

Kundalini Yoga as taught by Yogi Bhajan®
KRI Aquarian Teacher Training Certification Program Thailand 2021
INFORMATION KIT



KRI Aquarian Teacher Certification program is open both to yoga students ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan®

This Level 1 Teacher Certification Program (TCP) by the USA-based Kundalini Research Institute (KRI) includes the theory and practice of Kundalini Yoga as taught by Yogi Bhajan®, covering the following subjects:

- **Yogic Philosophy & Roots of Kundalini Yoga**
 - **Kundalini Yoga Postures, Pranayama, Mantra, Kriya, and Meditation**
 - **The Role of a Kundalini Yoga Teacher**
 - **Yogic & Western Anatomy**
 - **Humanology & Yogic Lifestyle**
 - **Awakening the Consciousness**
 - **Meditation & Mantra**
- and more...

2021 Training Dates

Weekend 1 Fri,Sat,Sun May 7,8,9

Weekend 2 Fri,Sat,Sun June 4,5,6

Weekend 3 Fri,Sat,Sun July 2,3,4

Weekend 4 Fri,Sat,Sun July 30,31,Aug 1

Weekend 5 Fri,Sat,Sun Aug 27,28,29

Weekend 6 Fri,Sat,Sun Sept 24,25,26

Week Retreat arrival Fri Oct 29 through Thursday Nov 4 (7 nights-6 days)

After the final week retreat you may take 1 month to complete any home assignments!

This is an international training administered by the Kundalini Research Institute (KRI) in Espanola, New Mexico, USA. www.kriteachings.org

WEEKEND TRAINING DAYS IN BANGKOK AT: LOTUS REIKI & YOGA – off Sathorn Soi 1 **view map at bottom of this info kit!**

PROGRAM DURATION

The Course is spread over a period of 6 months, and another 1 month, if needed, for students to complete the requirements (roughly 7 months), with the exception of the White Tantric Yoga, which can be taken when available within a year from the Graduation date (last day of the course) in place and time most convenient to you. You can check the schedule of WTY around the world, www.whitetantricyoga.com.

In place of White Tantric if not accessible are the 5 videos you will view during the program and a summary of your experience based on all 5 videos.

COURSE FEES AND PAYMENT SCHEDULE

- 1) Early Bird price 76,000 Baht if paid in full By March 31, 2021
- 2) Full course fee 80,000 Baht with Deposit of 20,000 Baht to be paid by March 31, 2nd payment of 20,000 Baht April 15, 3rd payment of 20,000 Baht by May 15 with 4th final payment by June 15.

Note: *The course fee is non-refundable except in extenuating circumstances and there may be deductions of 10% administrative fee and cost of books printed. Note: if training is cancelled due to lack of participants you will be given a full refund.

- 3) **Retreat accommodation & food is not included in the course fee. Students must pay this additional fee before the start of week retreat or upon arrival at retreat venue:

For Thai Nationals and foreigners living/working in Thailand:

7.5 days shared room w/private bath 10,400 Baht – single room w/bath 13,000 Baht

3 vegetarian meals & tea/fruit/snacks 2 times daily inclusive

DAILY SCHEDULE at Lotus Reiki & Yoga Studio

SADHANA 05.00-07.30am: open to everyone, on Donation basis for visitors to support SEVA programs **Compulsory for students, inclusive in course fee

Please arrive at 4.30am to get settled, ready to start Sadhana (spiritual practice)

All other sessions will begin on time, aiming to end each day at 17.00 hrs.

07.30-08.30 Breakfast

08.30-12.30 check in and Morning sessions, with break

12.30-14.00 Lunch break

14:00-16:30

16:30-17:00 clearing for next day

Note: Time management is important – beginning and ending the days on time

STUDENT REQUIREMENTS

The training program comprises 220 hours, which includes

- About 180 hours of class sessions (Student's presentations, practice teaching, teacher guided Q+A, and peer group discussion).
- 45 hours for assignments, homework and preparation.
- At least 40 hours for personal yoga practice.
- 5 Rebirthing videos with Yogi Bhajan – scheduled during training
- 20 classes taken outside the training program with a Certified Kundalini Yoga teacher (to be completed by end of the training)
- Presentations in class; teaching assignments; 2 Practicums (student teaching practice)
- 8-10 Course Curriculum overview and 1 detailed lesson plan
- Teaching 5 classes outside the training program (before the completion of the training)
- Attendance of 1 day of White Tantric Yoga if possible (within 1 year's time after Graduation) or 5 rebirthing videos with summary report
- Completion of the Take-Home Exam
- Completion of the final interactive exam with passing score of 75%
- Completion of additional assignments (if exam score below 75%)

Students should expect to spend additional time for the preparation of assignments; homework and

personal home practice; planning for Curriculum Development, and Take-Home Exam.

