



## 線上教授傳承自 Yogi Bhanan 的昆達里尼瑜伽®的 網路課程的教學規範

2018 年 11 月 17 日 發佈

2018 年 12 月 12 日中文翻譯修訂

一堂有品質的昆達里尼瑜伽線上課程需要滿足以下教學品質標準，才能被視為是一堂傳承自 Yogi Bhanan 的昆達里尼瑜伽®網路線上課程。

- 1) 教師必須持有 KRI 一級教師證書，在 KRI 無不良執業記錄，並在一級教師培訓授證後有至少兩年的線下常規課授課經驗，教授傳承自 Yogi Bhanan 的昆達里尼瑜伽®的常規課程。
- 2) 強烈建議教師使用 ZOOM 或其它任何能夠讓教師看到正在上課的學生影像的 APP 軟體或平臺。
- 3) 昆達里尼瑜伽的奎亞和冥想必須是來自由 KRI 批准的昆達里尼瑜伽教學手冊或是來自昆達里尼瑜伽教學圖書館 (the Library of Teachings) 的內容。
- 4) 教師需要把奎亞和冥想的名字告訴學生，並告知出自哪本手冊。
- 5) 在選擇奎亞和冥想時應該格外小心且深思熟慮，因為一些奎亞（例如重生的奎亞）可能會激發學生強大的能量和情緒，這個很關鍵，需要在面授的課程上處理。
- 6) 課堂必須以黃金連結 Adi Mantra 開始，以永恆陽光之歌結束（可以用任何語言的版本）。
- 7) 奎亞必須嚴格按照手冊中所給出的教導原樣精確教授（時間可以按照 KRI 教學指導裡的規定來調整）。



- 8) 在每堂線上網路課程中或在推廣線上課程的廣告中，教師需要告知學生在當地哪裡可以參加由認證教師所面授的昆達里尼瑜伽課程。線上授課教師應建議學生有時間盡可能地去參加由 KRI 認證教師所面授的線下課程。
- 9) 在課上或推廣課程的廣告中的教師需要讓學生知道如何聯繫 KRI，以獲得更多關於傳承自 Yogi Bhajan 的昆達里尼瑜伽®的資訊。

如果對這議題有任何其它的疑問，歡迎大家直接聯繫 Hari Charn Kaur Khalsa 或 Amrit Singh Khalsa。

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 KRI in China





## Online Teaching Protocols for Kundalini Yoga as taught by Yogi Bhajan®

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For an online class in Kundalini Yoga as taught by Yogi Bhajan® to be considered a quality online class, the following quality standards needs to be met.

- 1) The instructor must have a KRI Level One Certificate and be in good standing with KRI and have regularly taught in-person classes of Kundalini Yoga as Taught by Yogi Bhajan® for a minimum of two years after their Level 1 certification.
- 2) The instructor is strongly recommended to use zoom or a platform where the teacher can see the students who are participating in the class.
- 3) The Kundalini Yoga Kriya and Meditation need to be from a Kundalini Yoga Manual with the KRI seal of approval or from the Library of Teachings.
- 4) The instructor will state the name of the Kriya and Meditation and will tell the students which manual it is from.
- 5) Care should be exercised in selecting the kriya and meditation, as some kriyas (rebirthing kriyas for example) can stir up powerful energies and emotions in students that would be important to deal with in-person.
- 6) The class must begin with the Adi Mantra and end with the Long Time Sunshine song (in any language)
- 7) The Kriya must be taught exactly as given in the manual. (times can be adjusted according to KRI guidelines)
- 8) In each online class or in the promotion of the class the teacher needs to give information of where students can take in- person Kundalini Yoga classes from certified instructors in the area. The on-line instructor should recommend that



students, when and where possible, also take classes in person with KRI certified instructors.

- 9) In the class or in the promotion the teacher needs to let students know how they can contact KRI for more information on Kundalini yoga as Taught by Yogi Bhajan®

You are welcome to direct any additional questions about this topic to Hari Charn Kaur or Amrit Singh.

**Kundalini Research Institute (KRI)**

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Scan the QR code to visit the KRI website