



*Immerse Your Self within the Self  
Experience Your Infinity  
Deepen Your Practice  
Become a Kundalini Teacher*

### **Level 1: Kundalini Yoga Aquarian Teacher Training FAQ 2016-2017**

How do we decide to change our lives? What is it that calls us to this experience? Where does that longing to be authentic, to experience the Self come from? It is the call of soul and the answer can be found here—within you.

Within you is a seed—the call of the soul—answer it. Deliver yourself to your highest destiny—become a Teacher—and serve the Aquarian Age with consciousness, love and grace. Apply your character and your commitment to the cultivation of peace and harmony all around the globe.

Are you interested in teaching Kundalini Yoga as taught by Yogi Bhajan® or learning more about this sacred technology? It is a beautiful practice that will surely enrich your life and develop fitness of mind, body and spirit.

Your journey begins here...take this first step at Yoga West with the Kundalini Research Institute's Aquarian Teacher Training. This dynamic program, beginning with Level 1 Certification is the most unique and experiential yoga certification program available.

This program is open to everyone wanting to understand and gain awareness about Kundalini Yoga and themselves. Anyone can attend this course for non-certification credit. Those students desiring Level 1 credit for the course must complete all of the requirements.

*"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*

## **What is the Level 1 Aquarian teacher Training Program?**

Offered yearly at Yoga West LA, Level 1 Teacher Training is an interactive course in the theory, practice, and basic skills of a Kundalini Yoga instructor.

Level 1 “Foundations” introduces the student to the principles and practices of the self-sensory human, and explores how Kundalini Yoga and yogic lifestyle can harmonize and uplift the human experience and awaken your true potential.

The Level One KRI Aquarian Teacher Training Program consists of a 220-hour program (180 hours in class, 40 home practice) with a comprehensive course textbook called “The Aquarian Teacher” and a companion text called “The Master’s Touch”.

Graduates of Level One earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bajan® and fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 200-hour requirement.

## **What does KRI certification mean?**

KRI (Kundalini Research Institute) is the official international training organization that promotes the teachings of Yogi Bajan and oversees teacher training programs in 52 countries, graduating over 3,000 new Kundalini Yoga teachers annually.

Graduates of Level One earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bajan®, are registered with the International Kundalini Yoga Teachers Association (IKYTA) and fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 200-hour requirement. The primary regulatory body for Kundalini Yoga teachers is IKYTA, not Yoga Alliance.

## What will I Learn?

There are six principle components in a Level One program:

**Kriya and Meditation: The foundation of Kundalini Yoga as taught by Yogi Bhajan®** The theory and practice of Kundalini Yoga kriyas (yoga sets), asanas, and mudras. Explore the nature of the mind and its training through Kundalini Yoga meditations, mantras, and pranayam (breathing techniques).

**Humanology and Philosophy: The Lifestyle of a Kundalini Yoga Teacher** The history and tradition of Kundalini Yoga, as well as the underlying philosophy behind all yogic practices. The technologies of Kundalini Yoga as they apply to healing and Humanology (the science of daily living), including diet, nutrition, and relationships.

**Anatomy & Physiology: Essentials of Yogic and Functional Anatomy** Traditional Western anatomy, its purpose and function, including the respiratory, nervous, immune, musculoskeletal, circulatory, endocrine, and digestive systems and their relation to the practice and teaching of yoga. Also Yogic anatomy and the energy systems of the body including the chakras, nadis, pranas and vayus, and the ten yogic bodies.

**Consciousness of a Teacher: Virtues and Values of Living in the Golden Chain** The skills and techniques to become an effective instructor, including practical strategies for teaching beginners, ethical guidelines, curriculum development, and the transformational role of the teacher in developing a successful yoga practice.

**The Master's Touch: Cultivating a Connection to the Master** Connect with Yogi Bhajan through DVD classes and study.

**The Practicum: Teaching from Day One** Practical experience instructing a yoga class under the supervision of a KRI Yoga Teacher Trainer, receiving written evaluation and student feedback.

**Dates:** Nine weekends at Yoga West LA, plus home study.  
Attendance (at Yoga West or other location) of:  
5 Group Aquarian Sadhanas (early morning meditation),  
20 Yoga classes, (1) 2.5 hour Long Ek Ong Kar meditation,  
and 1 White Tantric Yoga Meditation. White Tantric Yoga in Los Angeles will be on November 5<sup>th</sup>, 2016 & April 1<sup>st</sup>, 2017.

