

KUNDALINI YOGA

KRI Kundalini Yoga Teacher Training Level One - Bangkok

CERTIFICATION 2024
AS TAUGHT BY YOGI BHAJAN

A 220 Hour comprehensive course with 180 hours in-person instruction and 40 hours of personal practice based on the science of Kundalini Yoga.

SCHEDULE DATES:

Retreat : 2 - 8 Feb	@ Baan Phu Wan
29 - 31 Mar	@ Lotus Wellness
26 - 28 Apr	@ Lotus Wellness
31 May - 2 Jun	@ Lotus Wellness
Retreat : 27 Jun - 4 July	@ Baan Phu Wan

* Registration closes 15th December
EARLY BIRD: 76,000 Baht (by 1 December)
COURSE FEE: 80,000 Baht
2 RETREATS FEE: 34,000 Baht (incl. room + 3 veg meals)

CONTACT SATYA:

event-info@kundaliniyogathailand.org

www.KUNDALINIYOGATHAILAND.org



Kundalini Yoga as taught by Yogi Bhajan®

KRI Aquarian Teacher Training Certification Program Thailand 2024

Trainer Team: Satya Kaur Khalsa – Lead Trainer for the course,

Sunderta She – Lead Trainer

Ajeet Nam Kaur – Associate Trainer

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...

Training Dates 2024

Retreat 1: Fri-Thurs. 2-8 February, 2024 (arrival Thursday 1 Feb)

3 Day Weekend 1: Fri,Sat,Sun - 29,30,31 March 2024

3 Day Weekend 2: Fri,Sat,Sun – 26,27,28 April 2024

3 Day Weekend 3: Fri,Sat,Sun – 31 May, 1,2 June 2024

Retreat 2: Fri-Thurs. – Thurs 27 June - 4 July 2024 (arrival Wednesday 26 June)

Course Completion: 4 August 2024

Week Retreat 1 arrival Thursday 1 Feb with dinner. Program & Retreat 1 starts Fri 24 Feb through Thursday 8 Feb at 2pm (7 nights-6.5 days)

After the final week retreat you have 1 month to complete any unfinished home assignments!

This is an international training administered by the Kundalini Research Institute (KRI)

headquarters in Espanola, New Mexico, USA. www.kriteachings.org

The three 3-day WEEKEND TRAINING DAYS taking place in BANGKOK AT: [LOTUS Wellness Studio](#) 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 '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.

TRAINING TEAM

Satya Kaur Khalsa – Lead Trainer on this course

Sunderta She – Lead Trainer

Ajeet Nam Kaur – Associate Trainer

COURSE FEES AND PAYMENT SCHEDULE

Option 1) Early Bird price 76,000 Baht if paid in full by 1 Dec 2023

Option 2) Full course fee 80,000 Baht after 1 Dec with:

1st payment Deposit of 40,000 Baht to be paid by 15 Dec 2023 to reserve your place,

2nd payment of 40,000 Baht to be paid by 15 January 2023

Note: *The course fee is non-refundable except in extenuating circumstances by 15 December 2023 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.

****Retreat accommodation & food are not included in the course fee. Students must pay this additional fee before the start of the week retreat:**

For Thai Nationals and foreigners living/working in Thailand:

7.5 days room w/private bath Baht – single room w/bath 17,500 Baht, shared room per person w/bath 14,000 Baht

There is a surcharge for International guests

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

NOTE: Final Retreat Week at Baan Phu Wan (6.5 days): Single room 15,000 Baht – shared room per person 12,000 Baht

Make payment to: Susan Ann Adler-Shaw and/or Melanie Irene Giles-Clapp

Bank **Siam Commercial Bank**
Account No. **418-052562-3 – Savings Account**
Branch **Central Chidlom**

DAILY SCHEDULE at Retreat

SADHANA 04.30-07.00 am:

programs **Compulsory for students, inclusive in course fee

Please arrive at 4.20 am 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.

07.00-08.30 Breakfast

08.30-12.30 check in and Morning sessions, with break

12.30-14.00 Lunch break

14:00-16:30

16:30-clearing for next day

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

****Sadhana at Retreat 4:30-7:00 am**

STUDENT REQUIREMENTS

The training program comprises 220 hours, which includes

- 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.
- Required 40 consecutive days for personal Sadhana assigned.
- 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 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®.

AT Baan Phu Wan:

Training starts with week RETREAT at Baan Phu Wan ARRIVAL 1 Feb late afternoon with dinner early evening – training starts 2 Feb with Sadhana at 4:30am arrive at practice room 10 minutes early to set you space.

Baan Phu Wan Pastoral Training Center – Nakorn Phatom province (about 1 hour from Bangkok).

Baan Phu Waan provides peaceful, serene surroundings ideal for this 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/training as they gradually become a real way of life!

SEVA: Seva means service to from the heart and to the 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; Set the practice room; take care of the altar...serve the teacher. Same at Lotus Wellness studio.

RETREAT SETTING: Baan Phu Wan has a small lake and there is a path around the lake for walking meditation before breakfast or in the evening. 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.

