

Level One Instructor

The KRI Level One Aquarian Teacher Course is a professional certification program in Kundalini Yoga as taught by Yogi Bhajan®. An interactive course in the theory, practice and basic skills of a Kundalini Yoga instructor, it includes 200 hours of classroom instruction and about 20 hours of independent study: a 40-day meditation and White Tantric Yoga.

The course introduces the student to the principles and practices of the self-sensory human and explores how Kundalini Yoga and yogic lifestyle can harmonize and uplift the human experience and awaken your potential.

The course is taught by an International team of certified teachers and the diploma is Internationally recognized by the KRI (Kundalini Research Institute), IKYTA (International Kundalini Yoga Teachers Association) and at National level by IKYTA Italia (who gets the KRI level I diploma can also require the equivalence of its title to the Sports Promotion Bodies recognized by CONI, in addition to the Yoga Alliance RYT 200 Certification).

Highlights

Understanding of nature, technologies and fundamental concepts of Kundalini Yoga

Experience of individual and group growth through the teachings practice

Development of skills, confidence and consciousness required teaching Kundalini Yoga

Experience a sense of community with other participants, teachers and 3HO worldwide

Developing a link to the "Golden Chain" through the teachings of the Master Yogi Bhajan

What is "Yoga": its origins and the identity of the Kundalini Yoga teacher

Yogic philosophy

Sharing of the "yogic technology": asanas and postures, kriyas, breath, sound, mantra, meditation and consciousness, in individual and group practice

Yogic and western anatomy-physiology

Pregnancy in Kundalini Yoga

Yogic Lifestyle and Humanology :style of a yogic life

Developing a conscious lifestyle

Role and responsibility of the teacher

Legal and fiscal aspects linked to the figure of the Kundalini Yoga teacher

Certification Requirements

Students Attendance

- Attendance at all the teaching hours. If the student is unable to attend one or more modules, you can make them up joining following training courses in Italy or abroad (to be agreed individually). –Attendance at minimum 20 Kundalini Yoga classes held by KRI certified teachers.

-Attendance at minimum 8 morning Sadhanas.

White Tantric Yoga - The student must participate (or have already participated) to minimum one day White Tantric Yoga.

Required readings - It is essential to read the official course manual and at least two chapters of Master's Touch. It is also recommended to read some texts of yoga and meditation.

Evaluation criteria of the student - The final evaluation of the student will be based on the following criteria: active involvement of the student during the Course (including the teaching of at least one Yoga class during the Teacher Training), good learning of the theory and practice; personal commitment to the Code of Ethics and Professional Standards for Kundalini Yoga teachers; satisfactory completion of the exam and the tasks to be performed during the course.

Payment - Full balance of all fees.

Confidential Evaluation Form - Compilation of a confidential evaluation form for each Teacher Training Teacher.

The three levels of certification

With the certification of the first level you become a "Certified Instructor" and acquire a deep understanding and experience of the essence of the science of Kundalini Yoga. With the second level you become "Certified Practitioner" and with the third level "Certified Teacher".

Course Venue

Messaie, Yoga and Creative Meditation Laboratory - Orvieto