Please note: 5 Rebirthing videos CAN replace the White Tantric requirement!

The 5 Rebirthing videos with YB are an alternative for students to be certified, and by writing a report summarizing each of the 5 videos. All students are encouraged to attend the White Tantric Yoga® if international travels resumes.

WEEK LONG RETREAT – FINAL TRAINING WEEK

ARRIVAL Friday October 29 – training starts morning of 30th October until Thursday Nov 4.

Baan Phu Wan – Pastoral Training Center – Nakorn Phatom province (about 1 hour from Bangkok)
All services provided - 3 vegetarian meals, snacks, tea and accommodation for a reasonable price.

(note: cost not included in the teacher training fee). Baan Phu Waan provides peaceful, serene surroundings ideal for students to wrap up their training! To live together in harmony, practicing Seva (giving from the heart). It is especially a perfect setting to embody and take away what we have learned from these yogic teachings and live them in a unique setting on the training premises, gradually becoming a real way of life!

You'll be given SEVA tasks to do – simple tasks such as learning how to prepare Yogi tea, clearing the practice room, etc. as we become a yogic family. It also provides a safe, relaxed and harmonious environment for your wellbeing during the training week, and for an optimal and effective delivery of the Curriculum of Level One. After a day (8hrs) of learning and practicing KY, all you need is a good night rest in the calmness of the quiet and safe surroundings of Baan Phu Wan to settle the energies and body-mind-spirit for the next day.

The inside grounds of Baan Phu Wan have a small lake and there is a walking path to practice walking meditation before breakfast or in the evening.

Swimming Pool – the swimming pool is open from 6:30 am-18:30 pm. If you want to use the swimming pool after 18:30pm please inform reception.

It's a packed full training, however, you will have time to revise the newly acquired materials of the day, and to prepare for presentations and/ or teaching assignments of the next day.

Clothes

We are modestly dressed in simple, clean and dignifying yogi clothes for our daily tasks in training and around the venue & at Lotus Reike studio, which is a sacred space for all of us to be during the time we spend together. White clothing, preferably in pure cotton, for comfort for all day during the training week– as we do lots of yoga and sweat even in an air-conditioned room. October/November is usually cool season, but it can still be warm and humid with slight possibility of rain. Bring a shawl or covering for shoulders as it may be cool in the morning and also for the studio. **A head cover** is required for morning Sadhana and in some meditations. Some of Kundalini Yogis wear it all day in training.

Laundry at BPW – sunshine and heat in BKK can dry clothes out in a short time! But try to bring enough white clothes to save time washing, and resources. There is a laundry service at the retreat venue, which you pay for by yourselves. You can inform the reception of your need.

What to bring to retreat venue

* **YOGA MAT** with a mat cover in natural fibers such as cotton., If you need a sitting support, please bring a cushion or SHEEP SKIN.

* Your personal self-care items; sandals for outdoor, flip-flops for indoor; a water bottle for refill from a water fountain; sun cream, swim suit; hat-optional; pencil, pens & color pens, notepads;

personal computer and other electronic devices you need to use for this week in training, including chargers and personal extension wires, alarm clock, ...and any other items for personal care and happiness away from home.

Wi-fi is available in most rooms and at reception area.

Note: At Lotus Reiki & Yoga Studio – mats are provided!

Being together

We are mindful and responsible for our conduct, speech and actions.

SEVA Tasks

Seva means service to community. Students will share tasks at the training during the week. SEVA is part of the training, and is a strong aspect of a yogi's life in Kundalini Yoga as taught by Yogi Bhajan®.

Learn to make Yogi Tea, Golden Milk and serve them to all; clear training space end of day, and some other tasks. Set the practice room; take care of the altar...serve the teacher. Same for Lotus Reiki & Yoga studio.

