini Yoga to hundreds of students in a variety of venues.



Prabhu Nam Kaur Khalsa will share her mastery of the sound current through the science of Naad Yoga. You'll learn to chant the sacred mantras of the ancients and to exalt your spirit by aligning your consciousness with the Infinite.

The Aquarian Teacher™

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



KRI Level One
Sacramento
and
Nevada City, CA

*"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 twelve 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.

- Pranayam: Awakening the Breath
- Developing a Meditative Mind
- Teaching postures, Kriyas and Meditation
- Divine Alignment: Asana and the Human Form
- The Magic of Sound and Chanting
- Sadhana: Establishing a Daily Practice of Yoga and Meditation
- Yogic and Western Anatomy
- Yogic Nutrition and Cuisine
- History and Philosophy of Kundalini Yoga as taught by Yogi Bhajan®
- Business Mastery of a Yoga Teacher
- The Master’s Touch: Video Courses with Yogi Bhajan
- Living as a Yogi
- Practicum: Teaching from Day One



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.

Registration

Tuition: \$3000 (if paid in full by 7/20/19) or \$3500 later or with payment plan

Student, senior, and auditor discounts are available.

Course includes:

- Outstanding Instructors
- 470 page Aquarian Teacher Manual set
- Master’s Touch book
- One year membership in IKYTA (International Kundalini Yoga Teachers Association).

Please note: completion of 20 Kundalini Yoga classes and one day of White tantric Yoga at the student’s expense are required.

For Registration, Payment Plan, or Further Information

Dr. Siri Gian Khalsa sirigiankhalsa@gmail.com
(707) 357-5644 www.ReichianInstitute.org

Or send check to:

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Kundalini Research Institute

Home of The Yogi Bhajan Library of Teachings

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