



Karam Kriya School

AquarianTeacher Training

Powered by Cherdi Kala Yoga International



Kundalini Yoga Teacher Training Level 1 Ibiza, Spain 2024



April Ibiza
June South-Germany
November Ibiza





INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1 (KRI)

A three week program to become a worldwide recognised Kundalini Yoga Teacher

Start of the Training is 22 April 2024.

KRI Level I International Program in Kundalini Yoga as taught by Yogi Bhajan

Lead Trainer: Bachitar Kaur - yogafamily.one/cherdi-kala-international/



These teachings of Raaj Yoga for spiritual awakening and blossoming are offering themselves to everybody. The choice to tap into their nectar remains yours.

“Yoga is not about exercise, it is about self-acceptance.”





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About this Course

This international three weeks Kundalini Yoga Teacher Training is KRI certified and qualifies you to teach Kundalini Yoga in a worldwide acknowledged standard of excellence. An international trainer team from Germany, The Netherlands/Germany, France, Spain/Italy is awaiting you to share the wisdom and techniques of these timeless and relevant teachings with you.

Develop the skills, confidence and consciousness required to teach Kundalini Yoga as taught by Yogi Bhajan. Gain a deeper understanding of the fundamental nature and technologies of Kundalini Yoga. Unfold a lifestyle of consciousness. Experience a sense of community locally, regional, online and worldwide.

This training consists of three singular teaching weeks of 18 days in a beautiful and community-minded location on Ibiza and South Germany and one 2-day module online. It provides a balanced experience of practical hands-on learning and theoretical information.

This 20 day course will qualify you to teach Kundalini Yoga as taught by Yogi Bhajan. This means it also supplies you with a wealth of tools for mental clarity physical resilience and emotional stability as well as to counter high stress levels, insomnia, anxiety, burn-out and other rising health conditions of our modern way of life.





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*"Meditation is not what you think.
It is what you do with total dedication."*

The Kundalini Research Institute (KRI) is a non-profit corporation established in 1972 which certifies the Level 1, 2 & 3 Aquarian Teacher programs <https://kundaliniresearchinstitute.org>.

The International Kundalini Yoga Teachers Association (IKYTA) was established in 1994 to spread these transformational teachings through the united efforts of Kundalini Yoga teachers worldwide. <https://www.ikyta.org>

KRI, IKYTA and 3HO are organisations initially founded by Yogi BhaJan who passed away in 2004 and are now carried forward by teachers and trainers who continue to develop, serve and spread the integrity of the teachings in alignment with the consciousness of the Aquarian Age. The program is open to students who are ready to become teachers and to those who wish to just immerse themselves in the spiritual and yogic science of Kundalini Yoga.

Kundalini Yoga is a Raj Yoga that is rooted in ancient yogic science, philosophy and spiritual texts. In 1969, Yogi BhaJan brought Kundalini Yoga more widely to the West in the form of a householder's dharma to be transmitted through experience - practical, inclusive, efficient, transformational and relevant for the times - and for others to carry these teachings forward into the Aquarian Age for the upliftment of humanity.



Yogi BhaJan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated mission: "I have come to create Teachers, not to gather disciples." Since then he has travelled 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 3HO and the Kundalini Research Institute (KRI), Yogi BhaJan trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association, (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

Sixteen years after Yogi BhaJan's death in 2004, allegations of sexual misconduct were brought forward by some of his former students. An independent investigation in 2020, sponsored by the organization he founded, concluded that it is more likely than not that Yogi BhaJan engaged in sexual misconduct and abuses of power. This disclosure brought with it great transformational potential for our sense of community and the structures that were built to carry the teachings into the Aquarian Age. It also necessitates that KRI and its teachers and trainers focus on the valuable yogic teachings more than the man who shared them. KRI and all trainers of this training remain committed to upholding the dignity of all humans and the highest ethics of this path of consciousness.





