



Karam Kriya School

Kundalini Yoga Teacher Training LEVEL 1

Powered by Cherdikala Yoga International



The Aquarian Teacher for Women Only

KRI certified Kundalini Yoga Teacher Training Level 1: Start 19.9.2020

*Online and in person. With extra modules on Women's Teachings & Female Leadership
Pregnancy Yoga & Postnatal Care*



More info: bachitar@cherdikala.eu

www.cherdikala.eu

Cherdikala Yoga International is registered in the Netherlands: KvK No. 57426015

Turnhotlaan 9 | 5628 RJ | Eindhoven | The Netherlands | +49170 9359951

ING Bank NL - Account Cherdikala - The Art of Upliftment

IBAN: NL24INGB0007912751 - BIC: INGBNL2A - VAT No. NL142378380B03



WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

The training starts 19 September 2020. It is exclusively for women by women.

KRI Level I International Program in Kundalini Yoga as taught by Yogi Bhajan
Including additional modules on pregnancy yoga, postnatal care and
teachings for women & female leadership

Lead Trainer: Bachitar Kaur - yogafamily.one/cherdi-kala-international/



These teachings of Raaj Yoga for spiritual awakening and blossoming are offering themselves to everybody.
The choice to tap into their nectar remains yours.

CONTENTS

- o About this course and its context of KRI, IKYTA, 3HO and Yogi Bhajan,
- o Course Goals and additional modules for speciality women teachings
- o Course Fees
- o Completion Criteria
- o Meet the Trainer Team
- o Schedule and Times
- o Course Themes and Dates
- o Location, Accommodation, Food during Residential
- o Impressions and Questions
- o Application Contract and Privacy Policy





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

About this Course

This special Kundalini Yoga Teacher Training is KRI certified and exclusively for women by women. An international female trainer team from Australia, Estonia/Mexico, France/Switzerland, Germany, Spain, The Netherlands and the UK is awaiting you to share the wisdom and techniques of these timeless and relevant teachings with you.

Develop the skills, confidence and consciousness required to teach Kundalini Yoga as taught by Yogi Bhajan. Gain a deeper understanding of the fundamental nature and technologies of Kundalini Yoga. Unfold a lifestyle of consciousness. Experience a sense of community locally, regional, online, worldwide in a feminine environment.

The training consists of online modules and is complemented by a 6 day residential (in person teaching) at Yogahouse Prasaad in South Germany. The residential provides a balanced experience of practical hands-on learning and theoretical information on Women's Teachings & Female Leadership, Pregnancy Yoga and Postnatal Care.

This 26 day course will qualify you to teach Kundalini Yoga as taught by Yogi Bhajan. Plus it also supplies you with a wealth of tools to support women around conscious conception, pregnancy, childbirth and postpartum. This means it will also give you the tools to offer pregnancy yoga courses as well as qualify you to register as Postpartum Doula with the Postnatal Support Network (<https://www.postnatalsupportnetwork.com>) or work independently as postnatal Doula

Different teaching formats are aiming to make it easily accessible for mothers, too.

*“If there is one thing a woman can do in this time
it is step into the sacred space of self authority. We need
vibrant women to lead into tomorrow.”*

Charan Kamal Kaur

The Kundalini Research Institute (KRI) is a non-profit corporation established in 1972 which certifies the Level 1, 2 & 3 Aquarian Teacher programs <https://kundaliniresearchinstitute.org>.

The International Kundalini Yoga Teachers Association (IKYTA) was established in 1994 to spread these transformational teachings through the united efforts of Kundalini Yoga teachers worldwide. <https://www.ikyta.org>

KRI, IKYTA and 3HO are organisations initially founded by Yogi Bhajan who passed away in 2004 and are now carried forward by teachers and trainers who continue to develop, serve and





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

spread the integrity of the teachings in alignment with the consciousness of the Aquarian Age.

The program is open to students who are ready to become teachers and to those who wish to just immerse themselves in the spiritual and yogic science of Kundalini Yoga.