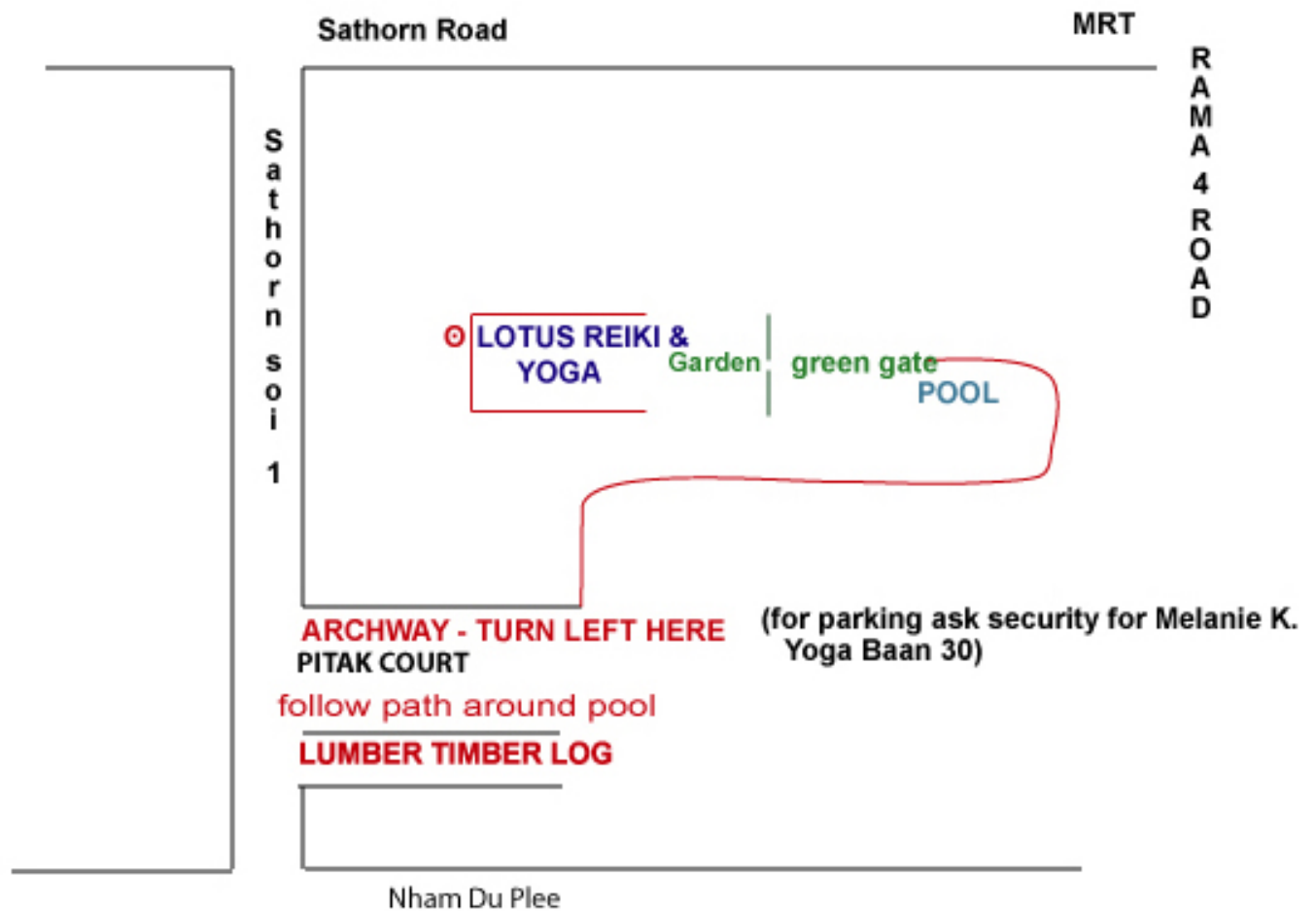
If you have any questions please contact: Ajeet Nam at 089 893 1011 or Satya at: 089 212 1782

<http://www.kundaliniyogathailand.org>

ENJOY YOUR TRAINING- BECOME A KUNDALINI YOGA TEACHER & SERVE YOUR WORLD!

WISHING EVERYONE SUCCESS IN THIS TRAINING!

(See Maps below)



Lotus Reiki & Yoga, Sathorn
House 30, Pitak Court,
43 Soi Atthakan Prasit, Sathorn Soi 1
02 679 9046
MRT Lumpini(walking distance)
BTS Sala Daeng (5 min taxi)
Enter Archway next to Lumber Timber Log Cafe
There is plenty of parking on the property, pls park inside our gates!

Baan Phu Waan Map