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Course Goals

- Understand the fundamental nature, technologies and concepts of Kundalini Yoga.
- Have a transformational experience through the practice of these teachings.
- Develop the skills, confidence and consciousness required to teach Kundalini Yoga.
- Develop a lifestyle of consciousness.
- Experience a sense of community with other participants, local and regional teachers and 3HO worldwide.
- Develop a link to the Golden Chain through the teachings of Yogi Bhajan. and through Guru Ram Das, sitting on the throne of Raaj Yoga
- Acquire a wealth of tools to support others in times of challenges and uncertainty.
- Develop and deepen your ability to be a teacher in this Aquarian Age. To bring something to this world only you can bring.

"The kundalini experience does not mean you have gone into a deep breathless trance and are beyond this world. It integrates you more fully with reality and gives you a broader vision and sensitivity so that you can act more efficiently."

- Yogi Bhajan, Kundalini Yoga:
The flow of Eternal Power





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Course Fees

TRAINING:

- The cost of the full course is 1.543,- Euro (for tuition, administration & general services, examination fee) if registered before 14. February 2024 and 1.693,00 Euro thereafter.

ACCOMMODATION & FOOD:

- Accommodation and full board vegetarian/vegan food is 1.907,00 Euro for the entire training
- NOTE: There are a limited number of beds at the venue and these can be reserved on a first-come, first-serve basis. For those registrations that come after these rooms are reserved, you will be accommodated nearby.
- For students who do not need accommodation on Ibiza the fee is 1407,00 Euro for accommodation in week 2 and food for the entire training.

Deposit/Registration fee: A non-returnable deposit of 750,00 Euro is required with your application to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

If you register after February 14th you don't make use of the early bird discount and your registration fee is 850 Euro.

Payment:

Students must then pay the second instalment of the course fee of 793 Euro latest by July 1st 2024.

Accommodation & Food in three instalments of 635,67 Euro each latest on April 1st, June 1st and October 21st

Alternatively, you can pay the whole course at once when making the deposit.

Single Rooms

The above price is based on shared accommodation. Tierra Iris on Ibiza, where the training takes place for week 1 and week 3, also offers a few single rooms for those who prefer non-shared accommodation.

Additional fee for a single room per night varies between 20-30 €. Get in touch with us for the possibilities. These rooms will be given out on a first come first serve basis.

Cancellation Policy: After registration you have 14 days to re-consider and cancel while receiving a refund of the registration fee if your cancellation is sent in in writing (email) before April 5. Cancellation after 14 days or after April 5 means the registration fee is non-refundable and the remaining course fee is payable as agreed with your registration.

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Cherdi Kala reserves the right to refuse entry to any students on grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.





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Conditions for Completion of the course

STUDENTS MUST FULFIL THE FOLLOWING CRITERIA TO COMPLETE THE COURSE AND RECEIVE CERTIFICATION FOR KUNDALINI YOGA LEVEL 1 INSTRUCTOR (KRI):

Fee: Full payment of all fees.

Attendance: Students must attend all training modules which comes to an equivalent of 20 days that will be taught during 2024. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programs organised by Cherdi Kala Yoga or any other organiser of the International Karam Kriya School. Note: maximum length of training is 2 years from the starting date

White Tantra or an equivalent meditation day: In addition to the hours described below the student is required to attend (or have previously attended) at least one day of White Tantra Yoga or a meditation day in the tradition of Kundalini Yoga as taught by Yogi Bhajan. This meditation day must be taught by a KRI certified Level 1 Teacher.

Hours: The course will be at least 180 classroom, hours and additional time for exam, written course work and one day Meditation or White Tantra

- 180hrs classroom instruction and practice (online) [equivalent of 20 days] required for KRI Level 1 certificate
- 40 day meditation and yoga practice. [i.e. 31 mins a day — in student's own time]
- 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- Attendance at minimum of 12 sadhanas/morning meditations [on the training days]
- Included in this time will be the viewing of at least two video classes by Yogi Bhajan, which is not mandatory but highly recommendable.
- Reading:
 - essential reading: The Course Manual and not mandatory but highly recommended two chapters from "[The Master's Touch](#)" by Yogi Bhajan.
 - Recommended reading: [Pantajalis Sutras](#) and other Kundalini Yoga (KRI) Manuals.
- Additional classes: students are required to attend a minimum of 20 Kundalini Yoga classes either during or after the training. These must be taught by an KRI certified instructor.





