



The Aquarian Teacher™

KRI Level Two Teacher Training Program

Vitality & Stress

Perth WA

*"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 Bhajan



Course Summary

In this 50 hour course, cultivate the core skill for this coming age – the ability to recognize stress in ourselves and others and develop the tools to transform it and balance it with conscious relaxation. Kundalini Yoga prepares each of us to be teachers who act with undaunted spirit, exalted caliber and character, and the vitality to cross every crisis.

This course is a chance to look closely at how we react to, cope with and master our vitality.

Key Topics

- Explore Your Vitality and Recognize Consciousness as the Core of Vitality
- Identify Your Stress
- Heal Cold Depression and Emotional Fatigue
- Relieve, Relax, Recharge
- Realize the Victory of the Spiritual Warrior

Course Affirmation

"I cultivate my core vitality to honor and use the opportunities that come with each breath—to receive them as a gift. I recognize the value of my physical and energetic bodies and take steps to maintain them. I thrive under stress and challenge; I am a spiritual warrior who leads, uplifts and delivers effective decisions. I practice a lifestyle that incorporates continuous preventative habits for vitality and victory. I have the mental and spiritual endurance to cross every crisis and be a beacon to navigate and excel in the Aquarian Age".



Yogi Bhajan – Master of Kundalini Yoga



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 travelled internationally teaching Kundalini Yoga, the Yoga of Awareness. 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 priceless teachings through the united efforts of Kundalini Yoga teachers worldwide. In 1969 Yogi Bhajan founded 3HO -- the Happy, Healthy, Holy Organization, based on his first principle *"Happiness is your birthright."* In this

course, you will experience the Master, Yogi Bhajan, in daily video classes and meditations.

Level 2 Program Overview

Level Two is open to KRI Level One Certified Instructors. The 300-hour/2-year certification program consists of five 62-hour modules and fulfils the Yoga Alliance 500-hour requirement. Graduates of Level Two earn the title of Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®.

Before your Level One certification you thirsted for a deeper understanding of the yoga. In Level Two you acknowledge on a heart level that it is no longer sufficient for you to just have the skills and fulfil the basic duties of an instructor. To reach the next level means assessing where you are in your commitment to authenticity, and offering yourself up to transformation. This has never been a solo journey, and Level Two is no exception.

The five modules required for KRI Level Two Practitioner Certification are: Conscious Communication, Mind & Meditation, Authentic Relationships, LifeCycles & LifeStyles and Vitality & Stress. The five modules are to be taken over no less than a two-year period. The recommendation is to take no more than one module every 6 months.

After each module, you will connect with your training group community to refine your ability to reflect, to be aware, and to be consciously conscious of what you are learning.

Course Dates

Friday 9 November to Thursday 15 November 2018.

We start with dinner on Friday 9 November.

The Venue

Residential retreat will be at **Buena Vista Retreat, Gidgegannup** which is located in the Perth hills approximately 1 hour's drive from Perth. The retreat is set in beautiful bushland and overlooks a valley of gums and native trees. Buena Vista retreat is both peaceful and meditative. The shared accommodation is clean and comfortable, and nutritious, wholesome vegetarian food will be prepared for us whilst we are on retreat.



Requirements and Certification

The Aquarian Teacher is a three-tiered International Teacher Training Program which upon completion allows you to be named Teacher of Kundalini Yoga as taught by Yogi Bhajan®. Level Two is the second stage of a three level process of certification.

To be certified as a Level two practitioner of Kundalini Yoga as taught by Yogi Bhajan, you must complete all five modules of Level Two and meet all certification requirements over at least a 2-year period.

The course is a 62-hour program of which fifty hours are classroom time and twelve hours are part of home study assignments and activities to be completed after the classroom segment. To successfully complete this module you need to:

- Attend all classes – 50 hours
- Participate in small groups
- Participate in three skype calls after course
- Complete of Homework assignments including 90 day meditation – 12 hours
- Successfully complete and pass course exam

Pre-course requirements

- Level 1 certification is a pre-requisite for participation.
- Level 1 certification is required to qualify for completion credit of Level 2 modules.

The module being offered is one of five required for KRI Level 2 Practitioner certification.

Summary of The Aquarian Teacher Program

The Aquarian Teacher™ program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan® and is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification:

- a. KRI Level One: Instructor - Foundations
- b. KRI Level Two: Practitioner – Transformation
- c. KRI Level Three: Teacher - Realization

Level Two Teacher Training builds on the foundations of Level One, and is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher.

Use your communication skills to create a common notion with others — even those you disagree with. Communicate your whole Self, with awareness, kindness and fearlessness. Listen — don't just hear. Elevate your communication to the power of creative dialogue so that life becomes a flow, in harmony with the Infinite.



Teacher Training Team



Gurujivan Kaur Khalsa (Lead Teacher Trainer / Licensee)

Gurujivan is a Lead Teacher Trainer of Kundalini Yoga in Australia. She studied directly under Yogi Bhajan, the Master of Kundalini Yoga, and has been teaching for the past 45 years. She spends much of each year guiding new students and mentoring new teachers so that more and more people will have the benefit of this magnificent technology in their lives.

Gurujivan is humbled by the opportunity to share this technology with so many people from around the world, leading workshops, retreats and Teacher Training. Always trusting in the technology of Kundalini yoga and keeping the teachings in their purest form as taught by Yogi Bhajan.