Course Dates	Date	Day	Time
Month 1	October 21	Friday	6pm - 9pm
	October 22	Saturday	7am - 6:30pm
	October 23	Sunday	7am - 5pm
Month 2	November 19	Saturday	7am - 6:30pm
	November 20	Sunday	7am - 5pm
Month 3	December 9	Friday	6pm - 9pm
	December 10	Saturday	7am - 6:30pm
	December 11	Sunday	7am - 5pm
Month 4	January 7	Saturday	7am - 6:30pm
	January 8	Sunday	7am - 5pm
Month 5	February 4	Saturday	7am - 6:30pm
	February 5	Sunday	7am - 5pm
Month 6	March 4	Saturday	7am - 6:30pm
	March 5	Sunday	7am - 5pm
Month 7	March 25	Saturday	7am - 6:30pm
	March 26	Sunday	7am - 5pm
Month 8	April 29	Saturday	7am - 6:30pm
	April 30	Sunday	7am - 5pm
Month 9	May 20	Saturday	7am - 6:30pm
	May 21	Sunday	7am - 5pm

## Times:

Saturdays: (not including periodic 15 minute breaks)

7am – 12:30pm Class

12:30-1:30 Lunch

1:30-6:30 pm Class

On Saturdays lunch is either provided by Yoga West or by the students (in rotation, as part of the service requirement)

Sundays: (not including periodic 15 minute breaks)

7am – 12:30pm Class

11am – 12pm Lunch

1:30-5pm Class

On Sunday, Yoga West serves a delicious vegetarian meal to the class.

Orientation will be held on **Friday, October 21<sup>st</sup>**.

**Please arrive at 6pm and no later than 6:15pm** to allow time to complete your in-person registration and receive your course materials for the beginning of the course.

After day one, the doors will open at 6:30 am so that you may have time to settle in before the start of the day.

Additionally, all are welcome to join us for Aquarian Group Sadhana at 3:45 am each morning, and you may stay in the room afterwards until Yoga West officially opens at 6:30 am.

**Where:** Yoga West, 1535 S. Robertson Blvd., Los Angeles, CA 90035  
310.552.4647 • [www.yogawestla.com](http://www.yogawestla.com)

**Contact:** Adarsh Kaur, Director of Yoga West •  
[Adarsh.ywla@gmail.com](mailto:Adarsh.ywla@gmail.com), 310.552.4647  
Navneet Kaur, Course Administrator •  
[NavneetKaurChicago@gmail.com](mailto:NavneetKaurChicago@gmail.com), 310.913.7173

## Enrollment Cost includes:

- 180 hours of classroom training
- Required course text and materials
- Audio recordings of all Teacher Training lectures and yoga classes
- Lunches on course weekends
- A 20 class pass to Yoga West
- One year membership to IKTYA (International Kundalini Yoga Teachers Association) with benefits such as discounts and a website listing.
- Once in a lifetime experience of transformation
- A lot of love and support!

## Cost:

Agreement Date	Payment In Full	Payment Plan
Pre-Registration: Paid on or before September 23rd	\$3,400.00	\$3,600 Deposit of \$990 by September 23rd and 6 installments of \$435
Standard Registration: Paid after September 23rd	\$3,600.00	\$3,800 Deposit of \$1,190 by October 21st and 6 installments of \$435

**Payment:** Cash, Check and Visa and Mastercard Credit cards accepted. If paying by check, post-dated checks for all installments are due upon sign up.

**Payment Plans:** See chart above. Installments are due on the 5<sup>th</sup> of each month November through April. Students must leave a current credit card or debit card on file for payment plan installments.

## Late Payments:

- A fee of \$35 will be charged for any late payments, declined credit card autopayments, or returned checks. A payment will be considered late after the 5<sup>th</sup> of the month.
- Admission to class will be denied to anyone with outstanding payments more than two training weekend sessions past due. This is inclusive of all payments: both the deposit and the subsequent installments.

