

# The Aquarian Teacher™ KRI Level 2 Training Program

## Kundalini Yoga Teacher Level 2: Life Cycles & Life Styles

With Cherdi Kala Yoga and International Karam Kriya School  
In Engen, Germany 3 – 8 July 2019



Cherdi Kala Yoga International



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**KRI Level Two Certification program in Kundalini Yoga as taught by Yogi Bhajan.**

**Course and tutors are approved by IKYTA and KRI**

**Lead Trainer: Hari Krishan Singh**

**Cherdi Kala Yoga [www.cherdikala.eu](http://www.cherdikala.eu) and Karam Kriya School [www.karamkriya.com](http://www.karamkriya.com)**

## **YOGI BHAJAN**



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.

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## **COURSE GOALS LEVEL 2**

In Level 2, through your personal practice, group process, deep interactive discussion, intense meditations, you will go through a transformation that will help you to deepen your own direct perception of the teachings. It will also serve to improve your ability to create and maintain the Sacred Space of a Teacher.

- This course will help you tap deeper into the wealth of Yogi Bhajan's teachings

- Be part of a community and nourish the inspiration to offer others the chance
- Strengthen your connection to the Golden Chain
- Build more sense of community amongst your peers
- Take the teachings into the world on a deeper level

Excellence is acknowledging your own divinity and guiding others to realise it within themselves.

The advanced Teacher Training in Kundalini Yoga consists of five modules:

- Authentic Relationships
- LifeCycles and LifeStyles
- Mind and Meditation
- Conscious Communication
- Vitality and Stress

### **Life Cycles & Life Styles**

Review your personal biography in a manner that will set you free from the dead weight of the past and turn lead to gold. Learn to harmonise the 7, 11 and 18-year cycles of your life and why this is important. Establish your future projection so that the flow of prosperity is a natural consequence of the balance of the rhythms. Step further into the practical science of transforming your life from habits that are soul-demoting to a discipline that is soul-promoting.

**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.

### **COURSE FEES LIFE CYCLES AND LIFE STYLES**

The course fee includes the following costs of the training:

Teaching fee incl. manual, registration fee, administration and general services, accommodation, vegetarian food during the course in Yogahouse Prasaad and exam.

#### **Early Bird Discount:**

Full course fee is EUR 900,00 if registered before 31.05.2018. (All fees & services EUR 550,00 and food and accommodation EUR 350,00. )

With registration after 31.5. the full course fee is EUR 950,00.

#### **Deposit**

A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 700,00 resp. 750,00 is due latest two weeks prior to start of the course.

## ENTRANCE AND COMPLETION CRITERIA

In general, applicants are expected to hold a KRI Instructor Certificate in Kundalini Yoga: i.e. Aquarian Teacher Level 1. A copy of this must be submitted with your application. However, long term KY students or yoga teachers of other disciplines may also apply.

To become a KRI certified level 2 Practitioner you must complete 300 hours of training which includes:

- 240 hours of classroom instruction in the five level 2 modules listed.
- 60 hours of additional requirements to be completed outside of classroom time including a home exam.

This course/Level 2 module Life Cycles and Life Styles 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. Participants are required to attend all classes, pass the exam and complete the home study requirements which span the 90-day period after the course to receive a completion credit.

Pre-requisites & requirements for completion credit:

- attendance of all the course hours
- full payment of all course fees
- successful participation in the exam
- Level 1 certificate

The module Life Cycles and Life Styles is one of five modules required for KRI Level Two Practitioner Certification. After qualifying and obtaining completion credits in *all* five modules you are a KRI Level 2 Practitioner and you can then request the KRI Level 2 Practitioner Certificate. These five modules are Conscious Communication, Mind & Meditation, Authentic Relationships, Life Cycles & Life Styles and Vitality & Stress. The five modules are to be taken over no less than a two-year period. General recommendation is to take no more than one module every 6 months. Individuals may choose differently.

**EXAM** is a Take Home Exam and can be done by using your manual and your notes from the course.

## TRAINERS



**Hari Krishan Singh (NL)** teaches Kundalini Yoga since 2003. He is a qualified Karam Kriya Consultant and Lead Trainer Level 1 and Level 2. He is co-funder of the International KY Training School *Cherdi Kala* and together with his wife directs *Yogahaus Prasaad* in Germany. Hari Krishan organises Teacher Trainings in different countries and teaches worldwide. He is an experienced Trainer and his compassion and sense of humour combine depth and lightness. He creates an atmosphere where you can feel safe to go deep into Kundalini Yoga and the experience of your true self.



