

Level 1: Kundalini Yoga Aquarian Teacher Training FAQ 2017-2018



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

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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

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What is the Level 1 Aquarian teacher Training Program?

Level 1 Teacher Training

The KRI Level 1 Aquarian Teacher Training Program is a 220-hour professional certification program in Kundalini Yoga as taught by Yogi Bhajan® is an interactive course in the theory, practice, and basic skills of a Kundalini Yoga instructor. It includes: 180 hours of classroom instruction and 40 hours of independent study, service projects, a 40-day meditation, and White Tantric Yoga.

Graduates of Level 1 earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bhajan® and fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 200-hour requirement.

The Level 1 Training sets the foundation and introduces the student to the principles and practices of the self-sensory human, explores how Kundalini Yoga and yogic lifestyle can harmonize and uplift the human experience, and awakens your true potential.

Level 1 at Yoga West

Offered yearly at Yoga West L.A., Level 1 Teacher Training is an interactive course in the theory, practice and basic skills of a Kundalini Yoga instructor. The nine Teacher Training weekends take place beginning in October and ending in May with approximately one training weekend per month. The weekends 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.

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Why should I study at Yoga West?

As the birthplace of 3HO and the home of Yogi Bhajan since 1991, Yoga West is devoted to serving humanity by:

- Spreading the science and technology as taught by Yogi Bhajan, 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 Bhajan 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 Bhajan, 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 Bhajan first taught, lived and shared his life with us. Harbhajan Singh Khalsa Yogiji, aka Yogi Bhajan, 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 Bhajan first taught, lived, and shared his life.

To Learn More: <http://www.gururamdasashram.org>

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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.

What is KRI?

KRI (Kundalini Research Institute) is the official international training organization that promotes the teachings of Yogi Bhajan and oversees teacher training programs in 52 countries, graduating over 3,000 new Kundalini Yoga teachers annually. The primary regulatory body for Kundalini Yoga teachers is IKYTA, not Yoga Alliance.

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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

Adarsh Kaur – Adarsh Kaur began her yogic journey at the age of 14 through the practice of sun salutations in a modern dance class. In 1999, she attended her first Kundalini Yoga class at “Yoga Yoga” in Austin, Texas and was so inspired by its transforming effects that she became a KRI certified Kundalini Yoga teacher in 2000. Adarsh Kaur then moved to Espanola, New Mexico to study directly with Yogi Bhajan. There she also began her career in business, as well as the study of bhangra and kirtan.

Adarsh Kaur now lives in Los Angeles, where she has served the Level 1 & 2 programs at Yoga West Since 2010. She is a member of the Aquarian Trainer Academy, and truly enjoys supporting students in their spiritual and creative growth. www.celestialcommunicationwithadarsh.com

Additional Trainers Include: Guru Meher Singh, Kia Miller, Guru Prem Singh, and Sat Devbir Singh.

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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.

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!

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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 Kundalini 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 Saturday, November 11th, 2017 & Saturday, March 31st, 2018

Course Dates	Date	Day	Time
Month 1	October 20	Friday	6pm - 9pm
	October 21	Saturday	7am – 6:30pm
	October 22	Sunday	7am - 5pm
Month 2	November 4	Saturday	7am – 6:30pm
	November 5	Sunday	7am - 5pm
Month 3	December 1	Friday	6pm - 9pm
	December 2	Saturday	7am – 6:30pm
	December 3	Sunday	7am - 5pm
Month 4	January 6	Saturday	7am – 6:30pm
	January 7	Sunday	7am - 5pm
Month 5	February 10	Saturday	7am – 6:30pm
	February 11	Sunday	7am - 5pm
Month 6	March 3	Saturday	7am – 6:30pm
	March 4	Sunday	7am - 5pm
Month 7	March 24	Saturday	7am – 6:30pm
	March 25	Sunday	7am - 5pm
Month 8	April 21	Saturday	7am – 6:30pm
	April 22	Sunday	7am - 5pm
Month 9	May 19	Saturday	7am – 6:30pm
	May 20	Sunday	7am - 5pm

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Times:

Saturdays:

7:00 am - 12:30 pm Class

12:30 pm - 1:30 pm Lunch

1:30 pm - 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:

7:00 am - 11:00 am Class

11:00 am - 12:00 pm Lunch

12:00 pm - 5:00 pm Class

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

Friday Nights:

In addition to our weekends, we meet on two Friday nights during the year. The first Friday is **Friday, October 20th** for registration, orientation and to welcome you all. **Please arrive at 6:00 pm and no later than 6:15 pm** to allow time to complete your in-person registration and receive your course materials for the beginning of the course. The second Friday is **December 1st**.

