



CHERDI KALA YOGA FAMILY

School of Kundalini Yoga & Karam Kriya

Kundalini Yoga: - Teacher Training Level 1 & 2, 21 Stages of Meditation

Karam Kriya: - Karam Kriya Consultancy & Applied Numerology (KKCT)

Turnhoutlaan 9 – 5628 RJ – Eindhoven - The Netherlands | +316 4143 0887 |

welcome@yogafamily.one | www.yogafamily.one

General Terms and Conditions – Cherdi Kala Level 1 Trainings

1. Registration

1.1 Registration

Students register by completing the online registration form. The agreement between the student and Cherdi Kala (CK) consists of the registration form, the study guide, and the study conditions (signed agreement to fulfill certification requirements). By registering, the student agrees to these terms.

1.2 Deposit

Registration is only valid after the registration fee has been paid via bank transfer or the online payment options on the website.

1.3 Introductory Interview

After receiving the registration, CK will contact the student for an introductory interview. During the interview, students may ask questions about the training. The interview helps the program understand the student's background and motivation, enabling better alignment. It can be held in person, via video call, or by phone.

1.4 Welcome

Before the first training weekend, the student receives a welcome packet with details for preparation:

- Welcome message from the organization
- Information about the venue (or Zoom links), directions, required items, and practical details
- Contact list with names and relevant contact details

1.5 Cooling-off Period

After registration, there is a 14-day cooling-off period during which the student may cancel and receive a refund. Cancellations after 14 days are non-refundable. If cancelled within 4 weeks of the start date, the full course fee is due. In special circumstances, please contact us.



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2. Payment

2.1 Transfer

Payments should be made by bank transfer with the invoice number, your name, and (if applicable) the payment installment. Registration fees may also be paid via PayPal, Credit Card, or iDEAL through the website.

2.2 Payment Options

Students can choose from different payment options:

Early Payment Discount

If full payment is received before the discount deadline, the student receives a significant discount. Payment must be made by that date, and no later than 10 days before the first training weekend.

Installment Payment

Both the registration fee and first installment must be paid no later than 10 days before the first training weekend.

2.3 Invoice

The student will receive one or two invoices for the full course amount.

2.4 Refunds

Any refund due will be processed within 7 working days after confirmation.

2.5 Administrative Questions

For administrative matters, students can contact the designated student contact person or the course coordinator during the training. See the contact list at the bottom. Responses within 5 working days.

3. Study Materials

3.1 Student Handbook

Included in the course price (in 2 parts). It will be given at the first training weekend or can be picked up/shipped after the registration fee and first installment are paid.

3.2 Recommended Study Materials

- *The Master's Touch* – Yogi Bhajan
- *How to Know God* – Patanjali's Sutras
- *Japji / Nitnem Banis*



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Materials can be ordered via www.satnam.eu.

3.3 Copyright

All study materials are protected by copyright and may not be copied or reproduced without the author's permission.

4. Examination and Certification

4.1 Certificate

Upon successful completion, the student receives the “International Level 1 Instructor” certificate according to KRI – Kundalini Research Institute standards. This course is internationally recognized by KRI and Yoga Alliance and qualifies graduates for registration with Kundalini Yoga Netherlands (KYN) and the International Kundalini Yoga Teachers Association (IKYTA).

4.2 Requirements

To complete the training and receive the certificate, students must fulfill:

- Fees: Full payment of all fees.
- Attendance: Attendance at all weekends and the retreat week. In case of exceptional circumstances, alternatives may be arranged, such as attending a future training weekend. The course must be completed within 2 years from the start date.
- White Tantric or Meditation Day: Participation in at least one White Tantric Yoga day is required. See: www.whitetantricyoga.com
- Training Hours: Minimum 200 hours total:
 - 180 hours classroom instruction and practice
 - 40-day meditation/yoga practice (15–31 mins/day)
 - 12 hours of reading
 - 5 early morning sadhanas (approx. 12.5 hours)
 - Watch at least two Yogi Bhajan video lectures
 - Read *The Aquarian Teacher* by Yogi Bhajan and two chapters from *The Master's Touch*
 - Recommended: Patanjali's Sutras
- Additional Classes: Attend at least 20 Kundalini Yoga classes taught by a KRI-certified teacher
- Exams and Coursework:
 - Written theory exam (open + multiple choice)
 - Written practical exam: design two course outlines