## Cancellation/Withdrawals:

- **All cancellations must be made in writing, and be dated and received by Yoga West's Director, Adarsh Kaur ([adarsh.ywla@gmail.com](mailto:adarsh.ywla@gmail.com)).**
- Withdrawal from the program will not be considered confirmed until a written request is received. The date the written notice is received is the earliest date that the withdrawal will be in effect.
- Withdrawals *prior to the first day* of the course will be eligible for a refund less \$200. If course materials are received, then an additional \$200 will not be refunded.
- For withdrawals *after the start of the course*, please review the refund cancellation policy schedule below for attendees who have paid in full:

○ After weekend #1 (Oct)	\$ 2,410
○ After weekend #2 (Nov)	\$ 1,975
○ After weekend #3 (Dec)	\$ 1,540
○ After weekend #4 (Jan)	\$ 1,105
○ After weekend #5 (Feb)	\$ 670
○ After weekend #6 (March)	\$ 235
- There will be no refunds given for withdrawal after the 7<sup>th</sup> weekend of the course.
- Students on a payment plan are not eligible for any refund once the course has begun. The payment plan will be cancelled for any future dates, and the student will be responsible to complete any payments owed.
- All paid fees may be applied within 2 years to future Level 1 Teacher Training courses with payment of an additional \$350 administrative fee.

## Lead Trainers:

This course is taught by a core group master yogi teachers, who have studied directly with Yogi Bhajan. Additional master teachers host weekend segments on specific topics.

**Guru Singh** - Guru Singh is a celebrated third-generation yogi, master spiritual teacher, author, and musician. In January 1969, Guru Singh met Yogi Bhajan, a spiritual leader from Northern India and master of Kundalini yoga. From that moment on Guru Singh has been studying and teaching Kundalini yoga and meditation, a science taught in India for over five thousand years. He has spread this ancient science with passion and a practical fusion of Eastern mysticism into Western pragmatism. Guru Singh teaches conscious living through the tools of Humanology, Kundalini yoga, meditation, and sacred sound. Guru Singh's books, music, yoga/meditation classes, blog posts, podcasts, and humanology lectures uplift thousands worldwide. To learn more: [www.gurusingh.com](http://www.gurusingh.com)

**Amrit Singh Khalsa:** Amrit Singh is a Kundalini Yoga teacher and teacher trainer, living and working in Santa Monica, CA. He has a PhD in Aeronautical Engineering from MIT, but went to work for Yogi Bhajan and his conglomerate of for-profit and non-profit companies after graduating. He spent 11 years with those companies, many of them working directly with Yogi Bhajan. He is currently the CFO of natural foods company, Beanfields. Amrit teaches Kundalini Yoga twice a week at Yoga West in LA, and is a trainer in several Kundalini Yoga teacher training programs. Along with being a volunteer director with KRI, Amrit Singh also serves as a director with two other non-profit organizations: the Guru Ram Das Center for Medicine and Humanology, and Yoga for Youth. Both of these organizations are working to spread the teachings of Yogi Bhajan and to apply his teachings to health and healing and to at risk youth respectively.



## **Group Leaders:**

In addition to the main instructors, students will be assigned to a small group also known as a "Jetha."

Each Jetha is led by a certified Kundalini Yoga teacher. Your Jetha leader is another valuable resource and a partner throughout your training and transformation.

In class, they lead "check-ins" with the small groups where students share their insights while group members compassionately listen. They may facilitate group exercises and assignments in class. They are there for you to answer any questions, help with understanding and completing requirements, as well as grade your test at the end of the course.

Jetha leaders will host mid-month meetings. This allows time out of the classroom to deepen your understanding of the teachings, share your experiences, and focus on the reading assignments, homework and self-study. This is often students' favorite part of the whole course!

If you cannot attend your group meeting's scheduled time, you can attend another group's meeting. The meeting times and locations will be shared on "Basecamp" our online Student/Teacher forum (more about this further on.)

Out of town students will be assigned to a Jetha that hosts their monthly meetings via conference call, SKYPE or Video Chat.

## **What are Level 1 classes like at Yoga West?**

The nine Teacher Training weekends at Yoga West include yoga classes, experiencing kriyas and meditations, lectures by the incredible trainers, Yogi Bhajan video classes, and small group interaction time.

All the information is presented in highly interactive learning environments. You will explore topics and discuss them with other students in both small and large groups.

In the course, you will gain the tools to help yourself and others face the challenges of the times. You will meet an incredible group of like-spirited souls also interested in delving more deeply into the teachings of Kundalini Yoga. And, you will have support and encouragement on how to practically improve your every day life using this powerful technology.