Kundalini Yoga is a Raj Yoga that is rooted in ancient yogic science, philosophy and spiritual texts. In 1969, Yogi Bhajan brought Kundalini Yoga more widely to the West in the form of a householder's dharma to be transmitted through experience - practical, inclusive, efficient, transformational and relevant for the times - and for others to carry these teachings forward into the Aquarian Age for the upliftment of humanity.



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.

Women of the world answer the call: Step into the power and grace of your divine feminine self. Inspire and lead through the depth and radiance of your being. Bring your light, your love, and your intelligence to the fore. The world needs your leadership and wisdom now.

Women of all ages, races, faiths and nationalities are working to bring peace compassion, and healing to humanity. Join in!

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 and regional teachers and 3HO worldwide.
- Develop a link to the Golden Chain through the teachings of Yogi Bhajan. Master in Kundalini Yoga and through Guru Ram Das, sitting on the throne of Raaj Yoga
- Acquire a wealth of tools to support woman around conscious conception, pregnancy, childbirth, postpartum and beyond according to Yogi Bhajan's teachings.





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

- Learn women's wisdom and experience hands on techniques for Postpartum Care.
- Immerse yourself into invaluable yogic teachings for women. Learn specific Kundalini Yoga and Meditation techniques to empower women to access their inner strength, dignity and sacredness.
- Develop and deepen your ability to be a teacher in this Aquarian Age. To bring something to this world only you can bring.

"The kundalini experience does not mean you have gone into a deep breathless trance and are beyond this world. ... It integrates you more fully with reality and gives you a broader vision and sensitivity so that you can act more efficiently."

- Yogi Bhajan, Kundalini Yoga:
The flow of Eternal Power

Course Fees

The cost of the full course is 2.400,- Euro (for tuition, teacher training manual (this will be shipped to you after registration), administration & general services, examination fee & full board 6 days residential) if registered before 15. August 2020 and 2.550,- thereafter.

Deposit/Registration fee: A non-returnable deposit of 600,00 Euro is required with your application to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

Payment: Students must then pay the first instalment of 300 Euro four weeks prior to the start date, so no later than 22. August 20. Three subsequent payments of 500,00 Euro each are to be made by November 30, 2020, February 28 2021 and May 31, 2021. Alternatively, you can pay the whole course at once when making the deposit.

If you register after August 15 you don't make use of the early bird discount and your registration fee is 750 EUR.

Cancellation Policy: After registration you have 14 days to re-consider and cancel while receiving a refund of the registration fee. Cancellation after 14 days means the registration fee is non-refundable. In case of cancellation within 7 days after the first training unit, the registration fee, cost for the first training unit (108 euro) and 100 euro administration fees are due. After 7 days after the first training unit the full tuition fee is due. Contact us in case of special circumstances.

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Cherdi Kala reserves 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.





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

Conditions for Completion of the course

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

Fee: Full payment of all fees.

Attendance: Students must attend all training units resp. modules which comes to an equivalent of 26 days that will be taught during the years of 2020 and 2021. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programs organised by Cherdi Kala Yoga or any other organiser of the International Karam Kriya School. Note: maximum length of training is 2 years from the starting date. Special modules (Pregnancy Yoga, Postnatal Care, Women's teachings & Female leadership) may not be able to be attended elsewhere

White Tantra: In addition to the hours described below the student is required to attend (or have previously attended) at least one day of White Tantra Yoga.

