

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

ONLINE + IN CLASS

What does a day of teacher training look like?

Daily flow and general schedule:

This Level One instructor training is a comprehensive program that is designed to immerse you in the teachings of kundalini yoga and offers an experience of yogic lifestyles. As students/teachers of kundalini yoga we guide self/others by our own experience. This is why full attendance is required to complete the program and your full engagement is encouraged as we also support and inspire each other as a community.

You will have ONLINE training days on zoom and IN CLASS training days at your country location. Both days are similar in scheduling and format. We begin early morning with group yoga and meditation practice to set the day, and close late afternoon. In addition to breakfast and lunch breaks, there will be short tea breaks during training segments as needed.

My Typical Kundalini Yoga Training Day

Times listed are for Thailand/Cambodia GMT+7

Sri Lanka is GMT +5.30 (1.5 hours earlier); Bali/Singapore/Malaysia are GMT+8 (1 hour later)

Sadhana

6 - 8.30 am

Early morning group practice of yoga and meditation sets us for the day and is at the heart of yogic lifestyles. If online, time zones will vary slightly; ideally we begin pre-dawn.

Breakfast

8.30 - 9.30 am

If in group, vegetarian meals may be shared; if online at home vegetarian meals encouraged.

Group Check In

9.30 am

We often begin with a brief check in with each other; this is also an opportunity to answer questions from the day before.

Morning Training Content

10am – 12.30 pm

Content format can vary as workshops, lectures, videos, interactive exercises, yoga, meditations, student teaching and presentations.

Lunch

12.30 – 1.30 pm

If in group, vegetarian meals may be shared; if online at home vegetarian meals encouraged.

Afternoon Training Content

1.30 – 4.30 pm

Content format can vary as workshops, lectures, videos, interactive exercises, yoga, meditations, student teaching and presentations.

Day Closes

4.30 pm

ONLINE day schedules will close on time, usually 4.30 pm (depending on your time zone); if IN CLASS day we may request to go slightly longer if needed.