## **Certification:**

This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bajan. The Aquarian Teacher program is a journey of your development as a Kundalini Yoga Teacher.

Anyone can attend this course for non-certification. To receive KRI Level 1 certification credit for this course, participants will need to complete the following.

### **Attendance:**

- 180 hours of classroom time. 40 hours home practice.
- 6 Mid-month two-hour meetings with your small group.
- Make up work and documentation for any class time missed.
- Attending one White Tantric course (fees not included in tuition).

### **Personal Practice**

- Textbook readings and study guide question completion.
- Attending 20 additional classes (you'll receive a 20 class pass with registration).
- At least one (but preferably several) 40-day Personal Sadhana practice.
- Attending 5 group Sadhanas at Yoga West.
- Attending One "Long Ek Ong Kar" meditation (2.5 hours)

### **Teaching Practice**

- Teaching assigned kriyas and meditation to your small group.
- Teaching at least 3 outside classes & having your students complete an evaluation form.

### **Written Assignments**

- Creating a "Beginner's Workshop".
- Creating an "8 Week Series".
- Creating a promotional flyer for your class.
- Passing grade on in class Final exam.

### **Code Of Ethics & Professional Standards of A Kundalini Yoga Teacher**

- Proper representation of the Code of Ethics & Professional Standards for Kundalini Yoga Teachers.

### **Administration**

- Full payment of Course Fees.

## Missed Class time & Make-up work

- The Kundalini Research Institute (KRI) and the KRI Teacher Training team at Yoga West reserve the right to grant KRI Level One certification based solely on their discretion and evaluation of each student's readiness to be a Kundalini Yoga instructor.
- Attendance is one of the key requirements for certification. If more than two weekends, or the equivalent of four days of course class time is missed, then the student will not be eligible for certification. If less than four days of class time is missed, then the appropriate make-up work must be completed to be eligible for certification.
- Students who do not complete the course certification requirements in this course year will have the opportunity to complete the requirements within the next 2 years, with an additional \$350 administrative fee. Once this 2-year time frame has passed, the student is required to begin the course again in order to pursue certification.

Please alert your group leader if you will be late or absent for any portion of the weekend. In this way, we can be sure to let you know what material you need to review to keep pace with the group.

In order to receive KRI Certification, students are *required* to make up ANY time they miss – in class, a YB video, or even if they miss more than 2 of the mid-month jetha meetings. Please contact your group leader to find out how to make up any time you missed. Students will need to make up:

- The time you missed. We are certifying through Yoga Alliance that students are graduating from a 220hr course. So if you miss 1 hour, you need to make up 1hr. If you miss 10.5hrs, you need to make up 10.5hrs of time.
- The material that was covered. If you missed a lecture on the Shabd Guru for example, you will need to ensure that you go through a make-up process that will enable you to absorb that information.
- The experiences that they missed. If you missed a 62min meditation, or a YB video, those are all experiences of the technology that will be important for you to make up.

## Staying Connected

As a student, you will be invited to the online Yoga West Student-Teacher forum where we post notices about scheduling, class topics, questions, inspirations as well as all of the class audio recordings. This is a closed community using the web-based program/App "Basecamp." Everyone is invited to share!

### Why do we do a 40 day sadhana kriya & meditation as homework?

Yogi Bhajan gave us a very special technology relating to habits. Every single kriya or meditation in Kundalini Yoga changes us in very specific ways. If you practice a kriya a few times, you receive a wonderful benefit. But if you want to permanently change your habits, and realize the full effects of the kriya, this is what you can do:

Practice a particular kriya or mantra every single day for the same amount of time. Based on the number of days you do this, here is how it will affect your habits.

**40 Days:** Practice every day for 40 days straight. This will break any negative habits that block you from the expansion possible through the kriya or mantra.

**90 Days:** Practice every day for 90 days straight. This will establish a new habit in your conscious and subconscious minds based on the effect of the kriya or mantra. It will change you in a very deep way.

**120 Days:** Practice every day for 120 days straight. This will confirm the new habit of consciousness created by the kriya or mantra. The positive benefits of the kriya get integrated permanently into your psyche.

**1000 Days:** Practice every day for 1000 days straight. This will allow you to master the new habit of consciousness that the kriya or mantra has promised. No matter what the challenge, you can call on this new habit to serve you.