Hours: The course will be at least 200hrs [and additional time for exam, written course work, seva community project and one day White Tantra]

- 180hrs classroom instruction and practice (online) [equivalent of 20 days] required for KRI Level 1 certificate
- minimum additional 54 hrs classroom instruction and practice [6 residential days] for pregnancy yoga, postnatal care and kundalini yoga for women and female leadership.
- 40 day meditation and yoga practice. [i.e. 31 mins a day — in student's own time]
- 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- Attendance at minimum of 12 sadhanas/morning meditations [on the training days]
- Included in this time will be the viewing of at least two video classes by Yogi Bhajan.
- Reading: essential reading: The Course Manual and two chapters from "The Master's Touch" by Yogi Bhajan. Recommended reading: Pantajalis Sutras, "Conscious Pregnancy" by Tarn Taran Kaur, other Kundalini Yoga (KRI) Manuals.
- Additional classes: students are required to attend a minimum of 20 Kundalini Yoga classes either during or after the training. These must be taught by an KRI certified 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 Tutors' general evaluation of:**

- The student's involvement with the course [including leading yoga sessions on the course]
- Their general grasp of the practical material
- Commitment to the 3HO Code of Professional Standards for Kundalini Yoga Teachers
- Satisfactory completion of exam and course work [see below]

Where appropriate the evaluation will include an interview between the student and two tutors.





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

Exam and Course work:

- Maintain a journal of experience and progress, [in particular — recording the experience of 40 day practice]
- Pass a satisfactory grade in the written exam [take-home].
- Design two separate course curricula. One for Beginners and one for Pregnancy Yoga
- Seva community project geared towards women or families (eg 40 day postnatal sevadar)

Evaluation of Tutors: The student is required to complete a brief confidential evaluation form for each of the KRI Tutors on the course. These will be submitted to the head office of the Kundalini Research Institute (KRI).

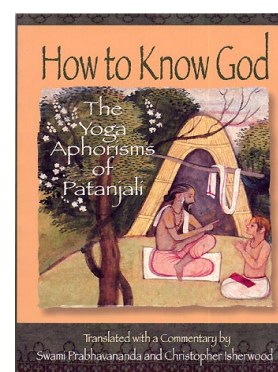
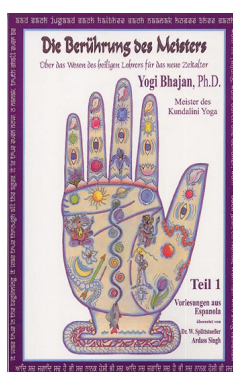
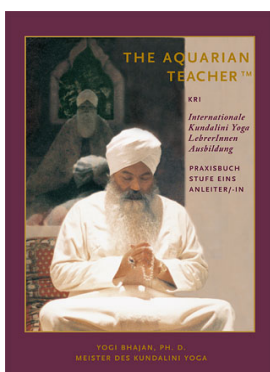
On completion: The student will obtain the KRI level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan. This course is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of any national Kundalini Yoga association and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits.

Complaints: Please check <https://www.yogafamily.one/complaints/> for a detailed complaints procedure.

IMPORTANT LITERATURE

The training manual “The Aquarian Teacher” (This is included in the training fee and will be shipped to you after registration.) and two chapters of “The Master’s Touch” by Yogi Bhajan.

The yoga sutras of Patanjali (How to Know God). For Europe available at www.satnam.eu

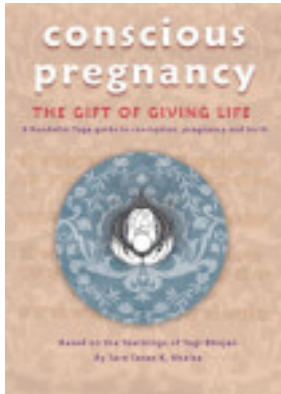




WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership



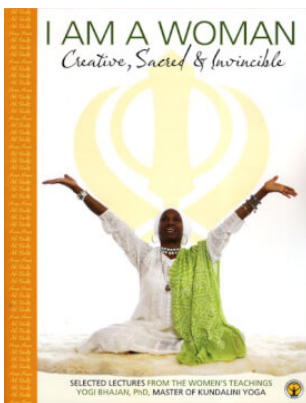
Conscious Pregnancy Vol. 1 & 2 by Tarn Taran Kaur

A women's guide to self-discovery and natural child birth

Available here

<https://www.satnam.de/en/search.php?keywords=Conscious+Pregnancy+Vol.+1+-+Tarn+Taran+Kaur+Khalsa>

