

# Certification Requirements

## KRI Kundalini Yoga Asia Teacher Training Level One Sept 2020 – March 2021

ONLINE + IN CLASS (ONLINE facilitated LIVE on Zoom, IN CLASS facilitated in country local)

This program is accredited by KRI (Kundalini Research Institute) and Yoga Alliance™. It is a new training format to meet changing needs in these times of COVID and unpredictable travel restrictions. Training is LIVE and completed remotely ONLINE via Zoom and IN CLASS at country locations. This program serves those inspired to 1) become a certified kundalini yoga instructor and 2) immerse themselves deeply in the teachings of kundalini yoga as taught by Yogi Bhajan®.

### **The following requirements must be completed to receive full certification:**

Full attendance of all ONLINE + IN CLASS training sessions that cover 39 modules. (a grace absence of 15% or approximately 6 modules is allowed for unforeseen circumstances or technical barriers, in which case additional home work will be assigned to complete content missed in LIVE training sessions)

Completion of all requirements before April 30, 2021  
(approximately one month after the final exam)

### DETAIL REQUIREMENTS:

- Review of content in required e-books: Textbook, Manual and Master's Touch.
- Three online or in class individual presentations
- Preparation of a class lesson plan and a course curriculum
- Group viewing of 3 video classes with Yogi Bhajan
- Group viewing of 4 rebirthing videos
- Summary report of all videos viewed
- Summary report or journal of self reflection (yama-niyama exercise)
- A 40 day personal practice of a given yoga set and meditation
- Attendance of 20 public classes with certified kundalini yoga instructors (classes may be accrued before, during, or after the course training dates)
- Shared record of completed home practice and group class attendance with certified instructors of kundalini yoga
- 24 group online + in class sadhanas (early morning yoga and meditation practice)
- teaching at least 5 kundalini yoga classes outside of the Level One course setting
- completion of the Take Home Exam (separate from the Final Exam)
- completion of the group Online Final Exam (with a minimum score of 75%)
- completion of additional assignments in case Final Exam score is less than 75%
- attendance at 1 Day of White Tantric Yoga if available (if not available, attendance of 5 additional rebirthing videos and summary report)

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