



CHERDI KALA YOGA INTERNATIONAL

School of Kundalini Yoga & Karam Kriya

Kundalini Yoga: - Teacher Training Level 1 & 2, 21 Stages of Meditation
Karam Kriya: - Karam Kriya Consultancy & Applied Numerology (KKCT)
- Karam Kriya for Kundalini Yoga Training (KK4KY)



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AQUARIAN TEACHER 2021 - 100% ONLINE

Training starts 7 January 2021



KRI Level I International program in Kundalini Yoga as taught by Yogi Bhajan

Lead Trainer: Hari Krishan Singh

Cherdi Kala is registered in the Netherlands: Chamber of Commerce # 57426015

Registered School for short professional education CRKBO | www.crkbo.nl | #663712

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Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated mission: *"I have come to create Teachers, not to gather disciples."* Since then he has travelled 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 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association, (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

COURSE GOALS:

- Understand the fundamental nature, technologies and concepts of Kundalini Yoga
- Have a transformational experience through the practice of these teachings
- Develop the skills, confidence and consciousness required to teach Kundalini Yoga
- Develop a lifestyle of consciousness
- Experience a sense of community with other participants, local teachers and 3HO worldwide
- Develop a link to the "Golden Chain" through connecting to teachings of the master -Yogi Bhajan.

COURSE STRUCTURE:

Thank you for your interest in our 100% Online Kundalini Yoga Level 1 Teacher Training.

The training is set up in a way that it is possible to attend the full course **purely online** for those who need this. However, it is **highly recommended** to attend at least some sessions in-person on location. We offer several possibilities for this.

1. You attend the last 6-day session in June 2021 in Sweden, which is also part of the online course as this session will be taught Hybrid (in-person & simultaneously on Zoom).
2. You attend the full 100% online training and do **extra** on-location/in-person session in South-Germany (21-27 April 2021) or Menorca (3-10 October 2021). For this **extra** session you do NOT pay for the teachings, but only accommodation and food.
3. You attend the online training until including the 4 days in May (modules 1-7) and attend the last 3 modules in-person in 8 days on Menorca 3-10 October 2021.

COURSE FEES:

The cost of the full course is €2000,00, including tuition, teacher training manual, administration & general services, and examination fee. (20.500,00 SEK)

Deposit/Registration Fee: A non-returnable deposit of €500,00 (5000 SEK) is required with your registration to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

Residential options: In case you would like to attend an optional residential the costs are:

– Arbrå, Sweden: 2.900 SEK (6 days without accommodation incl. food) - 23-28 June 2021

– Yogahouse Prasaad, Engen, South-Germany: €525,00 (7 days incl accommodation and food) - 21-27 April 2021

– Menorca, Spain: €500,00 (8 days incl accommodation and food) - 3-10 October 2021

In case you would like to attend all or some sessions in a group locally in Arbrå, Sweden contact us for the daily fee.

Payments: can be made in 3 installments or all at once. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

You will receive an invoice when you complete this registration form. Your reservation is complete after payment of the registration fee or total fee. Please mention the invoice number with your transfer.

Cancellation Policy: In case of cancellation within 7 days after the first training session, the registration fee, cost for the first module and €100,00 administration fees are due. After 7 days after the first module has been completed, the full tuition fee is due. Contact us in case of special circumstances.

ONLINE REGISTRATION FORM

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Nordic Yoga Center and the above-mentioned cooperating partners reserve the right to refuse entry to any students on grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour. In case of refused entry or continuation of the training, a proportionate refund for missed modules will be granted.

CONDITIONS FOR COMPLETION OF THE COURSE AND BEING A CERTIFIED KY TEACHER:

STUDENTS MUST FULFIL THE FOLLOWING CRITERIA TO COMPLETE THE COURSE AND RECEIVE CERTIFICATION:

Fee: Full payment of all fees.

Attendance: Students must attend all the 21 days that will be taught during the year of 2021. Exceptional or special circumstances may result in a student completing the course by attendance at other future KRI-sanctioned KY teacher training programmes organised by the Karam Kriya School. Note: in any case, the maximum length to complete the training is 2 years from the starting date.