**Bachitar Kaur** is Trainer in Kundalini Yoga and Karam Kriya and teaches and consults since 2005 in in different countries. She is mother of two boys, co-founder of the international Kundalini Yoga and Karam Kriya School Cherdi Kala, co-initiator and trainer of the Divine Woman Program and directs together with her husband Yogahouse Prasaad in Germany, where she is living with her family. She is a strong advocte of female solidarity and community building and her passion for creating a more humane world is reflected in her enthusiasm with which she teaches

## LOCATION FOR THE 6-DAY RESIDENTIAL

Yogahouse Prasaad  
Almenstrasse 11  
78234 Engen-Anselfingen, Germany (Near Lake Constance)  
[info@prasaad.de](mailto:info@prasaad.de)  
prasaad.de  
+49 7733-9965 995 or +49 170 5521 796

Accomodation is Ashram-Style in bedrooms of 3-6 beds. There is also the possibility of camping in the big garden/orchard. Vegetarian Food.



Bachitar Kaur & Hari Krishan Singh  
Facilitator/Manager Yogahouse Prasaad



Yogahouse Prasaad

## SCHEDULE AND DATES

Arrival 2. July in the afternoon. Departure 8. July in the evening or 10. July in the morning

Daily Program at Yogahouse Prasaad

5:00 Aquarian Sadhana  
8:00 Breakfast  
9:30 Teachings  
13:00 Lunch  
14:30 Teachings  
18:30 Dinner  
20:00 Evening Program/Study group (on some evenings)

## QUESTIONS?

For questions concerning the Training, please contact Bachitar Kaur [bachitar@karamkriya.de](mailto:bachitar@karamkriya.de) or +49 (0)170 5521 796. FB personal messages cannot be answered

## IMPRESSIONS OF YOGAHOUSE PRASAAD





## **SEVA**

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

## **OVERVIEW AND SUMMARY OF THE THREE LEVELS OF THE KRI KUNDALINI YOGA AQUARIAN TEACHER TRAINING PROGRAM**

The Aquarian Teacher™ program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhanan® 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.





## REGISTRATION

### KUNDALINI YOGA TEACHER TRAINING LEVEL 2

#### LIFE CYCLES AND LIFE STYLES

This course/Level 2 module Life Cycles and Life Styles 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. Participants are required to attend all classes, pass the exam and complete the home study requirements which span the 90-day period after the course to receive a completion credit. Life Cycles and Life Styles is one of five modules that are required to receive a KRI Level 2 Practitioner certificate.

#### Course Dates 3 – 8 July 2019

Arrival July, 2 in the afternoon. Departure July 8 in the evening or July 9 in the morning.

#### Location

Yogahaus Prasaad – Almenstrasse 11 – 78234 Engen-Anselfingen

#### Course Fee

Full course fee is EUR 900,00 if registered before 31.05.2018. (All fees & services EUR 550,00 and food and accomodation EUR 350,00. ). With registration after 31.5. the full course fee is EUR 950,00. A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 700,00 resp. 750,00 is due latest two weeks prior to start of the course.

Please mark the correspondant with a cross:

I have paid the course fee of EUR 900,00 resp. EUR 950,00 into the following bank account: Cherdi Kala Yoga International, ING Bank, IBAN: NL50 INGB 0003456006 BIC: INGBNL2A. I have named the payment in the subject line „KY Level 2 LL“.

I have paid the registration fee of EUR 200,00 into the following bank account. I will transfer the remaining course fee of EUR 700,00 resp. 750,00 until 19.6.19:

Cherdi Kala Yoga International, ING Bank, IBAN: NL50 INGB 0003456006 BIC: INGBNL2A. Please name your payments in the subject line „ KY Level 2 LL Y“.

**I understand that my place can only be reserved with payment of the registration fee.**

Family Name \_\_\_\_\_ First Name \_\_\_\_\_

Spiritual Name \_\_\_\_\_ DoB \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_ Mobile \_\_\_\_\_

E-Mail \_\_\_\_\_

Place/Date \_\_\_\_\_ Signature \_\_\_\_\_

**Thank you for registering. We are looking forward to welcoming you. Sat Nam. Please send this form to bachitar@karamkriya.de oder Bachitar Karle-de Hommel – Almenstrasse 11 – 78234 Engen-Anselfingen**