## Why should I study at Yoga West?

As the birthplace of 3HO and the home of Yogi Bhanan's since 1991 where he taught, Yoga West is devoted to serving humanity by:

- Spreading the science and technology as taught by Yogi Bhanan, of Kundalini Yoga, Meditation and Humanology
- Creating global teachers of Kundalini Yoga, Meditation and Humanology
- Creating conscious, vital communities of yoga practitioners, living and sharing a Healthy, Happy, Holy lifestyle

We have been offering daily Kundalini Yoga and Sadhana since January 1991, as well as Teacher Training shortly thereafter. With master teachers and a cozy environment, Yoga West is a powerful center where the subtle body of Yogi Bhanan can be directly experienced.

From the moment you arrive, our supportive staff, teachers and students all generate a feeling of community and welcome you. Before and after class, you are invited to enjoy a complimentary cup of Yogi Tea and relax in our lounge where you can visit together, relax and reflect. Our boutique offers eco-friendly yoga apparel, mantra & music, dvd's, books, healing crystals, tea, oils, gifts, and yoga and meditation props.

Whether you are looking to center yourself, calm your mind, move your body, listen to your spirit, challenge yourself, melt stress, grow and glow, Yoga West is a vibrant community center for teaching, learning and celebrating. The legacy of Yogi Bhanan, the science of Kundalini Yoga and the heart and soul of the 3HO – Happy, Healthy and Holy- community is ready to welcome you.

We are located near Pico & Robertson just a short walk from the Guru Ram Das Ashram where Yogi Bhanan first taught, lived and shared his life with us. Harbhajan Singh Khalsa Yogiji, aka Yogi Bhanan, arrived in Los Angeles in 1968. As part of his mission to share the teachings of Kundalini Yoga and to help people live healthy, happy, and holy lives, he created Guru Ram Das Ashram in 1972. It was here in Los Angeles that Kundalini Yoga in the West was born, and it was here at Guru Ram Das Ashram that Yogi Bhanan first taught, lived, and shared his life. To Learn More:

<http://www.gururamdashram.org>

## What else does Yoga West offer?

Every day begins at Yoga West LA at 3:45 am with a free community offering of morning Sadhana. Sadhana is a daily spiritual practice that brings out the best in you. To learn more about Sadhana visit:

[www.3ho.org/kundalini-yoga/sadhana](http://www.3ho.org/kundalini-yoga/sadhana)

The rest of the day is filled with an invigorating mix of Kundalini classes, workshops and teacher trainings presented by an inspiring mix of talented teachers who share the Kundalini Yoga technology from their own unique perspective. Classes include: Kundalini Yoga & Meditation for all levels, Mommy & Me (Daddies and caregivers welcome!), Pregnancy Yoga, Sat Nam Rasayan, Discounted Community classes, Women's Yoga, Celestial Communication, Humanology & Chanting and much more.

Every year, we host Aquarian Teacher Training Level 1 as well as a Level 2 course. Every month there are new workshops to inspire & enrich our lives. First time students pay only \$11 and then receive an offer to enjoy unlimited classes for \$25 for twenty-five consecutive days. It's a great way to immerse yourself in the teachings and experience a range of teachers and kriyas.

## Where to Park

**Saturday:** On Saturdays, the best place to park is on side streets east of Robertson, or a couple of blocks west of Robertson in the neighborhood where there are no weekend restrictions. Be sure to Carefully Read the street signs. There is no all day parking on Robertson Blvd. There are a few ten-hour meters on Horner (north of YW) and Pickford (south of YW).

**Sunday:** Most street parking is available on Sundays. Meters are free and there are no neighborhood restrictions **except** on the residential part of Pickford (Yoga West side of Robertson).

## What to Bring

- Something to sit on that is comfortable (yoga mat, sheepskin, pillow)
- Water or a bottle that can be refilled for water
- A reusable cup for yogi tea. Please bring refillable water bottles and tea cups. We endeavor to keep our carbon footprint low and we truly appreciate your support.
- Notebook
- Pen or pencil
- Snacks – there will also be snacks for sale in the YW store
- Lunch for Saturday if you prefer not to eat out
- Meditation shawl, head covering, deep relaxation blanket – optional
- Please avoid wearing scents during the training

## Cell Phones

**Yoga West is a cell phone free zone.** Please silence your phones during class. Thank you for taking your calls outside. **NO texting during class.**

## Photography and Filming

Yoga West may photograph or film portions of the Level 1 course for promotional purposes. Our photographers are sensitive to the student experience, and you may always request to not be photographed or filmed. Audio from the classes will be recorded and made available to you for download on Basecamp.