White Tantric Yoga (WTY): In addition to the hours described below the student is required to attend (or have previously attended) at least one day of WTY. Approximate price for WTY in Stockholm is 1500 SEK (this amount is not included in the general course fee, stated above). NOTE: due to COVID-19 WTY has been postponed until 2022. This is at the moment NOT a requirement for certification. There will be alternatives presented during the course.

Hours: The course will comprise of at least 200hrs [and additional time for exam, written course work and a WTY alternative]

- o 200 hours of classroom instruction and practice [21 days].
- o At least one 40 day meditation series and yoga practice. [i.e. 31 mins a day — in the student's own time]
- o At least 12hrs of reading, with a focus on knowing and understanding the technology and its effects. Essential in this is the reading of the course manual "The Aquarian Teacher" (will be provided). Additionally, recommended reading: Patanjalis Sutras and other Kundalini Yoga Manuals or any book on Chakras and yogic anatomy/philosophy.
- o Attendance at minimum of 12 sadhanas/early morning practices which will be offered during the training days.
- o Additional classes: students are required to attend a minimum of 20 Kundalini Yoga classes during the time of the training. These must be taught by a KRI certified KY instructor.

Evaluation of the Student: The final evaluation of the student for completion of the course will be based on completion of the above criteria as well as the Trainers general evaluation of:

- o The student's involvement with the course [including leading yoga sessions on the course]
- o Their general grasp of the practical and theoretical material
- o Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*
<https://epsweb.org/wp-content/uploads/2020/11/Code-of-Excellence-2020-1.pdf>
- o Satisfactory completion of a written exam and course work [see below]

Whenever necessary the evaluation will include an interview between the student and two Trainers.

Exam and Course work:

- o Maintain a journal of experience and progress, [in particular recording the experience of 40 day practice]
- o Passing with a satisfactory result (75%) in the written exam [take-home or sit-in examination].
- o Design and draft two separate course curricula.

On completion: The student will obtain the level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan issued by KRI (The KundaliniResearchInstitute). This course is approved by [KRI] upon certification, the teacher is qualified for registration as member of any local Kundalini Yoga Teachers Association, as well as the International Kundalini Yoga Teachers Association (IKYTA), both of which include internet listings and other professional benefits.

Complaints: For any complaints regarding the training please refer to the Ethics and Professional Standards (EPS) department of the Kundalini Research Institute (KRI) who certify the training:

<https://trainersupport.kundaliniresearchinstitute.org/the-office-of-ethics-professional-standards-conscious-conflict-resolution>

THE TRAINERS:

LEAD TRAINER: Hari Krishan Singh, Dutch but resident in Germany, is co founder of Cherdi Kala International Kundalini Yoga School (www.yogafamily.one) along with his wife Bachitar Kaur.

He travels and teaches in Europe, Australia and Asia as a Lead level 1 & 2 Trainer and is a Karam Kriya consultant and trainer. He is responsible for establishing many training programmes around the world in cooperation with the Karam Kriya School.

With profound understanding and insight into the teachings and an abundant sense of humour, Hari Krishan's infectious presence naturally puts people at ease. He brings the teachings across in a way that is both light and deep and facilitates deep processes of change and personal growth.

He lives with his family in South-Germany in Yogahouse Prasaad (prasaad.de), their retreat centre near Lake Constance.

Bachitar Kaur from Germany, is co-founder of the International Kundalini Yoga and Karam Kriya School Cherdi Kala. She has been practicing yoga since 2001 and teaching Kundalini Yoga since 2004. Being a Kundalini Yoga Trainer as well as a Karam Kriya Trainer and Mother of two, she co-created the Karam Kriya and Kundalini Yoga Pregnancy Teacher Training "Divine Woman Divine Mother" to share these priceless teachings with other women. She teaches on Trainings throughout Europe and also gives workshops on Conscious Parenting and Womanhood.