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Evaluation Of The Student: **The final evaluation of the student for completion of the course will be based on completion of the above criteria as well as the Tutors' general evaluation of:**

- The student's involvement with the course [including leading yoga sessions on the course]
- Their general grasp of the practical material
- Commitment to the 3HO Code of Professional Standards for Kundalini Yoga Teachers
- Satisfactory completion of exam and course work [see below]

Where appropriate the evaluation will include an interview between the student and two tutors.

Exam and Course work:

- Maintain a journal of experience and progress, [in particular — recording the experience of 40 day practice]
- Pass a satisfactory grade in the written exam [take-home].
- Design two separate course curricula. One for Beginners and one for a specific topic (e.g. Pregnancy Yoga, Yoga for elderly etc.)

On completion: The student will obtain the KRI level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan. This course is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of any national Kundalini Yoga association and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits.

Naturally you can choose in this training whether you wish to become certified as a Kundalini Yoga Teacher or whether you prefer to attend the training for personal development without the goal of becoming a teacher - this is your choice entirely.

Either way we do encourage you to go out and share these teachings and your knowledge with the world in some form. Whether you feel a certificate is needed for this or not, is your choice to make.

The Aquarian Age is upon us. Time for self-initiation and self-qualification. At the same time, institutions change slowly and we acknowledge there may sometimes still be a need to have a paper stating your qualifications.

Complaints: Please check <https://www.yogafamily.one/complaints/> for a detailed complaints procedure.

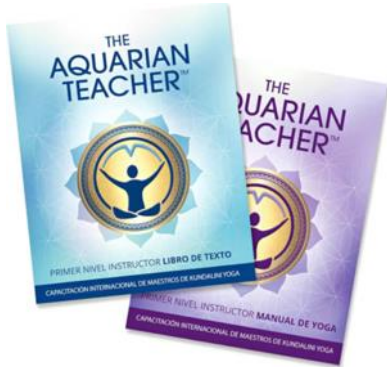




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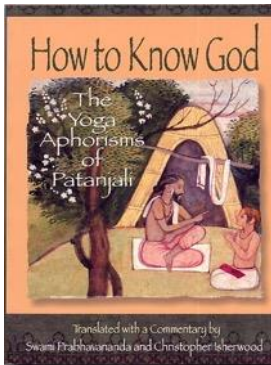
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Course Manual

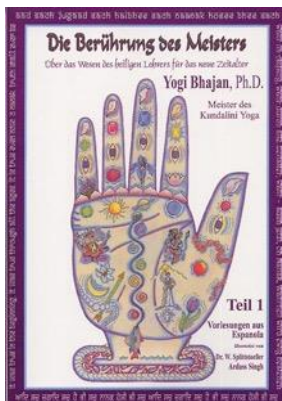


The training manual "The Aquarian Teacher" can be purchased in your preferred language as hard-copy or as e-book at www.satnam.eu

Recommended Books



The yoga sutras of Patanjali (How to Know God).
For Europe available at www.satnam.eu



The Masters Touch

This book is for every student of Truth. Whatever path you have chosen, it will give you an understanding of the true meaning of mastery. This is a superb collection of teachings from Yogi Bhajans Masters Touch courses. Pointed and inspiring teachings of and for the Age of Aquarius.

<https://www.satnam.de/en/the-masters-touch-yogi-bhajan.html>





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“Yoga is not a work-out, it is a work-in. And this is the point of spiritual practice; to make us teachable, to open up our hearts and focus our awareness so that we can know what we already know and be who we already are.”



Meet the Trainer-Team



LEAD TRAINER Bachitar Kaur (Germany) is Teacher Trainer in Kundalini Yoga and Karam Kriya Consultancy (number awareness). Her passion for a more humane world is reflected in her enthusiasm with which she teaches. Being a strong advocate for female solidarity and community building, she is specialized in Teachings for Women and Conscious Parenting. Bachitar is co-founder of Cherdi Kala Yoga International, initiator of Yogaschule Golden Temple, founder of Yogahouse Prasaad and has co-developed the Divine Woman Program. She has been living and teaching Kundalini Yoga in different countries to students with a broad variety of social and cultural backgrounds and special requirements. Together with Hari Krishan Singh and

their two sons she lives in South-Germany at Yogahouse Prasaad – a retreat place for conscious living in nature. She teaches throughout Europe, Asia and Australia.





