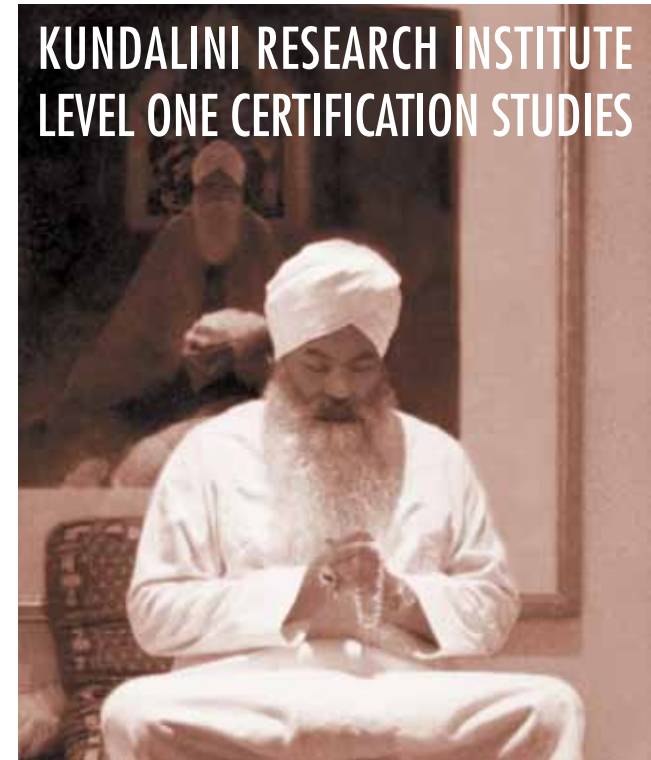


KUNDALINI YOGA TEACHER TRAINING PROGRAM

THE AQUARIAN TEACHER

KUNDALINI RESEARCH INSTITUTE LEVEL ONE CERTIFICATION STUDIES



YOGI BHAJAN

*“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 Bhaajan

STUDY WITH HARI

Hari Kaur Khalsa is a world recognized expert in Kundalini Yoga and Meditation as taught by Yogi Bhaajan. Hari directs and teaches Kundalini yoga classes and teacher trainings, Level 1 and Level 2, in the US and abroad. Prior to moving to NYC she worked with Yogi Bhaajan for over 10 years, co-directing his Level One Teacher Trainings in New Mexico and India. Hari is also author of *A Woman's Book of Yoga* (Penguin, 2002) with foreword by Yogi Bhaajan, and *A Woman's Book of Meditation* (Penguin, 2006).

Most recently Hari served as the **Director of Education and Training** for **Golden Bridge NYC** (from 2007 to 2009), holding the space vital to establishing this new yoga center in New York. Hari is now founder and Director of **Village Yoga NYC** – a wellness and arts center in association with Lydon Harris, Pastor of St. John's Lutheran Church in West Village. Hari is a caring, inspiring, and down to earth teacher, making the powerful and healing teachings of Kundalini Yoga accessible to students of all levels. Inspired by years of study with Yogi Bhaajan, Hari continues to serve all who come with smiles, and spirit. If you would like more info on The Gong Class or have general questions about yoga you can reach Hari at www.ReachHari.com or call **917-445-1976**.

“I am completely committed to the Level One Teacher Training program. Yogi Bhaajan, my beloved teacher came to create teachers and not initiate students. I sat at his feet as he trained teachers for many years, and consider leading this program a duty as his student, an honor and a blessing.” — Hari Kaur

A NOTE ON TRAINING WITH HARI

Hari has extraordinary skills as a trainer. She has a thorough understanding of the material and a deep spiritual experience that she shares. She works with each student so they can understand and experience the consciousness that Yogi Bhaajan longed to share.

Hari will deliver the course with a team of dedicated teachers.

Join Hari for this opportunity to study with a small group of students – 15 maximum! An amazing opportunity!