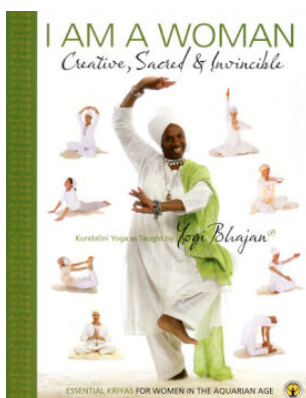
Recommended literature



I am a woman – Creative, Sacred, Invincible.
Reader (Lectures) by Yogi Bhajan

Selections from the Women's Teachings of Kundalini Yoga as taught by Yogi Bhajan.

Available here <https://www.satnam.de/en/i-am-a-woman-reader-textbook.html>



I am a woman – Creative, Sacred, Invincible.
Yoga Manual by Yogi Bhajan

Essential Kriyas for Women in the Aquarian Age

Available here <https://www.satnam.de/en/i-am-a-woman-yoga-manual.html>





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

Meet the Trainer-Team



LEAD TRAINER: Bachitar Kaur (Germany) is Teacher Trainer in Kundalini Yoga and Karam Kriya Consultancy (number awareness). Her passion for a more humane world is reflected in her enthusiasm with which she teaches. Being a strong advocate for female solidarity and community building, she is specialized in Teachings for Women and also Conscious Parenting. Bachitar is co-founder of Cherdi Kala Yoga International, initiator of Yogaschule Golden Temple, founder of Yogahouse Prasaad and has co-developed the Divine Woman Program. She has been living and teaching Kundalini Yoga in different countries to students with a broad variety of social and cultural backgrounds and special requirements. Together with her Dutch husband and their two wonderful sons she lives in South-Germany at Yogahouse Prasaad – a retreat place for conscious living in nature. She teaches throughout Europe, Asia and Australia.



Sukhdev Kaur (Mexico/Estonia) pioneered to Estonia from her homeland of Mexico in 2004. She has taught and trained teachers for almost a decade across Europe and Mexico. Sukhdev is the director of Dharamsaal – School of Kundalini Yoga and Humanology in Tallinn, and the Guru Ram Das Institute and Rajamaa Ashram. She is a doula, Conscious Pregnancy teacher trainer and Karam Kriya trainer. She developed the program Conscious Parenting for integrating yoga awareness into conscious family living. Sukhdev is also creating a conscious, dharmic, democratic, forest primary school for children in the ashram.



Angad Kaur (UK) is a KRI Professional Teacher Trainer and runs Level 1 courses in the UK since 2009. Mentored by Shiv Charan Singh, she is also a consultant and trainer in Karam Kriya, applying the universal intelligence of numbers to support meaningful life transitions. This is combined with ongoing training in Kundalini Medicine, led by Guru Dharam Singh, which integrates Kundalini Yoga with proven systems of holistic medicine. Angad offers spiritual counselling, yoga and meditation in hospitals and psychiatric units with a specialist interest in mental health, spiritual awakening, death & dying, and the creative application and transformation of the mind through meditation, story telling and spiritual teachings.



Jai Ram Jai Ram Kaur (Australia) has been teaching Kundalini Yoga since 2006. She teaches classes and workshops and gives individual consultations. She is a Karam Kriya applied numerology consultant and trainer. Jai Ram has a speciality in pregnancy, postnatal yoga and women's teachings and is the founder of Small Blessings Yoga in Perth. She is an Associate teacher trainer for Level 1 Kundalini Yoga with karam Kriya School. Jai Ram Kaur is married and has 3 beautiful teenaged children. When not busy with yoga she can mostly be found in the garden or at the beach with the dog



WOMEN ONLY - online and in person



INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership



Seva Kaur (Spain) is a full-time Karam Kriya Consultant, Kundalini Yoga Teacher Trainer, and Sat Nam Rasayan Healer. She is specialized in the field of communication, personal development, meditation and devotional music (kirtan) with voice and harmonium. She started her spiritual search since her early childhood. Although it would be years later when she found and committed to her path with her spiritual teacher, Shiv Charan Singh. Since then, she has been travelling throughout Europe and India receiving his teachings, and sharing them to many others. She also is organizer of Women Circles in many different locations, Mantra concerts and meditational journeys to the Desert.