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 daily 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

Contact: Adarsh Kaur, Director of Teacher Training •
Adarsh.ywla@gmail.com, 310.552.4647
Navneet Kaur, Course Administrator •
NavneetKaurChicago@gmail.com, 310.913.7173

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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
- 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 Friday, September 22nd	\$3,450.00	\$3,650.00 Deposit of \$995.00 by Friday, September 22nd and 6 installments of \$442.50
Standard Registration: Paid after Friday, September 22nd	\$3,650.00	\$3,850.00 Deposit of \$1,195.00 by October 20th and 6 installments of \$442.50

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 5th 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 auto-payments, or returned checks. A payment will be considered late after the 5th 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.

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Cancellation/Withdrawals:

- **All cancellations must be made in writing, and be dated and received by Yoga West's Director of Teacher Training, Adarsh Kaur (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.
- Refunds will be processed within 30 days. Funds will be reimbursed in the form of payment received.
- 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) \$2,455.00
 - After weekend #2 (Nov) \$2,012.50
 - After weekend #3 (Dec) \$1,570.00
 - After weekend #4 (Jan) \$1,127.50
 - After weekend #5 (Feb) \$685.00
 - After weekend #6 (March) \$242.50
- There will be no refunds given for withdrawal after the 7th 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.

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Certification:

This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. 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) – This does not count towards your group Sadhana requirement.

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.

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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 220 hour course. So if you miss 1 hour, you need to make up 1 hour. If you miss 10.5 hours, you need to make up 10.5 hours 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 62 minute meditation, or a Yogi Bhajan video, those are all experiences of the technology that will be important for you to make up.

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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). These meters accept money as early as Sadhana time (even though it's not due until 8am) and you can refresh them at lunch so you don't miss any class time.

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 truly appreciate your support.
- Notebook
- Pen or pencil
- Snacks – there will also be snacks for sale in the YW store
- 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 or internet use during class.**

Photography and Filming

Yoga West may photograph or film portions of the 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.

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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.

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.

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What else does Yoga West offer?

Every day at Yoga West begins 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

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, Sound Bath Nights, Discounted Community classes, Women's Yoga, Celestial Communication, Humanology, Chanting and much more.

For regular classes, first time students pay only \$11 and then receive an offer to enjoy unlimited classes for \$25 for twenty-five consecutive days. For more information about the schedule go to: www.yogawestla.com

What is Level 2 Teacher Training?

Level 2 Teacher Training

Develop the inner growth and personal discipline of a truly excellent teacher. Open to KRI Level 1 Certified Instructors, this 300-hour certification program consists of five, 62-hour modules. Graduates of Level 2 earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan® and combined with Level 1 certification, fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour requirement.

Building on the foundation of Level 1, Level 2 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.
- **LifeCycles and LifeStyles** – Discover mystery and mastery through every cycle of life.
- **Vitality and Stress** – Cultivate the caliber to guide yourself and others through life's challenges.

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Level 2 at Yoga West

Each year during three weekends in February and March, Yoga West offers one of the Level 2 modules completing all five modules in a five-year cycle.

The training at Yoga West is centered around three weekends at the studio where you'll experience a combination of: lecture by Master Teachers, Video classes with Yogi Bhajan, kriya, meditation, and group discussion in both large and small groups. You will have time to review information and practice the meditations and kriyas that are given in both the manual and home study guide as well as on the set of six DVDs that you receive in the course.

The course emphasizes carefully chosen meditations, kriyas, and readings. 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. You will have the opportunity to practice meditations deeply over an extended time. You will test and observe the application of these techniques and attitudes in your life.

Pivotal to this path of study is a chance for you to encounter the energy, teaching and character of Yogi Bhajan as directly and personally as you can. We use Yogi Bhajan videos of him teaching classes and meditations throughout the course.

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What is Level 3 Teacher Training?

A 1000-day commitment to the process of Realization through engagement with spiritual community, deep meditation and service. Level 3 challenges you to live the life you were meant to live. The Level 3 Program is a personal journey to Self-Realization. In it, we refine our authentic identity as a Teacher and deepen our unique relationship to the Sacred.

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 Bhanan permeate every aspect of your being. This is the third stage in the development of the Aquarian Teacher Training program as envisioned by Yogi Bhanan.

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 Seva/Selfless Service. To align individual passion, purpose and destiny to build and serve community.

To receive a Level 3 certificate, one will need to complete the requirements for each pillar.

21 Stages of Mind and Meditation at Yoga West

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 3, you can fulfill this requirement now if you have completed Level 1.

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Who is Yogi Bhajan?