Sat Karam Singh, Arbrå/Sweden, is a Kundalini Yoga teacher and professional teacher-trainer. Wholeheartedly he has been studying yoga and affiliated sciences for almost 25 years now, and he is still enjoying it. Besides teaching he also applies the wisdom and the clarity of Karam Kriya, the science of numerology, in personal consultations for individuals, couples and groups but also in courses and trainings. He loves singing and playing music, and it is a blessing to share this passion for music and mantras in the yogic context. Sat Karam was born and raised in Germany, and he worked there as a civil-engineer before moving to Sweden in 2010, where he is now running a yoga center together with Hari Arti Kaur, and he is spending the rest of his time as a passionate sourdough baker. He shares the priceless wisdom and insights of the spiritual teachings all over Europe with an undogmatic approach, but instead through emphasizing delight.

Jai Inder Kaur, from Melbourne, Australia. She is a passionate and inspiring trainer who also works as a Nurse aside being a Kundalini Yoga Trainer. Her expertise in Anatomy makes for a great addition to our team and we are very grateful that she makes the effort to join, even though there is such a big time difference!

Hari Arti Kaur, from Arbrå/Sweden, is the founder of Nordic Yoga Center (www.nordicyoga.se). Since 2010 she is running this spiritual center together with Sat Karam Singh. She has been exploring and teaching Kundalini Yoga for almost 25 years. As a trainer she loves sharing different perspectives on walking a refined and light way through life, based on own experiences and with the inspiration from Sikh Dharma, as well as the science and art of numbers (Karam Kriya). Hari Arti Kaur has worked with international development and education, with special interest in culture and communication to build sustainable societies. She is heading the cultural department in the local municipality and enjoys contributing to the development of the local society.

Salila Gyanjot Kaur from Oslo/Norway, is a KRI Certified Kundalini Yoga teacher (Level 1 and 2), Associate Teacher Trainer and student of Shiv Charan Singh since many years. She teaches with passion and enthusiasm and her teaching style is characterized by creativity, sensitivity and playfulness. She is the founder of the Kundalini Yoga School in Norway together with her husband AnandRaj. Gyanjot has specialized herself in the psychological and therapeutic properties of Kundalini Yoga, Shakti Dance, Karam Kriya, yoga for pregnant women, women and children. As half Indian and former contemporary dancer, Gyanjot was introduced to various forms of yoga, consciousness and movement early in her life. She has taught at various yoga and fitness centers, businesses and health-related clinics, both in Norway and in Europe. Her experience is that the wisdom and practice of Kundalini Yoga fulfills a need of many, enriching the individual in the increasingly intense times we live in. She has a burning heart to convey how Kundalini Yoga can contribute to increased quality of life, joy and balance. Both physically, mentally, emotionally and spiritually!

All trainers look forward to sharing with you the technologies that conquer the ego-mind and open the hea

Please note: Trading or promotion of goods or services, by trainees, during the scheduled modules is not permitted without prior consent from the lead trainer.



Hari Krishan Singh & Bachitar Kaur

THE TRAINING SCHEDULE AND DATES:

Daily schedule:

5.30 - 8.00	Early morning Yoga (Sadhana)
8.00-9.30	Breakfast break
9.30-13.00	Teaching session
13.00-14.30	Lunch break
14.30-17.00/18.00	Afternoon teaching session

Dates:

Module 1: January 2021, 4 days ONLINE

7-8 Session 1: Origins, lineage etc.

9-10 Session 2: The map, anatomy

Module 2: March 2021, 3 days ONLINE

26 Practicum day

27-28 Session 3: Sound and Mantra

Module 3: April 2021, 4 days ONLINE

15-16 Session 4: Breathing, Living

17-18 Session 5: Posture

Module 4: May 2021, 4 days ONLINE

13-14 Session 6: Mind & meditation

15-16 Session 7: Humanology

Module 5: June 2021, 6 days ONLINE & IN-PERSON In Sweden Arbrå – HYBRID teaching

23-24 June Session 8: Roles & resp.

25-26 June Session 9: Patanjali & Death

27-28 June Session 10: 10 bodies

LOCATIONS:

The residential options will take place at:

SWEDEN: Arbrå KundaliniYoga, Norränge-Bölesgården 5592, 821 63 Arbrå

SOUTH-GERMANY: Yogahouse Prasaad, Almenstrasse 11, 78234, Engen-Anselfingen

MENORCA, SPAIN: contact us.

