Level One Teacher Training -- Kundalini Yoga as taught by Yogi Bhajan®

Thank you for considering the Level 1 KRI Teacher Training!

Whether you want to teach, or simply deepen your practice, you will find that this training is designed for serious aspirants of the science of Kundalini Yoga as taught by Yogi Bhajan®. This is an intensive program for those who wish to make yoga an integral part of everyday life. This training is for deep yoga immersion, study, and transformation within a community of other committed students. You will be guided by at least 3 trainers who each have over 25 years experience living a yogic lifestyle. You will experience yoga as it relates to relationships, life choices, work, and daily living. You will grow in your own practice, teaching skills, and self-understanding.

This is a deeply comprehensive training and we will study all aspects of Kundalini Yoga including asana, pranayam, mantra, meditation, yogic nutrition and lifestyle, and philosophy. The true purpose of yoga is to realize your soul. You may expect purification and cleansing to occur on many levels: physical, emotional, mental and spiritual. You will gain insight into past patterns and what has limited you. Through your yoga and meditation practice, you will develop the skills to unify your soul’s desire with your worldly life. This curriculum has been designed to condense into a 10 month period that which yogis have spent decades perfecting.

This is a truly unique opportunity – to experience this Level 1 training in Ann Arbor, Michigan. Kundalini is the Mother of all yogas – yoga in its original, ancient form – a way to bring healing to body, mind, and spirit!

KRI Teacher Certification Requirements:

The KRI Teacher Training team reserves the right to grant KRI Certification based solely on the discretion and evaluation of each participant’s readiness to be a Kundalini Yoga Teacher. Evaluation is based on successfully meeting the KRI Teacher Training requirements and the requirements of this course, as follows:

Full Payment of course fees

Attendance to all classroom instruction

Completion of all Homework assignments

Creation of a 6-week and 10-week course curriculum

Satisfactory practicum assessment

Passing grade on KRI’s written examination

Current Associate Membership in IKYTA (1st year is included in cost of training)

Completion of a 40-day Aquarian Sadhana practice (2.5 hour daily practice)

Participation in at least 5 group Aquarian sadhanas (group sadhanas will be offered every training weekend)

Proper representation of the Code of Professional Standards for Kundalini Yoga Teacher

Attendance at 20 Kundalini Yoga classes outside of the Teacher Training\*\*

Attendance at one full day White Tantric course\*\*

\*\*Cost not included in Teacher Training course fee