

# THE AQUARIAN TEACHER™

KRI® TEACHER TRAINING

KUNDALINI YOGA  
AS TAUGHT BY YOGI BHAJAN®



*Be a Teacher*

SERVE YOUR WORLD



## KUNDALINI YOGA AS TAUGHT BY YOGI BHASAN

Kundalini Yoga is an ancient form of yoga that taps into the universal life force. It incorporates the physical, mental, and spiritual aspects of yoga into a cohesive and integrated system. Known as the yoga of awareness, Kundalini Yoga is dynamic in its practice, vast in practical application, and powerful in its experience of consciousness.

For thousands of years, the sacred science and technology of Kundalini Yoga was veiled in secrecy, passed along verbally from master to chosen disciple. In 1968, Yogi Bhasan came to the West and began teaching Kundalini Yoga openly for the first time in history. Over the next 35 years, he taught more than 5000 classes around the world.

The benefits of Kundalini Yoga impact the entire human system: enhanced health and wellbeing, greater physical flexibility, and stronger immune, digestive, eliminative, and nervous systems. It is for everyone, universal and nondenominational.

## KUNDALINI RESEARCH INSTITUTE



The Kundalini Research Institute is a non-profit organization established on February 1, 1972 by Yogi Bhasan to gather and conserve the lectures, classes, books, and recordings that he created throughout his life. Known as the **Teachings of Yogi Bhasan**, KRI safeguards

the integrity and preserves the accuracy of this vast body of knowledge through trainings, research, and publications. KRI is headquartered at Yogi Bhasan's home in Espanola, New Mexico.

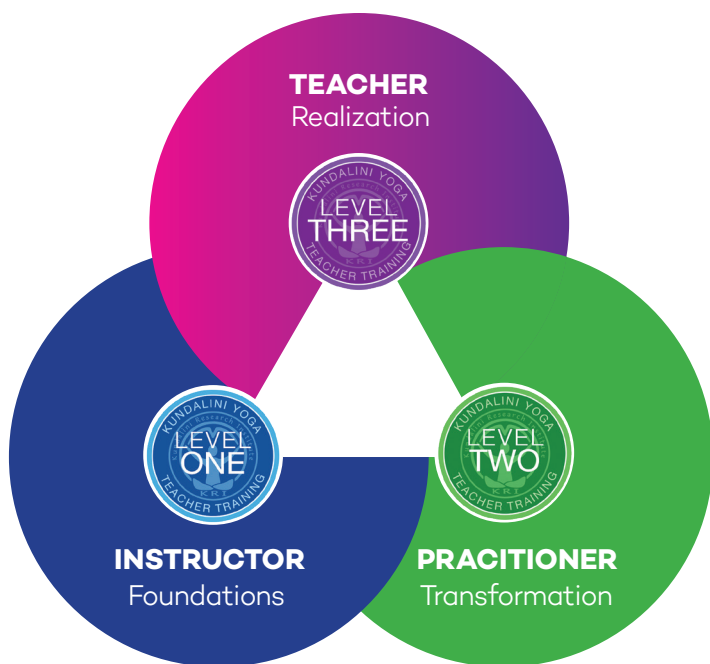
[www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org)

# KRI TEACHER TRAINING

## THE AQUARIAN TEACHER™

With the pressure and challenges of today's world, people need practices and information to help stay steady and healthy. Kundalini Yoga is a powerful way to do this, bringing energy and balance to your life. Learn these tools and integrate them into your life and help others on their way by becoming a teacher of Kundalini Yoga as taught by Yogi Bhajan. KRI has licensed teacher training programs in 56 countries and 26 languages, graduating over 3000 new Kundalini Yoga teachers annually in a program called *The Aquarian Teacher*.

The journey to becoming an Aquarian Teacher is clearly laid out with three successive levels. Level One is a comprehensive yoga training experience where the student learns the foundations of Kundalini Yoga and gains the skills to instruct others. Level Two is made up of five different modules that support the experience of personal transformation, guiding the instructor to grow into a true practitioner of Kundalini Yoga. Lastly, Level Three cultivates the emergence of a self-realized teacher through deep meditation, selfless service, and spiritual community.



# KUNDALINI YOGA TEACHER TRAINING FOUNDATIONS

KRI Level One Foundations is a professional program in the theory and practice of Kundalini Yoga as taught by Yogi Bhajan, including a minimum of 180 hours of classroom instruction and practicum.

LEVEL ONE TEACHER TRAINING IS A COMPREHENSIVE YOGA TRAINING EXPERIENCE.



In addition, 40 hours of independent study, participation in a White Tantric Yoga course, seva (volunteer work), and completion of a 40-day meditation are required for certification.