COURSE SCHEDULE

FRIDAY 11 JUNE to MONDAY 14 JUNE, 10am- 8pm*
FRIDAY 16 JULY to MONDAY 19 JULY, 10am- 8pm*
FRIDAY 20 AUG to MONDAY 23 AUG, 10am- 8pm*
SAT 11 SEPT and SUN 12 SEPT, 10am- 8pm*
SAT 9 OCT and SUN 10 OCT, 10am- 8pm*
SAT 13 NOV and SUN 14 NOV, 10am- 8pm *

* Hours subject to change

LOCATION



GOLDEN TEMPLE YOGA STUDIO

223 Katonah Avenue, Katonah, New York, 10536

www.GoldenTempleYoga.com

“The time has come to offer the next level of training to the community of Golden Temple as well as surrounding practitioners. Keeping with the level of quality and integrity of teachings at Golden Temple the group will be intimate and I am thrilled and honored to work with Hari Kaur in this capacity. I trust fully that this will be a transformational experience for all involved and an amazing level of service for the world.”

— Rai Kaur, owner and director

To Register, please complete the following:

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

NOTE: Early Registration Savings!

Please make check payable to **Golden Temple Yoga Studio** and mail with this form to : Golden Temple Yoga Studio, 223 Katonah Ave., Katonah, NY 10536. Pre-registered (full payment) by May 15, 2010: your fee \$3400. After May 15, 2010 fee is \$3800. All payments due by June 1 2010. Payment plans are available: \$1000 deposit with 4 Equal Payments of \$733.25: June 1, July 1, Aug. 1, Sept. 1 (requires CC on file and automatic billing. CC 3.5% surcharge applies) Participation in a White Tantric Course is required; Included in Price.

NOW IS THE TIME

THE TIME IS NOW

“Kundalini Yoga is a beautiful practice, body, mind and soul. There is nothing, in my experience that matches its power, depth and energy. I invite you to study this language of transformation as Yogi Bhajan, Master of Kundalini Yoga intended, with dedication, sophistication and depth. Sharing and teaching Kundalini Yoga is an act of love and compassion for yourself and this planet. This Yoga of Awareness can bring peace and healing to your heart and help us build a more compassionate and meaningful life for all.” — Hari

KUNDALINI YOGA TEACHER TRAINING PROGRAM

The Aquarian Teacher, Level One Teacher Training is a program that can prepare you to share the basics of Kundalini Yoga as taught by Yogi Bhajan. Strong foundations build a powerful, humble, and effective practice. An effective and humble practice is the best foundation for a teacher. If you are longing to teach, longing to share the power you have experienced with Kundalini Yoga – or you want to study in depth and build a foundation that will forever root your practice so you can grow and glow, this is the place to start.

The Aquarian Teacher program is the KRI Level One Certification program in Kundalini Yoga as taught by Yogi Bhajan®. In Level One you will become an Instructor and learn the fundamental principles and practices of Kundalini Yoga. You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga.

This is a 220 hour course, includes 180 hours of classroom instruction with the following:

- ☼ Yogic Philosophy; History of Yoga; The Origins of Kundalini Yoga
- ☼ Asana and Kriya of Kundalini Yoga
- ☼ Breathing Techniques & Meditation
- ☼ Role of a Kundalini Yoga Teacher
- ☼ Yogic & Western Anatomy
- ☼ Humanology & Yogic Lifestyle
- ☼ Mantra & the Science of Sound
- ☼ Teaching Methodology unique to teaching Kundalini Yoga
(including the consciousness of a teacher, studies with Yogi Bhajan by video & more)



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.” For over 30 years, he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO — the Happy, Healthy, Holy Organization, based on his first principle “Happiness is your birthright.” Through The Aquarian Teacher Program, Yogi Bhajan has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to further spread these price- less teachings through the united efforts of Kundalini Yoga teachers worldwide.

The KRI Teacher Training Team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant’s readiness to be a Kundalini Yoga Teacher. Successful graduates will receive a one-year membership with the International Kundalini Yoga Teachers Association (IKYTA) and will have met the requirements for Yoga Alliance registration at the 200 hour level.