## Meals & Snacks

On Saturdays lunch will either be provided by Yoga West or by the students (in rotation, as part of the service requirement).

On Sunday, Yoga West serves a delicious vegetarian meal to the class.

All meals include are vegetarian and include vegan, gluten free options.

We provide filtered water and tea all day and sell some snacks at the center like health bars, bean chips and dried fruit.

Please note we do not have a microwave or other way to heat food at Yoga West, and there is very limited refrigerator space to keep any items cool.

## What is Level 2 Teacher Training?

Level Two Teacher training focuses on Transformation. There are five Level 2 courses. Each year, Yoga West LA offers one of the courses. Level 2 courses develop the inner growth and personal discipline of a truly excellent teacher. Open to KRI Level One Certified Instructors, this 300-hour certification program consists of five, 62-hour modules. Graduates of Level Two earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan® and combined with Level One certification, fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour requirement.

Building on the foundation of Level One, Level Two Teacher Training is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher. In this level, the Instructor cultivates the yogic capacities of intuition, neutrality and self-assessment within the five mirrors of consciousness:

- Conscious Communication – Uplift and penetrate through the power of the word.
- Mind and Meditation – Conquer the mind and conquer the world.
- Authentic Relationships – Unfold your true identity in the matrix of conscious relationship.
- Life Cycles and Life Styles – Discover mystery and mastery through every cycle of life.
- Vitality and Stress – Cultivate the caliber to guide yourself and others through life's challenges.

Teachers who complete all 5 Level Two Courses earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®. Combined with Level One certification, completion of Level Two certification fulfills the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour teacher training requirements.



## What is Level 3 Teacher Training?

Level 3 focuses on the Realization of the teachings. Discover the spiritual maturity of a Teacher and leader in the Aquarian Age, as all facets of the Teachings of Yogi Bhanjan permeate every aspect of your being. This is the third stage in the development of the Aquarian Teacher Training program as envisioned by Yogi Bhanjan.

Teacher based on 3 Pillars:

I. Spiritual Maturity: To develop an authentic fully integrated presence as a Teacher, achieved through self-reflection, spiritual lifestyle practices and peer dialogue support.

II. Meditative Mind: To cultivate and refine one's meditative mind, as achieved through focused application of specific Kundalini Yoga kriyas and meditation practices individually and in intensive group practices.

III. Selfless Service/Seva: To develop an ongoing attitude of Sewa/Selfless Service. To align individual passion, purpose and destiny to build and serve community.

To receive a Level Three certificate, one will need to complete the requirements for each pillar.

One of the requirements for the Meditative Mind Pillar will be the completion of the 21 Stages of Meditation course. If you are interested in pursuing Level Three, you can already fulfill that requirement now, (even if you have not yet completed Level One or Level Two).

## Who is Yogi Bhajan?

**Yogi Bhajan, Master of Kundalini Yoga** arrived in the United States in 1969 with a stated purpose: **“I have come to create Teachers, not to gather disciples.”**

He then founded **3HO** - the Healthy, Happy, Holy Organization, based on his first principle: **“Happiness is your Birthright.”** Over the years, Yogi Bhajan traveled the world teaching **Kundalini Yoga, the Yoga of Awareness**, to hundreds of thousands of people.

Yogi Bhajan wore many hats, or turbans. Originally born an Indian prince, he was the male heir of a family whose holdings included the entire village of Kot Harkarn, now part of Pakistan. He had mastered the ancient technology of Kundalini Yoga by the time he was 16 1/2 years old. In addition to his yogic practices he finished university, served in the Indian military, married, fathered three children, was a businessman, spiritual teacher and religious leader.

After a series of events led him to America, he saw that thousands of young people were addicted to drugs, alcohol and bad eating habits. He offered an alternative to the drug culture and decided to stay and help heal their mental and emotional problems — as well as the physical bodies that had been damaged by the use of drugs.

Yogi Bhajan made it clear from the very start that he had not come to get disciples, but to train teachers. He broke the ancient tradition of secrecy to introduce Kundalini Yoga to the West. Traditionally these sacred teachings were passed from teacher to student in a very selective and elitist fashion.