Gurujivan respects each person's individuality and encourages students to pursue their own goals during practice while maintaining the highest level in teaching and the practice of Kundalini Yoga as taught by Yogi Bhajan®, the Master of Kundalini Yoga. Gurujivan will be overseeing the training and teaching.

Gurujivan will be assisted by Balwant Kaur and Didar Kaur.



Investment

The investment for the course: This includes all teaching and textbooks.

Single Early Bird Payment Option: \$1650 paid in full on registration before 1 August 2018

Multiple Payment Option: \$1800 deposit upon registration of \$600 and 3 payments

Deposit due on registration	\$600	2 nd Payment due by 10 September 2018	\$400
1 st Payment due by 1 August 2018	\$400	3 rd Payment due by 10 October 2018	\$400

To Apply

Please mail a completed application form, registration and release form, the bottom of the verification form and the payment of the deposit to reserve your place. You will be notified of your acceptance within a fortnight of our receiving your application. If your application is unsuccessful there is no charge.

Refund / Cancellation Policy

Cancellation fees apply please see below.

An amount of \$350 is non-refundable this is to cover administration and material costs.

Course Cancellation Fees:

Before 30 September 2018	\$350 cancellation fee
From 1 October to 31 October 2018	\$600 cancellation fee
After 1 November 2018	No refund

If a student decides to withdraw from the course a written request for refund must be received stating a reasonable basis for dissatisfaction. All such requests should be emailed to info@aquarianteachers.com.au.

Course Policy

The Kundalini Yoga Teacher Training Course is a drug, alcohol and cigarette free environment. All meals are vegetarian. We reserve the right to request anyone disobeying the course policies to leave the course. For more information please contact Balwant Kaur on 0403 248 852 / info@aquarianteachers.com.au.



APPLICATION FORM

Vitality and Stress - Perth 2018

KRI Level 2 Teacher Training Program Practitioner Certification - Transformation

Please fill out your details below, sign the liability waiver and release statement and send to:

Post: Aquarian Teachers Australia
21 Webster Street, Klemzig, SA 5087

Email: info@aquarianteachers.com.au

Full Name: _____

Spiritual Name: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Email: _____ Phone: _____ Mobile: _____

Date of Birth: _____ Male / Female

Investment

Payment Options:

The investment for the course:

Single Early Bird Payment Option: \$1650 paid in full on registration before 1 December 2017

Multiple Payment Option: \$1800 deposit upon registration of \$600 and 3 payments
Deposit due on registration \$600 2nd Payment due by 15 January 2017 \$400
1st Payment due by 1 December 2017 \$400 3rd Payment due by 1 March 2018 \$400

I will pay by Direct Fund Transfer

Please use TT your name in reference and email: courses@aquarianteachers.com.au with confirmation of the transaction

Bank: Peoples Choice Credit Union

Name: Kundalini Community

Reference: L2 your name

BSB: 805050

ACC: 102100065





Background and Medical History (Confidential)

To enable us to provide you with the best care and training, please provide us with any details that may affect your ability to participate in the teacher training. If you have any injuries or health concerns please check with your Medical Practitioner before commencing the training.

Emergency Contact Name: _____

Emergency Contact Number: _____

Relationship to client: _____

Do you have any food intolerances or allergies? Y / N Details: _____

Please list any past or present injury or illness that may impact on your yoga practice:

Please mention any medications or supplements you are taking:

Do you have any of the following conditions? *(please circle)*

Heart conditions: Y / N Details: _____

High/Low Blood Pressure: Y / N Details: _____

Back/ Neck Problems: Y / N Details: _____

Joint Problems: Y / N Details: _____

Diabetes: Y / N Details: _____

Asthma: Y / N Details: _____

Depression / Anxiety: Y / N Details: _____

Past Trauma or Addiction Y / N Details: _____

Other (Please specify): _____



KRI International Teacher Training Certification Level Two Registration and Release Form

Name of Licensee/Location: GuruJivan Kaur Khalsa / Melbourne VIC Australia (the "Program")

Registrant's Legal Name: _____

Registrant's Spiritual Name: _____

Mailing Address: _____

City: _____ State: _____ Country _____

Postal Code/Zip Code _____ Date of Birth: _____

Phone: _____ E-mail: _____

Release

I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Program.

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 also give my permission to appear in photographs and videos that may take place during the course of the Program. This course cannot be recorded in any method by the participant.

I agree to indemnify and hold harmless the Program; KRI; Harbhajan Singh Khalsa Yogiji, a.k.a. Yogi Bhajan; YB Teachings, LLC; 3HO Foundation; Sikh Dharma; Humanology, Health Science Incorporated; and any affiliations and/or subordinate corporations not stated herein, their officers, directors, employees, agents, or volunteer staff from and against all claims, actions, demands, proceedings, liabilities, cost and expenses, including reasonable attorney's fees, which they may have ascertained against or incurred by them arising as a result of my participation in the Program .

I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue or make any claims of any kind whatsoever against the Program or any of the aforementioned parties for any injury, property damage/loss, or death caused by their negligence or other acts.

The Undersigned agrees that they have read, understand, and agree to all the Release information stated herein and that all the Registration information provided is correct to the best of their knowledge:

Signature (Legal Name): _____ Date: _____