A Biography by Yogi Bhajan's first student: **Shakti Parwha Kaur Khalsa**

"It was the summer of 1929. In the little village of Kot Harkarn in what is now Pakistan a child was born who had a great destiny written upon his forehead. The man we know today as Yogi Bhajan was born Harbhajan Singh Puri. His father, Kartar Singh, was a well-known doctor and healer; his mother, Harkrishan Kaur, was a woman of great strength and righteousness. She kept everyone in the village in line and treated all the young men as if they were her own sons.

His parents decided that he should have the finest education available. The problem was that the best school available was a Catholic Girls' Convent school, so there he went. (Needless to say, the nuns were a bit unnerved.) As a young man, Harbhajan Singh was in the habit of seeking out and visiting every holy person he could find. He studied the spiritual teachings, scriptures, and technologies of all the religions of the world. He learned Kundalini Yoga with Master Sant Hazara Singh and he became a Master himself at the age of only sixteen.

Of course, along with mastering yoga, young Harbhajan Singh attended high school where he was a star athlete—winning top prizes in track events, served as captain of the soccer team, and played field hockey. While the other athletes ran and did the usual physical training exercises, Harbhajan Singh did yoga! It was his mastery of yoga that gave him the strength and stamina to be a consistent winner.

When India was partitioned in 1947, he was only 18 years old. It was a terrible time as hundreds of thousands of people resettled and many families were torn apart. Even then, he took charge and led his family and over 7000 people from the surrounding areas to safety.

Majoring in Economics at Punjab University, Harbhajan Singh won prizes in Debate, and continued his athletic achievements. He served in the Indian Army. After military service he worked for the Indian Government, until 1968 when he resigned to answer the call of his destiny and travel across the world to serve us here in the West.

The Pundits warned him and the Astrologers said all the signs pointed to a great deal of suffering and hardship if he left India in September of 1968—but as usual, his higher guidance prevailed and he flew to Canada to take a job he had been offered—teaching yoga at the University of Toronto. True to predictions, not only was his luggage lost en route, so that he arrived with nothing but his Air India carry-on bag, but also, the man

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who had hired him had been killed in an auto accident, just a few days before. No job, no money, except for \$35 the Canadian Government supplied, the yogi accepted everything as God's will. He got a job as a clerk in a bookstore. He ate day-old donuts softened in water, and wrapped newspapers around his thin shoes to keep out the brutal, cold Canadian weather. Then he was hired as a nerve therapist at a yoga center.

Invited to visit Los Angeles for a weekend, he discovered there the souls whose aspiration and longing had drawn him to the West. He gave his first public lecture in the United States on January 5, 1969, at the East West Cultural Center where he stated his firm conviction that it is the birthright of every human being to be "Healthy, Happy, and Holy." The young people he met wanted to experience God. Unfortunately, many had been using drugs to alter consciousness. Despite the centuries old taboo against teaching Kundalini Yoga publicly, the Yogi knew that it was the most effective technology he could share with them to heal their bodies and their minds, and give them a valid experience. They could get "high" without side effects, and it was legal! Their souls were hungry to be awakened.

He told them he hadn't come to gather students; he had come to train teachers. In his Kundalini Yoga classes he told inspiring stories about the Sikh Gurus, he talked about the virtues and values that would bring happiness. He made people laugh, never criticized anyone, and though he told them, "Don't love me, love my teachings," he touched the hearts of every seeker. A master of communication, whenever he spoke, each person felt he was talking directly to him or her. His words sank in.

In the next few years he sowed the seeds for institutions and events that have multiplied and mushroomed worldwide, attracting thousands of people who embraced the 3HO way of life. He said 3HO was to be a family of people who lived not just "with" each other but "for" each other. To provide a structure for the teachings, the 3HO Foundation was legally incorporated in California on July 29, 1969. Yogiji also founded KRI, the Kundalini Research Institute in 1971.

Yogiji went to Gurdwara every Sunday. Many of his students went with him. A devout Sikh, Yogi Bhajan never tried to convert anyone to follow the Sikh Path. But his faith and devotion, and his deep love of the Guru were contagious. People wanted to learn more about the Sikh religion. Some of his students went to the local Gurdwara in Los Angeles and asked to be baptized as Sikhs. The *Granthi* (religious official) there didn't know what to do, because Americans had never done this before, so he called Yogiji for help.

In 1971, Yogi Bhajan was bestowed the title of *Siri Singh Sahib* by Sant Chanan Singh at

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the *Akal Takhat*[1] and was authorized to ordain Ministers and perform the Amrit Ceremony.[2] Through his efforts, Sikh Dharma became officially incorporated and recognized by the US Government as a Religion on April 10, 1973.