Avtar Kaur (France/Switzerland) Teaching Kundalini Yoga and Karam Kriya has been my passion for the last 20 years. Co-founder of the Divine woman program with Bachitar Kaur, I travel in Europe and America to deliver these precious teachings to the world. I am a certified L1 and L2 teacher and a professional trainer in various L1 programs through Europe, as well as a Karam Kriya trainer and consultant. My wish is to bring depth and at the same time give enough challenges to allow the transformation to happen. Originally French, I live in Germany near Frankfurt with my husband and my two children.



Sada Sat Simran Kaur (The Netherlands) is a longstanding practitioner of Kundalini Yoga and teacher trainer on international Level 1 Aquarian Teacher programs. She is consultant and trainer in Karam Kriya numerology, under the guidance of Shiv Charan Singh. Sada Sat Simran also teaches the philosophy of life in public education and is a Sat Nam Rasayan healer.



Charan Kamal Kaur (The Netherlands) is a level 1 and 2 certified Kundalini Yoga teacher, Postnatal Doula and one of the initiators of the international charity Postnatal Support Network. She gives trainings in postpartum care and teaches yoga in Eindhoven, south of the Netherlands. Her experience and skills have been formed by being a mother of two boys, as a yoga teacher and her previous jobs as director of the PSN charity, in corporate business and hospitality. She is married, has two sons and is a passionate gardener.





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

Schedule and Times

The course is structured into different Teaching Units

- Single Saturday Teaching Units,
- Weekend (Sat- & Sunday) Teaching Units,
- Wednesday Evening Teaching Units
- Residential.

All units except the Residential are online.

The overall teaching schedule for a training day is:

Sadhana	5:30-8:00
Break/Breakfast	8:00-9:30
Morning Class	9:30-13:00 with smaller breaks in between
Break/Lunch	13:00-14:30
Afternoon Class	14:30-16:00
Tea Break	16:00-16:15
Practicum	16:15-18:00 (depending on group size)
End of day/Dinner	18:00

During the residential there are some evening sessions from 19:30-21:00, but not on all evenings.

Please note: This is a general schedule. Minor adjustments will be made where needed. For example during module ten, the lunch break will be one hour instead of 90 min to better accommodate the teacher's time difference between Europe and Australia.

Teaching schedule for Wednesday evening sessions is:

Wednesday Evenings 17:30-21:00 with a small break.

Course Themes and Dates

These sessions will be divided over the teachings units

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

Two Saturday Teaching Units: September 19 & October 3 with Bachitar Kaur

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.





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1 *including teachings on pregnancy yoga, postnatal care & female leadership*

Module 2: Shabd, Mantra & Sadhana

Two Saturday Teaching Units: October 10 & October 31 with Bachitar Kaur

Quantum 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: The map - Yogic and western anatomy.

Weekend Teaching Unit: November 21-22 with Seva Kaur

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 4: Breathing & Living

Four Wednesday Evening Teaching Units: 9.12.20 | 16.12.20 | 6.1.21 | 20.1.21 with Bachitar Kaur

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.

Module 5: The Technology of the Times; Posture

Four Wednesday Evening Teaching Units: 27.1.21 | 3.2.21 | 10.2.21 | 17.2.21 with Sada Sat Simran Kaur

Asana: Kriyas and asanas, Angles, triangles, rhythm. The effects/benefits/cautions.

Module 6: Meditation:

Four Wednesday Evening Teaching Units: Wednesdays: 3.3.21 | 10.3.21 | 17.3.21 | 24.3.21 with Bachitar Kaur

The techniques, types, effects over time, stages.

