



THE AQUARIAN TEACHER

KRI Level 1 International Kundalini Yoga Teacher Training Certification

Congratulations! You're taking the first step in a potentially life changing journey to become a Kundalini Yoga instructor. Whether you wish to teach or just want to learn more about Kundalini Yoga, this course will give you the foundation for a lifelong yoga and meditation practice as well as the essential aspects of a yogic lifestyle. With these teachings, you can better meet the challenges of the times, reconnect with your spirit, and become more conscious of yourself and the world around you. As a teacher, you can support others in their journey to become self-empowered.

Enrolment

To complete your enrolment, please make your payment (in full or in part) by 21 October. Payments can be made online at www.joy.yoga. Additionally, please complete and submit forms 1-3 below. The forms may be submitted by email to info@joy.yoga or mail to Jessica Banks, 12 Tanza Road, London NW32UB.

- Registration & Release Form (form 1)
- KRI Certification Requirements Verification Form (form 2) – This sets forth all of the requirements that you must complete in order to obtain certification from KRI as a Certified Kundalini Yoga Teacher.
- Student Intake Questionnaire (form 3)
- Information Sheet – A few essential details about the course. *This one's for you to keep.*

If you have any questions or would like more information, please email info@joy.yoga

The Aquarian Teacher™

KRI Level One Registration and Release Agreement

Name of Licensee / Location: _____

Registrant's Legal Name: _____

Registrant's Spiritual Name (optional): _____

Mailing Address: _____

City: _____ State: _____ Country _____

Postal Code/Zip Code _____ Date of Birth: _____

Phone: _____ E-mail: _____

Release, Waiver, and Indemnity

I am aware that the Kundalini Yoga as taught by Yogi Bhajan® Teacher Training Program in which I am hereby registering (the "Program") exists to serve me by sharing knowledge of Kundalini Yoga and health. I recognize that yoga is physically and mentally challenging and may cause physical injury and intense psychological or emotional experiences and side effects. I am fully aware of and assume the risks and hazards involved. I understand that it is my responsibility to consult with my healthcare providers prior to my participation in the Program regarding any specific medical, emotional, or psychological issues or concerns. I acknowledge that I am fully responsible for my self-care both during and after participating in the Program. I represent and warrant that I am physically fit and I have no physical, mental, or psychological condition or illness that would prevent my full participation in the Program or increase my risks of negative mental or physical health outcomes.

In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program. I freely and voluntarily choose to participate in the program.

I hereby agree to indemnify, defend, and hold harmless the Program; Kundalini Research Institute; Harbhajan Singh Khalsa Yogiji, a.k.a. Yogi Bhajan; YB Teachings, LLC; 3HO Foundation; Sikh Dharma International; Humanology & Health Science Inc.; Siri Singh Sahib Corporation; their affiliates, subsidiaries, and related entities; and their officers, directors, employees, agents, or volunteers (collectively, the "Indemnified Parties") from and against all lawsuits, claims, actions, demands, proceedings, liabilities, damages, judgments, settlements, costs, and expenses, including reasonable attorney's fees, now or hereafter known or arising in any jurisdiction in the world, attributable or relating in any manner to my participation in the Program.

On behalf of myself, my heirs, assigns, and legal representatives, I hereby forever release, waive, discharge, and covenant not to sue or make any claims of any kind whatsoever against the Program, the Indemnified Parties, or their heirs or assigns for any damage, loss, or injury, including but not limited to damage, loss, or injury of a financial, personal, emotional, psychological, or medical nature, or otherwise, or death, sustained or caused by reason of or arising out of my participation in the Program .

I hereby acknowledge that I have read, fully understand, and agree to each of the foregoing provisions of this agreement. I understand that I have given up substantial rights by signing this agreement. I enter into this agreement freely and voluntarily. I declare that my registration information provided above is true and correct.

By typing my name below, I am electronically signing this form and agree with the above.

Signature (Legal Name): _____ Date: _____



**The Aquarian Teacher™
KRI™ Level One
CERTIFICATION REQUIREMENTS FORM**



To be signed by Lead Trainer when the student certifies:

Please check each box to indicate student has fulfilled all requirements.

- Attended (or successfully made up) all Teacher Training classes – minimum **180** classroom instruction hours.
- Received a passing grade of _____ on the exam(s).
- Completed 20 Kundalini Yoga Classes during or after the completion of Teacher Training. *(each class must be a minimum of 1 hour each and be taught by a KRI Certified Instructor)*
- Performed satisfactorily in the student practicum.
- Created two acceptable yoga course curricula.
- Completed the assigned 40-day yoga set/meditation *(11-minute minimum)*.
- Participated in at least five full morning Aquarian Sadhanas *(2½ hours each)*
- An intensive day or days of group meditation such as one day of White Tantric Yoga, 5 rebirthing videos (no more than 2 in a day), a day of 21 Stages of Meditation, A Japa course, Sat Nam Rasayan intensive course - led by a KRI licensed teacher trainer (with exceptions being permitted with the lead trainer's approval)
- _____
(additional reasonable certification requirement(s) set by the Lead Trainer)
- Read, understood, and signed: ***The Code of Ethics and Professional Standards of a Kundalini Yoga Teacher.***

I recommend this trainee be certified as a KRI Level One Instructor of Kundalini Yoga as taught by Yogi Bhajan®.