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 preferably white clothing, preferably in pure cotton, for comfort for all day during the training at the BPW & at Lotus Wellness studio, which is a sacred space for all of us to be during the time we spend together. Bring a shawl or covering for shoulders as it may be cool in the morning and for the practice room at BPW and at the studio. **A head cover** is required for morning Sadhana and in some meditations. Some students wore it throughout the training day. Flip Flop sandals to wear to the pool and practice room.

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. Towels are provided & small bars of soap in the rooms.

What to bring to retreat venue

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

* Your personal self-care items such as shampoo, soap, etc; 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 Wellness Bangkok Studio mats are provided but you still may want to bring your yoga mat!

Being together

We are mindful and responsible for our conduct, speech and actions at training in retreat and at the 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!

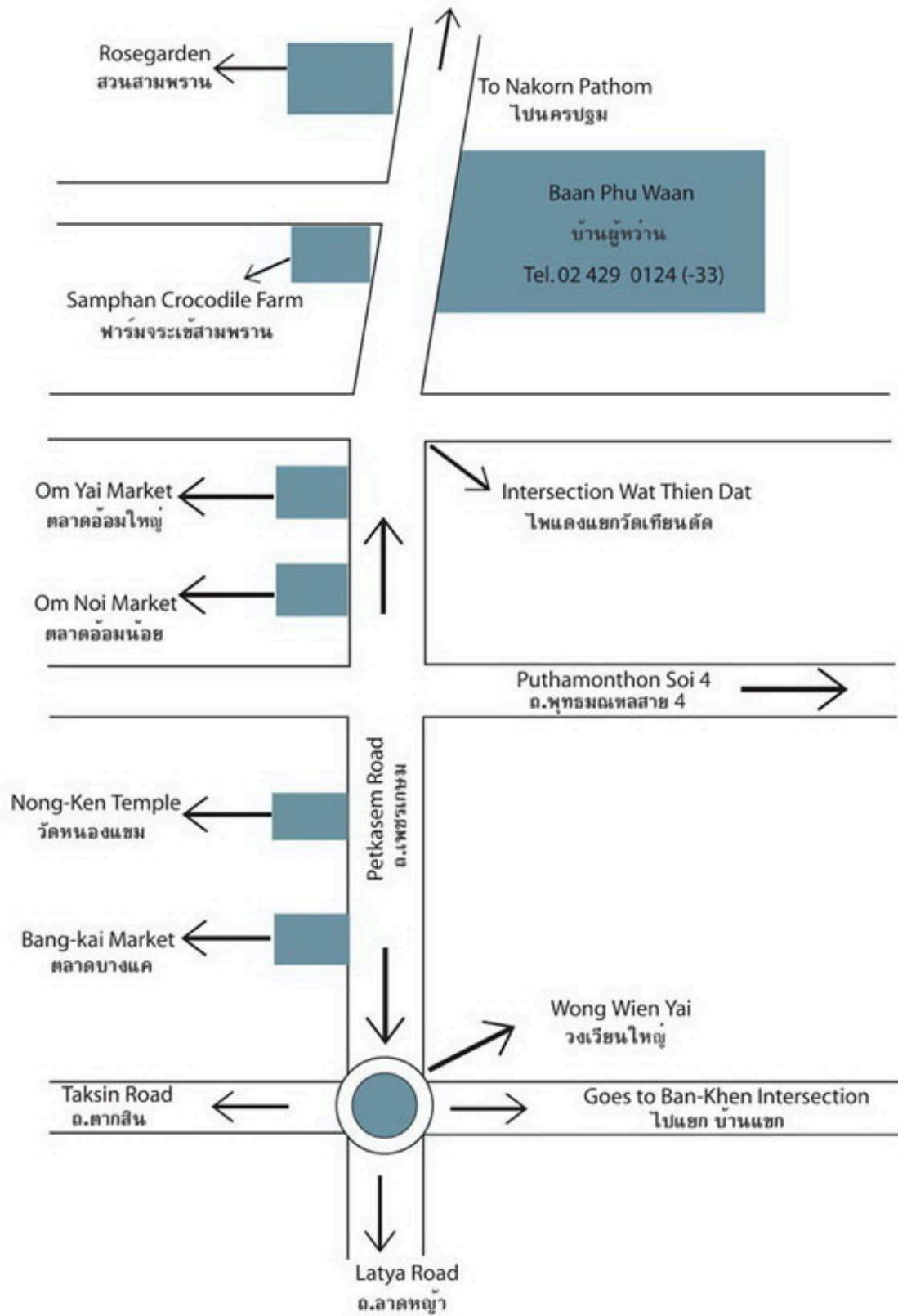
Baan Phu Wan



(See Map below) – scroll down

Baan Phu Waan Map

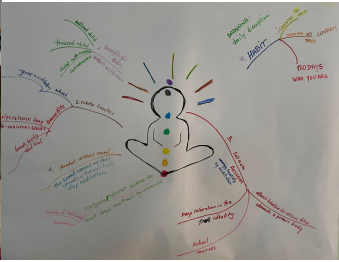




For Directions to Lotus Wellness Bangkok click on the link below:

Lotuswellnessbangkok.com

At Lotus Wellness Bangkok Studio



For the 3-day weekends some suggested places to stay click on the link below:

https://maps.app.goo.gl/3vM4zEMu5kugLFKZ9?g_st=i