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LEAD TRAINER Hari Krishan Singh, Dutch but resident in Germany, is co-founder of Cherdi Kala International Kundalini Yoga and Karam Kriya School along with his wife Bachitar Kaur. He travels and teaches internationally as a Lead Level 1 & 2 and 21 Stages of Meditation Kundalini Yoga Teacher Trainer and is a Karam Kriya Consultant, Karam Kriya Yoga Coach and Trainer. He is responsible for establishing many training programs around the world, often in cooperation with the Karam Kriya School and Shiv Charan Singh. With profound understanding and insight into the Teachings and an abundant sense of humor, Hari Krishan's infectious presence naturally puts people at ease. He brings the Teachings across in a way that is both light and deep and facilitates deep processes of change and personal growth. He lives with his family in South-Germany in Yogahouse Prasaad, their retreat center near Lake Constance.



MENTEE AND LOCAL ORGANISER Tera Seema Kaur (Italy/Spain) is a yoga practitioner since more than 20 years when she approached yoga before through Ashtanga, Hatha and Iyengar. She is co-founder of Kundalini Amore and trained in psychotherapy bodywork (3 years training). She is actually studying under the guidance of Shiv Charan Singh for the completion of the L2 modules of Kundalini Yoga (KRI certified) and the Karam Kriya consultancy training.

She lives on Ibiza since 23 years, where she teaches and holds Kundalini Yoga retreats as a way to offer and spread the teachings to people that come from all over the world to Ibiza. She is co-organiser of this upcoming Level 1 and starting her internship as a "mentee". She is feeling grateful and honoured for the opportunity to witness and support a new group into the process of becoming themselves.



PROFESSIONAL TRAINER Ravijit Kaur (Italy) is a student, and Kundalini Yoga and Karam Kriya Trainer. She has studied with Shiv Charan Singh since 2008 and it is above all thanks to him that she rediscovered the path and the poetry of Sikh Dharma. Deeply transformed by Guru Nanak's Japji, she translated the original text into Italian. She studied cultural anthropology in Bologna, where she obtained a first degree with a thesis in classical world religions and a second degree with a research on the contemporary transmission of oriental philosophies.

In 2016, with her partner Luca she founded Nabhi – Centro della Terra, a beautiful place in the Italian Appennines dedicated to the practice, the study and the promotion of disciplines of awareness and art, with the aim of offering a space of conscious life style and dialogue between nature, human and spirit.





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Schedule and Times

The course is structured into three single and presential weeks of 6 days and one online weekend

Week 1 – Ibiza April 22 arrival from 4pm to April 29 departure 10am after breakfast (or in the evening of 28th)

Week 2 – Germany June 25 arrival from 4pm to July 3 departure 10 am after breakfast (or in the evening of 2nd)

Online September (exact date to be confirmed)

Week 3 – Ibiza November 11 arrival from 4pm to November 18 departure 10am after breakfast (or in the evening of 17th)

The overall teaching schedule for a training day is

Sadhana 05:30-08:00

Break/Breakfast 08:00-09:30

Morning Class 09:30-13:00 with smaller breaks in between

Break/Lunch 13:00-15:00

Afternoon Class 15:00-16:30

Tea Break 16:30-16:45

Practicum 16:45-18:30 (depending on group size)

End of day/Dinner 18:30

On some evenings there will be evening sessions from 20:00-21:30, but not on all evenings.

Please note: This is a general schedule. Minor adjustments will be made where needed.





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Course Themes and Dates

WEEK 1

Teaching Days 23. – 28. April 2024 Tierra Iris on IBIZA

Module 1: Yoga Origins, Types, Lineage and Becoming a Teacher

What is Yoga: it's origins and history up to present. baba sri chand, guru ramdas, [shakti/Bhakti].