Yogi Bhajan encouraged his young students to complete their education and start careers. But many of them could not get jobs because of their long hair and turbans, so he suggested they start their own businesses. Nanak's Conscious Cookery was the first business they started. Akal Security, Golden Temple, Khalsa International Industries and Trades (KIIT) soon followed with all the products you now see in stores worldwide—like Wha Guru Chews, Peace Cereals, Sunshine Oils, and Yogi Tea.

The transformation of “Chicks into Eagles” was one of Yogi Bhajan’s main stated goals, and in 1976 he started the first Khalsa Women’s Training Camp in New Mexico. That first KWTC lasted for 8 weeks. He taught that woman is the Grace of God, and any country in which she is not honored and respected is going to fail. He empowered women to realize their own worth and potential. Not to leave out the men, he also taught Men’s’ courses. Long before *Men are from Mars, Women are from Venus* he explained the differences.

In 1971 the mantle of authority and responsibility as the only living Mahan Tantric—Master of White Tantric Yoga—was passed to him when the former Mahan Tantric left his body. Yogi Bhajan personally led this group meditation experience in cities all over the world until 1987 when he was able to transfer the workshops to videotape. He selected representatives to facilitate these courses, while his subtle body continues to direct them.

Pioneer in Interreligious dialogue, outstanding advocate of World Peace, Yogi Bhajan established the first interfaith International Peace Prayer Day in 1985, which now draws thousands to the mountains of New Mexico every summer. In May 1994, his pamphlet, “The Sensory Man” was circulated at the United Nations, when 3HO became an NGO.[3]

A great many of the people who have been impacted by Yogi Bhajan’s wisdom, knowledge, and teachings are sharing the technology of peace, strength, and awareness to the whole planet. His knowledge and his teachings are reaching out through Kundalini Yoga Teachers, through businesses, and through Sikh Dharma. Today, the natural foods, healing herbs, and teas conceived and formulated by Yogi Bhajan are benefiting people all over the world. May the teachings of Yogi Bhajan be engraved on all our hearts forever and ever.

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[Excerpts from from Yogi Bhajan's 75th Birthday Tribute presented on August 28, 2004, in Espanola, New Mexico, five weeks before his passing.]

Shakti Parwha Kaur Khalsa was Yogi Bhajan's first student-teacher in the United States. She has been teaching Kundalini Yoga since 1969. Author of *Kundalini Yoga: The Flow of Eternal Power*; *Kundalini Postures and Poetry*; and *Marriage on the Spiritual Path: Mastering the Highest Yoga*, she is a frequent movie-goer in the City of Angels.

What is Kundalini Yoga?

In Kundalini Yoga we harness the mental, physical, and nervous energies of the body and put them under the domain of the will, which is the instrument of the soul. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. It brings balance to the body, mind, and soul.

"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."
-Yogi Bhajan, *The Aquarian Teacher Training manual*, p. 20

Kundalini Yoga is not a religion. When we apply the technology of Kundalini Yoga to our bodies and minds, it has the effect of uplifting the spirit. It is for everyone. It is universal and nondenominational.

Kundalini Yoga is a yoga for householders, for people who have to cope with the daily challenges and stresses of holding jobs, raising families, and managing businesses. It is a path for everyone who wants the skills to cope successfully with the challenges of our times.

In 1969, Yogi Bhajan started teaching Kundalini Yoga in the United States in order to prepare humanity for the major changes that this planet is going through as we cross from the Piscean to the Aquarian Age. The ancient technology of Kundalini Yoga gives us the awareness and the fortitude to make this a smooth transition. The legacy of technical and spiritual knowledge that Yogi Bhajan studied and mastered in India is the gift he brought to the West.

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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

www.gururamdashram.org

[Preparing for Sadhana](#)

[The Aquarian Sadhana](#)

[Yogi Bhajan on Sadhana](#)

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

[Sadhana Q & A](#)

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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."

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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.

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!

What are some Kundalini products to use for home practice?

The Yoga West boutique has many products to offer for your home practice. We encourage you to browse and explore the many books, cds, jewelry, and other sacred objects for your home practice. If you have any questions, feel free to ask for assistance from any Yoga West staff.

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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. To learn more visit: www.3ho.org

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.

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. 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 is the Summer Solstice Sadhana Celebration, held in beautiful Jemez Mountains of New Mexico every June. It is a 10-day Kundalini Yoga event involving camping, early morning sadhana, 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 Sadhana Celebration held in December in Florida that is very cozy and uplifting.

Visit www.3HO.org for a listing of upcoming Kundalini Yoga events or ask your teacher for more information.

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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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