SIGNATURE Lead Trainer

Today's Date

PRINT Name of Lead Trainer

Course Location (City, State, Country)

To be read and signed by the student before the program begins:

I, the undersigned, agree to the following:

1. KRI and the KRI Teacher Training team 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. This evaluation is based on successfully meeting the program requirements including, but not limited to those listed in this document.
2. I understand that I am strongly encouraged to submit my certification requirements within 6 weeks after the end date of the course. All requirements must be completed and submitted **no later than 12 months after the conclusion of the program**. If for any reason I do not complete the requirements for the course within this timeframe, I will not be certified.
3. If I am not granted certification, I understand that I have the right to appeal to KRI, whose decision shall be final.

Signature (Legal Name)

Date

PRINT (Legal Name)

PRINT (Spiritual Name)



The Aquarian Teacher™
KRI Level One
STUDENT INTAKE QUESTIONNAIRE



Legal Name: _____ Date of Birth: _____

Address: _____

Home Ph: _____ Cell: _____ Work Ph: _____

Email Address: _____

Emergency Contact (name/phone number): _____

YOGA EXPERIENCE

Have you practiced yoga before? ___ No ___ Yes (*date of last class/practice* _____)

How often do you practice yoga? (tick one) Daily Weekly Monthly

Other: _____

Style(s) of yoga practiced most frequently: (tick all that apply)

Hatha Ashtanga Vinyasa/Flow Iyengar Power Anusara

Bikram/Hot Yoga Forrest Kundalini Gentle Restorative Yin

Other: _____

What are your goals/expectations for your yoga practice? What benefits are you looking for? (tick all that apply and explain)

Strength training Flexibility Balance Stress relief Alternative therapy

Improve fitness Weight management Increase well-being

Injury rehabilitation Positive reinforcement Other: _____

Explain: _____

Personal Yoga Interests: (tick all that apply)

Asana (postures) Pranayama (breath work) Meditation Yoga Philosophy

Other: _____

LIFESTYLE & FITNESS

How do you rate your current level of physical activity? (tick one)

Sedentary/Very Inactive Somewhat Inactive Average Somewhat Active Very Active

On a scale of 1-10, (1 is lowest, 10 is highest) how would you rate your level of stress?

1 2 3 4 5 6 7 8 9 10

PHYSICAL HISTORY

Please review this list and indicate any applicable health conditions, current or past.

- | | | |
|--|--|---|
| <input type="checkbox"/> broken/dislocated bones | <input type="checkbox"/> diabetes type 1 or 2 | <input type="checkbox"/> pregnancy (EDD_____) |
| <input type="checkbox"/> muscle strain/sprain | <input type="checkbox"/> high/low blood pressure | <input type="checkbox"/> surgery |
| <input type="checkbox"/> arthritis, bursitis | <input type="checkbox"/> insomnia | <input type="checkbox"/> seizures |
| <input type="checkbox"/> disc problems | <input type="checkbox"/> anxiety/depression | <input type="checkbox"/> stroke |
| <input type="checkbox"/> scoliosis | <input type="checkbox"/> asthma, short breath | <input type="checkbox"/> heart conditions, chest pain |
| <input type="checkbox"/> back problems | <input type="checkbox"/> numbness/tingling anywhere | <input type="checkbox"/> auto-immune condition* |
| <input type="checkbox"/> osteoporosis | <input type="checkbox"/> cancer* (*explain below) | |

Other/ Explain: _____

Are you currently taking any medications? ____Yes ____No

If yes, please list medications and reason for taking.

In the space below, please describe any other health condition or circumstance that could be relevant to yoga practice or that you wish to share:

STUDENT ACKNOWLEDGEMENT

I understand that all exercise programs, including yoga, present some risk of injury. By signing below, I affirm that I am solely responsible for my health and well-being and for my decision to practice yoga or any other program of physical exercise. I agree to notify my yoga instructor regarding any activities, movements, or postures that I believe could cause me to injure myself. I affirm that I do not have any physical or mental conditions or challenges that would limit or preclude my participation as a yoga student or in any exercise program. I agree to indemnify, hold harmless, and covenant not to sue my yoga instructors and their affiliated organizations for any injury, loss, or damage to persons or property sustained as a result of my participation in this class. I agree to listen to my body and monitor myself during every class session.

Signature: _____

Date: _____



THE AQUARIAN TEACHER

KRI Level 1 International Kundalini Yoga Teacher Training Certification Information Sheet 2023-2024

Course Outline

This is a 220 hour course. Your course fee includes live instruction, pre-recorded content, a practicum teaching evaluation, examination and course materials. Homework for the course includes reading assignments, written assignments, 5 early morning Aquarian Sadhanas, 40-day personal sadhana(s), seva, and independent study. You will receive a curriculum at the start of the course.

Course Dates

Training will run from **2:30-8:30pm on Saturdays** and **9am-7pm on Sundays**.

21-22 October
4-5 November
25-26 November
16-17 December
13-14 January
3-4 February
9-10 March
30-31 March
13-14 April
4-5 May
25-26 May

Location

Light Centre Belgravia 9 Eccleston St, London SW1W 9LX
& online via zoom

You can join us for all sessions in person at the Light Centre or connect via zoom.

Meditation Intensive

During the course period (21 October– 26 May), you're required to take one day of intensive meditation. This could include one day of White Tantric Yoga, Sat Nam Rasayan training, 21 Stages of Meditation, or a rebirthing series. *This meditation intensive is not included in your tuition.*

20 Kundalini Yoga Classes

You are required to take 20 Kundalini Yoga classes with a *KRI certified instructor* during the course period. *These 20 classes are included in your tuition when you take them at JOY.*

Course Materials

- The Aquarian Teacher© KRI International Kundalini Yoga Teacher Training Level One Textbook
- The Aquarian Teacher© KRI International Kundalini Yoga Teacher Training Level One Yoga Manual
- The Master's Touch

These books are included in your tuition and will be distributed at the beginning of the course.

More information: please email info@joy.yoga