Patanjali: Pratyahaar, Darana, Dhyana, Samadh.

The 3 minds; training the mind.





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

Module 7: Humanology

Weekend Teaching Unit: April 10-11 with Sukhdev Kaur

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 8: Roles and Responsibilities

Weekend Teaching Unit: May 8-9 with Avtar Kaur

In and out 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.

Residential: Modules 9, 10 and 11 June 10 (Thursday) - 15 (Tuesday) 2021

Module 9: 2 days Pregnancy Yoga with Bachitar Kaur

Conscious Conception, Conscious Pregnancy, Birth, Postpartum, 40 Days and Beyond,

Postures, Pranayama, Meditation. Dos and don'ts in a pregnancy yoga class. Special purpose of pregnancy yoga class. Natural childbirth and others. Mothering the mother. Supportive foods and nutrition. Importance of network/community "It takes a village to raise a child".

Module 10: 2 days Postnatal Care with Charan Kamal Kaur

Ancient and contemporary knowledge and practical techniques on the 40-day recovery time after birth

Why postnatal support
Principles of a 40 day resting period
Physiology of the postnatal mother and child
Cooking and recipes
Other techniques such as postnatal rituals, bed sharing, massage and baby bundling.
The Postnatal Service, the attitude and what kind of support.

Module 11: 2 days Women's teachings & Female Leadership with Bachitar Kaur

Specific Kundalini Yoga and Meditation techniques.
Selected Video Lectures by Yogi Bhajan from Women's Camps.
A woman's basic and elevated nature.
Four ways of a woman to liberation.
The future is feminine. Female leadership.
Woman is community. Community building.





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1 *including teachings on pregnancy yoga, postnatal care & female leadership*

Module 12: Yogic Philosophy, Death & Dying with Angad Kaur

Weekend Teaching Unit: July 10-11, 21

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.

Module 13: Completion & Continuity

Two Saturday Teaching Units: September 4 & 18 with Jai Ram Kaur

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:

Viewing and experiencing Yogi Bhajan through videos.
exploring the master's words – Book: The Master's Touch
Personal check in. Improving teaching skills.

Please note: Trading or promotion of goods or services, by trainees, during the training units is not permitted without prior consent from the School directors.





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

Location, Accommodation, Food during Residential

The residential will take place at Yogahouse Prasaad in South-Germany (www.prasaad.de) June 10-15
Yogahouse Prasaad | Almenstrasse 11 | 78234 Engen-Anselfingen | Germany



Arrival one day before on June 9 from 17:00, depart one day after in the morning of June 16th)

Vegan breakfast, Lunch and Dinner are included. Accommodation is in shared rooms ashram style and in tents. For off-site private rooms inform for possible options.

Please direct any enquiries to: Bachitar Kaur at bachitar@cherdikala.eu



Important note

Please take into consideration that this online format is an intensive training format, which mostly is spread out over eight to ten weekends in person teaching and a residential week. During the online sessions you will be confronted with a lot of material, exercises and philosophy to digest in between the sessions. Allow yourself some time to integrate your experiences after each training unit.

A part of the training is also to do seva (selfless service, or Karma Yoga) during the residential, which might consist of helping prepare or cook food, cleaning up and perhaps some light cleaning at the accommodation.

There won't be an evening program every evening, so there is time to yourself and rest when needed.

You are required to attend at least 5 sadhanas (but encouraged to join all of them of course ;-).





WOMEN ONLY - online and in person
INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1
including teachings on pregnancy yoga, postnatal care & female leadership

A few impressions for you



Questions?

For further questions please contact Bachitar Kaur: bachitar@cherdikala.eu. Thank you





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

CONTRACT FOR LEVEL I TRAINING - KUNDALINI YOGA INSTRUCTOR

I hereby apply for participation on the Kundalini Yoga Instructor's course for women only as detailed below.

I have read and understood the conditions for completion of the course.