Types of Yoga: traditional and modern. Kundalini Yoga as the mother of all yogas, householders dharma.

Golden chain. Adi mantra & basic class structure

Code of ethics – Professional Code & 16 Facets of the Teacher. 7 steps to happiness.

Module 2: Shabd, Mantra & Sadhana

Quantum Shabd Guru:

The 4 yugas, kali Yug and Naam as the supreme yoga of Kali Yug.

The nature of the age we live in. [the grey transition between Piscean and Aquarian era.

The changes and challenges of the times, and what is needed.

Sensory human: The body as a communication system;

Mantra: the meanings, effect, and how to chant the mantras of Kundalini Yoga.

Sadhana: The importance and value of daily discipline of exercise and meditation.

Building your sadhana slowly and steadily

Module 3: Breathing & Living

Pranayama: Body – breath – brain - consciousness

What, how, why of the breath. Its nature, importance, variations & effects.

Yogic Lifestyle: Guidelines, wisdom and tips for all aspects of life.

How to awake, hydrotherapy, diet, times of day, getting the best sleep.

Addiction and how yoga helps. Cautions and pitfalls. Power/money/sex.

WEEK 2

Teaching Days 26. June – 2. July 2024 Yogahouse Prasaad in SOUTH GERMANY

Module 4: The Technology of the Times; Posture

Asana: Kriyas and asanas, Angles, triangles, rhythm. The effects/benefits/cautions

Module 5: Meditation

The techniques, types, effects over time, stages.

Patanjali: Pratyahar, Darana, Dhyana, Samadh.

The 3 minds; training the mind.

Module 6: Humanology

We are Spirits here for the Human Experience.

The possible Hu-man Be-ing, soul's choice, soul's journey, birth, 120 days, the mother.

Being fe/male, growing up, Moon Points, Lifecycles. Meditations for Wo/men.

Relationships –the highest yoga. Venus Kriyas. Tips for Communication.





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Module 7

September 2024 (exact date to be confirmed) online

The map - Yogic and western anatomy.

Western anatomy: body systems and specific organs. How yoga and diet help

The yoga process; concept of energetics rejuvenation /balance/ elimination [G.O.D.]

Yogic anatomy of Gunas, Tattwas, Chakras, Nadis, Vayus, prana and apana.

The path of the Kundalini and the 3 locks/bhandas.

WEEK 3

Teaching Days 12. – 17. November 2024 Tierra Iris on IBIZA

Module 8: Roles and Responsibilities

In and out of the class setting.

The Art of being a student; 5 steps to wisdom, the 4 errors, 2 laws - keep up and deliver.

The nature and art of a teacher - Teacher's Oath. 16 Facets.

Teaching in different spaces, different levels, and different groups.

Before, during and after the class.

Message, market & media. Preparing yourself, preparing the class,

Managing the time, the space, the ambience & the people.

The relation between Kundalini Yoga and Sikh dharma.

Module 9: Yogic Philosophy, Death & Dying

Philosophy: Key terms and concepts in Yogic Philosophy. Sutras of Patanjali. Concentration.

The cycle of manifestation & the ladder of subtly.

Death & Dying: What happens when we die and after we die. The stages, the issues, the opportunity, and the technology. Dead/Liberated while Alive.

Module 10: Completion & Continuity

Ten Spiritual Bodies;

Applied Science of Spiritual Numerology [Karam Kriya].

Relaxation — its importance, different techniques.

Resources for the teacher.[Including Community and continuity.]

Answer & questions. Preparation for exam.

Practicums:

Personal check in. Improving teaching skills.

Viewing and experiencing Yogi Bhajan through videos (optional).

exploring teaching seminars for teachers – Book: The Master's Touch (optional)

Please note: Trading or promotion of goods or services, by trainees, during the training units is not permitted without prior consent from the School directors.





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“Teaching is not a part-time job. Teaching is a constant process of giving and sharing.”