Yogi Bhajan was the only living Master of White Tantric Yoga and left his physical body on October 6th, 2004. His passing took place at his home in Espanola, New Mexico surrounded by family and friends. The cause of death was complications due to heart failure. He was 75 years old. One of his favorite sayings was “If you can’t see God in all, you haven’t seen God at all.”

In 1994, he founded the International Kundalini Yoga Teachers Association (**IKYTA**), which works to spread these priceless teachings worldwide. To learn more: [www.YogiBhajan.com](http://www.YogiBhajan.com)

## What is Kundalini Yoga?

Kundalini Yoga as taught by Yogi Bhajan® is probably the most formalized style of yoga currently taught throughout the world. In any class, anywhere in the world, you can expect it to include six major components: 1) tuning-in with the Adi Mantra, 2) pranayam or warm-up, 3) kriya, 4) relaxation, 5) meditation and 6) close with the blessing song, "*May the Long Time Sun Shine Upon You.*"

*Kriyas* are complete sets of exercises that are performed in the sequences given by the Master, Yogi Bhajan. They can be simple short sequences or they may involve vigorous, even strenuous exercises, and strong breath techniques such as Breath of Fire, which challenge and strengthen the nervous and endocrine systems and test the will of the practitioner beyond the limitations of their ego.

The typical class is 60-90 minutes: 5-10 minute warm-up, 30-45 minute kriya, 5-15 minute layout, 11-31 minutes of meditation. From the *Kundalini Research Institute*

## **What happens during Group Sadhana at Yoga West**

Group Sadhana is different than traditional Kundalini classes in that it is “led” not “taught.” Which means that the teacher doesn’t lecture or explain much – simply announce the exercises, with a minimum of description.

The Sadhana schedule at Yoga West is:

3:45am – Japji (Sikh morning prayer) Participation is optional but head covering is required.

4:05am – We tune in with the Adi Mantra 3 times and then “Ad Gureh Nameh” 3 times and begin exercises followed by a short relaxation.

4:40am – begin waking up from relaxation

4:45am – begin Morning Call & proceed with Aquarian Sadhana chants.

At the end of Sadhana, all are invited to Guru Ram Das Ashram across the street.

### **Sadhana Practice Resources:**

[www.3ho.org](http://www.3ho.org)

[www.gururamdhasashram.org](http://www.gururamdhasashram.org)

[Preparing for Sadhana](#)

[The Aquarian Sadhana](#)

[Yogi Bhajan on Sadhana](#)

[40/90/120/1000 Day Sadhanas](#)

[Sadhana Q & A](#)

## Why do Kundalini Teachers Wear White?

Yogi Bhanan taught us that wearing all white clothing expands our auric radiance by at least one foot. That is a good thing. A strong aura gives us a strong and solid identity and projection, and negative influences are automatically filtered.

Wearing white is also an exercise in awareness, as it takes more consciousness and care to keep white clothes clean. Here is a taste of what Yogiji said about wearing white:

"We wear white because it's a simple scientific fact that every piece of matter or material has a foot and a half aura. Every animal has a three and a half foot aura. Every human has a nine foot aura. **And if we wear the cotton and we wear the white, this color therapy gives us one extra foot of aura.**"

"We adopted this color because of our background and to support our development. **We ask you to wear white so that you will reflect what is outside and go within yourself—that's what white clothes can do for you.**"

"When you are totally dressed in white, the entire face reflects, and then it is very difficult to become intimate. **Wearing white demands that the other person deal with you on a higher level,** because that person has to concentrate himself in order to advance."

" Colors create an uncontrollable action in your subconscious mind of inspiration, productivity and expansion. Colors have an effect on consciousness. The most difficult thing on this planet is to wear white top to bottom; but it is also the greatest therapy. If you really want to test yourself, live in a white room. What it does to you in one week will shock you. From one Sunday to another Sunday, you'll be a different person without doing anything."

**"We wanted to develop a very fast, progressive, spiritual and technical method of all the colors, so we have adopted the one color of the seven colors, which is white.** To you, white is just one color, but to me it is the total balance of seven colors."

## Why are head coverings important during meditation?

Head coverings of any kind are useful for a meditative practice. Turbans in particular are useful for holding energy in, and for creating a meditative focus at the third eye point (brow point). In addition, the turban provides a nice cranial adjustment. During a class of Kundalini Yoga as taught by Yogi Bhajan®, chances are the teacher and many of the students will have their heads covered with a scarf, hat, or turban. Some teachers wear a turban or head covering for these yogic reasons alone.