This training is not only for aspiring teachers but for everyone who wants to understand the science of Kundalini Yoga. The Level One Teacher Training

program is a way to explore your own consciousness, building a base for spiritual growth.

Completion of the Level One program earns students the certification of *Instructor*, qualifies them for Yoga Alliance's 200 RYT certification, and fully prepares them to teach classes in Kundalini Yoga.



KRI's International Aquarian Teacher Training Program is a three-tiered certification process toward becoming a fully realized Teacher of Kundalini Yoga as taught by Yogi Bhajan®. Registered through Yoga Alliance, KRI's Immersion Program meets the 200-hour Level One standard assuring graduates are well-qualified to teach the practicing public. Students earning a certificate are automatically enrolled in the International Kundalini Yoga Teacher's Association.

# KUNDALINI YOGA TEACHER TRAINING

## TRANSFORMATION

KRI Level Two Transformation is a five-module, 310-hour program that takes a minimum of two years to complete. Level One certification is a prerequisite to Level Two training.

Each Level Two module is 62-hours of instruction and meditation. It is advanced and intensive training in Kundalini Yoga. You will cultivate the practice of self-assessment, clear sub-conscious blocks, and develop personal and spiritual maturity throughout the Level Two training program. By honestly applying yourself to the study and practice of these 5 modules, you will undoubtedly be deeply transformed.

You can take each of the modules with a different training team, or take all 5 from the same team – it is up to you. There are over 150 Level Two programs around the world! Completion of the five modules of Level Two, which you can take in any order, opens the doors of consciousness and earns the student the certification of *Practitioner*. Level Two qualifies for Yoga Alliance's 500 RYT certification.



THE FIVE MODULES OF  
**LEVEL TWO** TRANSFORM  
THE INSTRUCTOR INTO A TRUE  
PRACTITIONER OF KUNDALINI YOGA.

# KUNDALINI YOGA TEACHER TRAINING REALIZATION

The KRI Level Three program is a personal journey to self-realization through deep meditation, selfless service to others, and participation with peers in self-reflection.

LEVEL THREE IS A 1,000-DAY COMMITMENT TO DIVING DEEP INTO THE MEDITATIVE MIND AND CULTIVATING SPIRITUAL MATURITY.



"In Level Three, one becomes a teacher – a teacher of truth and spirit. You develop the ability to penetrate and communicate through your presence alone and uplift the students through your subtle body. This is the teacher of the Aquarian Age, the Aquarian Teacher. Students experience the truth within them through your intention, projection, and purity."

Yogi Bhanan, 1996.

Successful completion of the Level Three program earns you the highly respected certification of **Teacher**.



# KRI IS YOUR CHOICE FOR KUNDALINI YOGA TEACHER TRAINING

If teaching Kundalini Yoga is your calling, then KRI® is the place to be!  
Here are some good reasons to choose KRI for your training:

- 1 The Only Official Authority**  
KRI is **THE ONLY** institution commissioned and approved by Yogi Bhajan himself to provide Kundalini yoga teacher training programs.
- 2 Personal Transformation**  
More than a certificate and set of techniques, KRI training will evoke the positive transformation of your personal lifestyle and spiritual journey.
- 3 Authentic Community**  
KRI is a diverse and inclusive community devoted to communing, supporting, and co-creating. The 3HO International Kundalini Teachers Association (IKYTA) membership provides professional support, development, and networking.
- 4 Portal to Advancement**  
An official KRI Level One teacher training is your starting point and is required to advance to the depth of the Level Two and Level Three.
- 5 Individual Support**  
Support is available each step of the way from dedicated, experienced, and spiritually mature teachers.
- 6 Safe and Ethical**  
KRI upholds high standards and zero tolerance accountability in its **CODE OF ETHICS**. Any violation is reviewed and enforced by a third party governing body.
- 7 Global Consistency**  
You will find a consistent, top quality curriculum at any official KRI training, anywhere in the world. With a KRI licensed trainer, you can be sure that the program is aligned with Yogi Bhajan's teachings.

FIND A TEACHER TRAINING PROGRAM NEAR YOU!

[trainerdirectory.kriteachings.org](http://trainerdirectory.kriteachings.org)

Not sure if a Teacher Training program is KRI certified?  
Make sure your instructor is listed in the KRI Trainer Directory.

# JOIN THE GLOBAL KUNDALINI YOGA TEACHER COMMUNITY!

Become a Kundalini Yoga teacher and join many thousands of international teachers who serve humanity through Kundalini Yoga. There are many KRI programs to choose from, all over the world, so make time in your life to get started on this great adventure. *See you in class!*

## KUNDALINI RESEARCH INSTITUTE

*“If you want to learn something, read about it.*

*If you want to understand something, write about it.*

*If you want to master something, teach it.”*

*~Yogi Bhajan*



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