Location, Accommodation, Food

The week in April and November will take place at Tierra Iris on Ibiza Sa Bassa Roja, 07816, Balearic Islands, Spain https://maps.app.goo.gl/8RCZUVoR8Lk2GLTe9?g_st=iw
<https://tierrairis.com/#our-biza-farm>,
<https://instagram.com/tierrairis?igshid=MWZjMTM2ODFkZg==>

The week in June will take place at Yogahouse Prasaad in South-Germany
Yogahouse Prasaad | Almenstrasse 11 | 78234 Engen-Anselfingen | Germany |
www.prasaad.de



Arrival for each week is the day before and departure on the evening of the last day (from 18:00 onwards) or in the morning the next day. You can find the exact dates and times on page 12 in the “Schedule & Times” Section

Vegetarian/Vegan Breakfast, Lunch and Dinner are included. Accommodation is in shared rooms ashram style, double rooms, single rooms and in tents.

Please direct any enquiries to: Tera Seema Kaur at teraseema@gmail.com





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Important note

Please take into consideration that three weeks and on weekend format is an intensive training format, which mostly is spread out over eight to ten weekends in person teaching and a residential week. During the week sessions you will be receiving a lot of information, material, exercises and philosophy to digest in between the sessions. Allow yourself some time to integrate your experiences after each training unit.

A part of the training is also to do seva (selfless service, or Karma Yoga) during the residential weeks, which might consist of helping prepare or cook food, cleaning up and perhaps some light cleaning at the accommodation.

There won't be an evening program every evening, so there is time to yourself and rest when needed.

You are required to attend at least 12 sadhanas (but encouraged to join all of them ;-).





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A few impressions for you

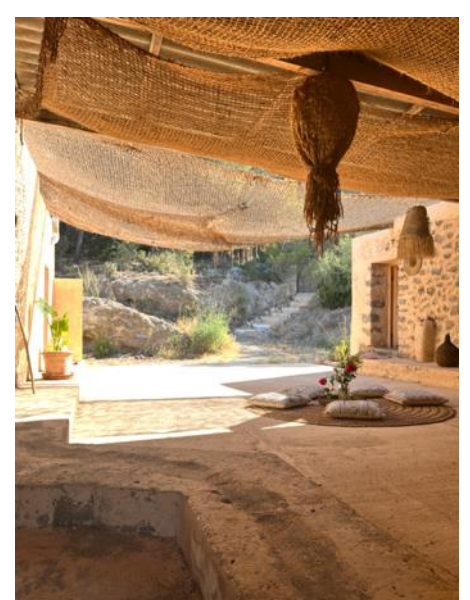




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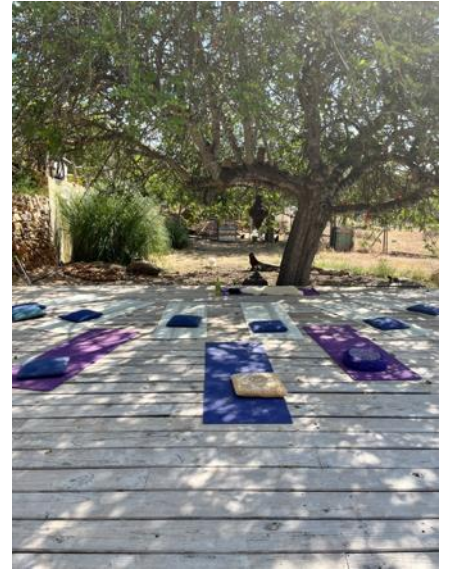
"In Kundalini Yoga the most important thing is your experience. It goes right to your heart. No words can replace your experience. Your mind may accept the words or it may not, but your consciousness will not accept just words."





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Registration and Training Contract

You wish to register for this transformational journey? Follow our [registration link](https://forms.gle/4wZCBKfyKD6EiYZb9):

<https://forms.gle/4wZCBKfyKD6EiYZb9>.

We are looking forward to having you join us

Questions?

For further questions please contact Tera Seema Kaur teraseema@gmail.com. Thank you

"The purpose of life is to watch and experience living.

To enjoy living every moment of it.

And to live in environments which are calm, quiet, slow, sophisticated, elegant. Just to be.

Whether you are naked or you have a golden robe on you, that doesn't make any difference. The ideal purpose of your life is that you are grateful—great and full—that you are alive, and you enjoy it."