Questions:

Please direct any enquiries to: Sahaikaur@hotmail.com

Important notes:

Please take into consideration that the format of this training is especially intense, You will experience the processing of a great amount of material, exercises and philosophy, as well as personal changes in a relatively short period of time. Please Allow yourself some time with yourself, in order to integrate your experiences and your personal development, as well as studying the material after each module.

An integral part of the training as a yoga teacher is also to do Seva (which is a selfless service, or sometimes also called Karma Yoga) during the modules. As we will be online we will discuss how to integrate this aspect for you where you live.

TRAINING THEMES

MODULE 1:

Session 1: Yoga Origins, Types, Lineage and Becoming a Teacher

What is Yoga: it's origins and history up to present. baba sri chand, guru ramdas, [shakti/Bhakti].

Types of Yoga: traditional and modern. Kundalini Yoga as the mother of all yogas, householders dharma.

Golden chain. Adi mantra & basic class structure

Code of ethics – Professional Code & 16 Facets of the Teacher. 7 steps to happiness.

Session 2: The map - Yogic and western anatomy.

Western anatomy: body systems and specific organs. How yoga and diet help

The yoga process; concept of energetics rejuvenation /balance/ elimination [G.O.D.]

Yogic anatomy of Gunas, Tattwas, Chakras, Nadis, Vayus, prana and apana.

The path of the Kundalini and the 3 locks/bhandas.

MODULE 2:

Session 3: Shabd, Mantra & Sadhana

Quantum Technology of Shabd Guru:

The 4 yugas, Kali Yug and Naam as the supreme yoga of Kali Yug.

The nature of the age we live in. [the grey transition between Piscean and Aquarian era].

The changes and challenges of the times, and what is needed.

Sensory human: The body as a communication system;

Mantra: the meanings, effect, and how to chant the mantras of Kundalini Yoga.

Sadhana: The importance and value of daily discipline of exercise and meditation.

Building your sadhana slowly and steadily

MODULE 3:

Session 4: Breathing & Living + Pranayama: Body – breath – brain - consciousness

What, how, why of the breath. Its nature, importance, variations & effects.

Yogic Lifestyle: Guidelines, wisdom and tips for all aspects of life.

How to awake, hydrotherapy, diet, times of day, getting the best sleep.

Addiction and how yoga helps. Cautions and pitfalls. Power/money/sex.

Session 5: The Technology of the Times; Posture

Asana : Kriyas and asanas, (angles, triangles, rhythm). The effects/benefits/cautions.

MODULE 4:

Session 6; Meditation:

The techniques, types, effects over time, stages.
Patanjali: Pratyahaar, Darana, Dhyana, Samadh.
The 3 minds; training the mind.

Session 7; Humanology:

We are Spirits here for the Human Experience.
The possible Hu-man Be-ing, soul's choice, soul's journey, birth, 120 days, the mother.
Being fe/male, growing up, Moon Points, Lifecycles. Meditations for Wo/men.
Relationships –the highest yoga. Venus Kriyas. Tips for Communication.

MODULE 5:

Session 8: Roles And Responsibilities :

Inside and outside of the class setting.
The Art of being a student; 5 steps to wisdom, the 4 errors, 2 laws - keep up and deliver.
The nature and art of a teacher - Teacher's Oath. 16 Facets.
Teaching in different spaces, different levels, and different groups.
Before, during and after the class.
Message, market & media. Preparing yourself, preparing the class,
Managing the time, the space, the ambience & the people.
The relation between Kundalini Yoga and Sikh dharma.

Session 9: Yogic Philosophy, Death & Dying

Philosophy: Key terms and concepts in Yogic Philosophy. Sutras of Patanjali. Concentration.
The cycle of manifestation & the ladder of subtly.

Death & Dying: What happens when we die and after we die. The stages, the issues, the opportunity, and the technology. Dead/Liberated while Alive.

Session 10: Completion & Continuity

Ten Spiritual Bodies;
Applied Science of Spiritual Numerology [Karam Kriya].
Relaxation — its importance, different techniques.
Resources for the teacher.[Including Community and continuity.]
Answer & questions. Preparation for exam.

PRACTICUMS:

Personal check-in.
Improving teaching skills through.....Teaching! ☺