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4.3 Student Evaluation

The final evaluation includes:

- Active engagement (including leading a yoga session)
- Understanding of material
- Adherence to the 3HO *Code of Professional Standards*
- Satisfactory performance on exams and coursework
- Oral evaluation by trainers

4.4 Teacher Evaluation

Students are asked to complete confidential evaluations for each trainer, which are submitted to KRI headquarters.

4.5 Retake

Students who fail may retake exams. Practical exams can be resubmitted and instructors consulted. This guarantee does not apply if the student leaves the program early.

4.6 Questions and Support

Students are entitled to free academic support. Questions can be asked anytime during training days.

4.7 KRI Oversight

Exams are archived and may be reviewed by KRI. Students may appeal results to KRI, whose decision is final.

5. Disclaimer

5.1 Care and Medical Advice

We encourage enthusiastic yoga practice but advise caution. If students have health concerns, they should consult a doctor. Instructions are not substitutes for professional medical or psychological care. Limitations apply for pregnant or menstruating students; information is in the course materials or can be discussed with a teacher.

5.2 Liability Waiver

By registering, the student accepts full responsibility and waives all liability for injuries or damages arising directly or indirectly from the training. CK, its teachers, and staff are not responsible for personal or property damage.



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6. Cancellation and Termination

6.1 Deposit

Registration fees are non-refundable after the 14-day cooling-off period.

6.2 Absence

If a student is temporarily unable to attend, training and payment obligations continue. Absences must be reported by email at least 10 days in advance. Missed weekends may be made up in a future course (accommodation/meals cost only). No tuition refunds for missed weekends.

6.3 Special Cases

In exceptional situations, such as personal incapacity, a fair solution will be discussed.

6.4 Termination of Agreement

Mutual rights and obligations end when the agreement is terminated and tuition has been paid.

7. Late Payment

If payment is more than 8 days overdue, the student will be notified and may incur a €50 admin fee. If two or more installments are missed, CK may suspend participation. Outstanding fees may be raised by 10% (min. €35) if collected via a debt agency. After payment, training may resume by agreement.

8. Information Accuracy

CK takes care to avoid errors in brochures, ads, and courses, but accepts no liability for mistakes. All materials produced by CK are copyright-protected and may not be copied or used for other purposes.

9. Rescheduling

CK reserves the right to change training dates. If enrollment is too low, CK may cancel the training and refund all fees. Students will be informed in good time.



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10. Privacy Policy

Your personal data will be stored in our student database. We use this to send relevant updates and offers. If you object, please let us know in writing. See our [privacy policy](#) for details.

11. Complaints and Disputes

[Complaints Protocol](#)

12. Feedback and Suggestions

CK encourages students to give feedback and offer suggestions. Input is used to improve the training program and tailor it to student needs—starting from the initial interview.

13. Contact List

Hari Krishan Singh – Dutch / English / German
Co-director and student support – Cherdi Kala
✉ harikrishan@cherdikala.eu

Bachitar Kaur – German / English
Co-director – Cherdi Kala
✉ bachitar@cherdikala.eu

CK aims to respond to emails and inquiries within 5 working days.



KRI Certified | www.kriteachings.org



Associate of the International Karam Kriya School | www.karamkriya.com



Member of the International Kundalini Yoga Teacher's Association
IKYTA | www.ikyta.org

Cherdi Kala is registered in the Netherlands: Chamber of Commerce # 57426015

Registered School for short professional education CRKBO | www.crkbo.nl | #663712