Yogi Bhajan taught us that the hair is alive and has an energy function. We are training ourselves to be aware of and master our subtle energies and so he recommends covering the head and hair with a cotton cloth or wrapped turban.

Wearing a head covering enables you to command your sixth center, the Ajna Chakra. Covering the head stabilizes the cerebral matter and the 26 parts of the brain, which are interlocked with the neurological system and electromagnetic field. Covering the head creates a focus of the functional circuit of the hemispheres of the brain, and tunes the neurological system. The whole head is to be covered, not just the crown chakra.

## Turbans as Technology

The skull is made up of tiny bones that are constantly moving even if only by micro millimeters and the degree to which they move impacts levels of calmness or anxiety. Covering the head provides a sense of containment and focus while practicing yoga or while doing work that requires clarity of thought. It literally helps "keep your head together."\*

The benefit of wearing a turban is that when you wrap the 5 to 7 layers of cloth, you cover the temples, which prevents any variance or movement in the different parts of the skull. A turban automatically gives you a cranial self-adjustment. You can pay for a cranial adjustment, or you can tie a turban for free!

## **Why do some teachers of Kundalini Yoga have two names?**

Many teachers of Kundalini Yoga request a spiritual name. This is a name that was given by Yogi Bhajan, the master teacher of Kundalini Yoga, or since Yogi Bhajan's passing, has been given by Nirinjan Kaur (a member of Yogi Bhajan's staff who was trained by him to give the names.) It represents the highest purpose of the person who is called by that name. A spiritual name is like a personal mantra. Visit: [www.3ho.org](http://www.3ho.org) to learn more.

## **How can I gain an in-depth knowledge of Kundalini Yoga?**

The best way to gain an in-depth understanding of Kundalini Yoga is to participate in courses offered through Teacher Training. These courses are for serious students of Kundalini Yoga who want to take their practice and learning to a deeper level. Teacher Training courses provide transformational and educational experiences whether you want to be a yoga teacher or not. These courses cover all the basics of Kundalini Yoga as well as exploring such as lifestyle, philosophy, spiritual development, and humanology.

## **What are some Kundalini products to use for home practice?**

"Kundalini Yoga" (book) and "Deeply Relax and Meditate" (cd) by Shakta Kaur Khalsa This book and companion cd are a great set for beginning a home practice. The book includes basic information about Kundalini Yoga, yoga sets, and meditations. The companion cd includes all the music that is needed to accompany the yoga sets and meditations.

Kundalini Yoga: the Flow of Eternal Power (book) by Shakti Parwha Kaur Khalsa This book offers lots of good, basic information on Kundalini Yoga in a fun and accessible manner. It is very beginner friendly and includes information, yoga sets, and meditations.

Kundalini Yoga: Guidelines for Sadhana (book) This book includes great yoga sets and meditations. It is specifically designed for helping students begin and maintain a personal yoga practice.

Prem or Shanti (cds) by Snam Kaur Khalsa These beautiful, uplifting cds are great to use for relaxation, during yoga practice, to chant with, or just to listen to anytime.

## Is Kundalini Yoga available in other states and countries?

Yes, Kundalini Yoga is practiced all over the world. There are Kundalini Yoga classes and teacher training programs offered throughout the United States, Canada, Europe, South America, Africa, and Asia. (Visit [www.3HO.org](http://www.3HO.org) for worldwide events and teacher directories.)

There are many Kundalini Yoga events held around the world, including yoga festivals, training courses, women's camps, and other events. Each year, many teachers and students from all over the world travel to New Mexico for some of these events.

One of the most popular events, Summer Solstice, is held in New Mexico every June. Summer Solstice is a week-long yoga event involving camping in the beautiful Jemez Mountains, yoga classes, and three days of White Tantric Yoga. It is an amazing and profoundly transformational experience. Summer Solstice is the ultimate experience for the advancing Kundalini student - and it is well worth planning to attend! There is also a winter solstice held in December in Florida that is very cozy and uplifting.

Visit [www.3HO.org](http://www.3HO.org) for a listing of upcoming Kundalini Yoga events or ask your teacher for more information.

## Other Inquiries

Please don't hesitate to call or email with any additional questions you may have. We'd love to see you in the training and are here to support you during this powerful transformation.

Sat nam,

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