I transferred 600,00 Euro non-refundable deposit/registratio fee to the following bank account:

Cherdi Kala – The Art of Upliftment Bank transfer: **IBAN: NL42 INGB 0008 3321 46 BIC: INGBNL2A**

I understand the cost of the full course is €2.400,00 (€2.550,00 if registered after 15 August 2020) and that I must pay 300 Euro four weeks prior to starting the course on **22 August 2020** as well as three subsequent payments of 500 Euro each by November 30, 2020, February 28, 2021 and May 31, 2021. If I have registered after August 15 I will pay 750 EUR registration fee. I have read and understood the cancellation policy.

I attach a letter stating the reason why I wish to attend this course, detailing my yoga experience to date.

Fee bank transferred

Please tick one:

600 Euro non-refundable deposit 300 Euro first instalment EUROther (specify)

Please specify "KYTT Lev1 women only" with the payment as well as your name!

Name.....Spiritual Name.....

Address.....

Mobile.....E-mail.....

Full payment of the first instalment entitles the student to collect his/her copy of the Training Manual from the School.

In emergency contact

Name.....Relation to you

Mobile.....Address.....

Disclaimer

To the best of my knowledge there is no physical or mental medical reason why I should not do this course.

I understand that the teachings of Yogi Bhajan do not constitute medical advice.

Do you give Cherdi Kala permission to use your data for:

- Identify and contact you before and during the event in case of need
- To contact your emergency contact if needed during the event
- To add your email address to our database in order to send our newsletter and ocasional announcement
- Issuing you with an invoice/receipt

SIGNED (by applicant).....Date

Now send the content of this form along with your letter to: bachitar@cherdikala.eu

Cherdi Kala Yoga International is registered in the Netherlands: KvK No. 57426015
Turnhoutlaan 9 | 5628 RJ | Eindhoven | The Netherlands | +49170 9359951





WOMEN ONLY - online and in person

INTERNATIONAL AQUARIAN TEACHER PROGRAM LEVEL 1

including teachings on pregnancy yoga, postnatal care & female leadership

Privacy Policy

The new GDPR (General Data Protection Regulations) or AVG (Algemene verordening gegevensbescherming) is a legislation that entered into force on 25 May 2018 and in which Europe lays down rules for companies on how to deal with clients' data.

We would like to transparently report what kind of data Cherdi Kala Yoga keeps when you are registering with us for a Kundalini Yoga Teacher Training; how these data are stored, and how long they are stored for.

Personal Client Data: What client Data Are Collected and Kept, How Are they Stored, and How Long Are they Stored for?

Certain personal client data are collected by Cherdi Kala Yoga at the time of registering for a teacher training, workshop or consultation. This is for the purposes of meeting Insurance Company criteria as well as for your health and safety during your yoga practice, training or consultation. Health information is also used to tailor sessions to suit your individual needs.

All information gathered by Cherdi Kala Yoga during the booking process or provided by a client at any other point in time is treated as confidential and will not be shared with a third party.

Three exceptions to sharing information are made:

- **Kundalini Research Institute** (KRI: <http://kundaliniresearchinstitute.org/>) is the central Kundalini Yoga organisation that issues the certificates and will be given your: name, address, e-mail address, phone number and date of birth to be able to register you. **IKYTA** (International Kundalini Yoga Teacher's Association: <https://www.ikyta.org/>) will also receive this information.
- **Emergency Contact information** is collected only for use in an emergency, should Cherdi Kala Yoga need to contact your next of kin or give this information to the emergency services.
- **Guest teacher trainers** will be informed of any important health information and emergency contact details will be shared with them.

You may update or correct your registered information, alter any of your data, review how they are used or request their return to you at any time by contacting me via email or phone (contact details are provided at the top of the page).

You may, of course, decline to submit personal information to Cherdi Kala Yoga, in which case Cherdi Kala Yoga may not be able to provide certain services to you.

For our full Privacy Policy please read <https://www.yogafamily.one/cherdi-kala-privacy-policy/>

Sat Naam.

