

Kundalini Yoga Teacher Training

Toronto 2011:

taught by Sat Dharam Kaur ND

Introduction

Participate to receive certification in the KRI Level 1 International Teacher Training Program, as originally taught by Yogi Bhajan, or to immerse yourself in the science of Kundalini Yoga. Learn meditation skills and Kundalini Yoga exercises to take you to the next level of awareness, clarity and high performance in your life.

Benefits of this course:

- You will receive a thorough grounding on all the basics of Kundalini Yoga.
- This course is a blend of lecture, reading, and exercise to give you a powerful, deep experience.
- Personal guidance and feedback in key teaching skills will be given.
- You will be introduced to a network of people committed to self-improvement, healing and professional development.
- Receive professional certification that meets the requirements for the 200-hours Yoga Alliance membership, and internationally recognized certification with 3HO and IKYTA.
- Train with experienced, professional and knowledgeable yoga instructors.
- Excellent teaching materials are included in the cost of the course.

Reasons to take this training:

- These techniques provide you with a lifetime of benefits and tools that allow you to maintain your flexibility, balance your glands, tone your muscles, and switch your mood, state of mind and level of energy in a few minutes.
- The world is changing. Kundalini Yoga is a technology to raise our consciousness to a level where we can recognize our connectedness and live for one another.
- There is no better way to learn than to teach and share. An excellent way to master something is to practice it and teach it.
- The new millennium is here; leaders and teachers are needed and are in high demand. Kundalini Yoga will help give you the stamina, courage and insight to manifest your highest potential.

Be prepared:

- There is work in this course – make a commitment to excel in it.
- Write into your schedule all the weekends, reading time, home practice time, times for classes, etc.
- This is an intensive training program, and it is totally worth the effort!
- Because Kundalini Yoga is a powerful system for transformation, be prepared for your life to change.

Schedule and Course Components, Feb 2011 – Nov 2011

Location: Dovercourt House, 805 Dovercourt Rd., Toronto, ON (north of Bloor, west of the Ossington subway stop)

Fridays: 6:00 PM – 9:00 PM
Saturdays: 9:00 AM – 6:00 PM
Sundays: 9:00 AM – 6:00 PM

1. 8 Weekends

The dates are as follows in 2011:

February 4, 5, 6	July 8, 9, 10
March 4, 5, 6	September 9, 10, 11
April 8, 9, 10	Sept. 30, October 1, 2
May 6, 7, 8	November 4, 5, 6
	December 2, 3, 4

2. Sadhana: 4:00 - 6:30 am early morning practice.

Dates to be announced, 5 morning practices are required.

Approximately 1 hour of yoga and postures plus 1 hour of beautiful, chanting meditations. Challenging and exquisite, it gives you victory and strength in your life.

3. Home Practice: 40-Day Meditation/Yoga Set

A 40-day practice is an opportunity to break down outdated mental, emotional and physical patterns, replacing them with new, empowering ones.

4. Written Exam

In class

5. Practicum: Practice teaching sessions

Three shorter sessions in small groups and one full class for course evaluation. To master something, teach it!

6. Attend a minimum of 20 Kundalini Yoga classes

Twenty classes must be completed with certified Kundalini Yoga instructors during the course and prior to certification. These classes are not covered in the course fee.

7. Home Study

Reading course materials, some written homework.

8. Yogi Bhajan video lectures
Several will be shown during class time.

9. Participate in one White Tantric Yoga course (one day)
White Tantric is an exceptional experience, a full day meditation course that unloads the subconscious burden. Offered in Toronto in May 2011, and in cities around the world.
One day courses generally cost from \$130 to \$150 US. Those registered for our teacher training will receive one complementary White Tantric course.
See www.whitentantricyoga.com for Toronto dates.

10. Graduation ceremony
to be announced

Course Contents

Postures: Exercises for Strength and Healing

- How to avoid common errors - modifications for limited mobility and health, strength and flexibility; avoiding injury, e.g., to the neck and back; avoiding R.S.I. (repetitive strain injury) that can sometimes show up in wrists and knees.
- How to get maximum value from each posture - form and alignment precision to attain the full expression of each exercise.

The Power of the Word

- The science of sound - how to get the most value from chanting, understanding the mechanisms by which it works.
- The use of the word to heal, transform and uplift.
- Overview and experience of different forms of mantra meditations. Kundalini Yoga incorporates dozens of mantras, each with its own vibratory effect. Mantras can be used for very specific purposes. Some will enhance our magnetic field or balance the tattvas (elements); others can open the heart chakra or strengthen the navel centre. Specific mantras may develop courage or improve interpersonal communication.
- While we use postures, philosophy, breathing and relaxation, it is the scientific use of sound that most distinguishes Kundalini Yoga from other forms of yoga.

Yogic and Western Anatomy

- In this course, you will gain an understanding of how the respiratory, nervous, immune, musculo-skeletal, circulatory, endocrine, and digestive systems function and how they are influenced by the practice and teaching of yoga. In addition to traditional Western anatomy, you will learn about Yogic anatomy and the energy systems of the body, including the chakras, the nadis, the pranas and vayus, and the five koshas (yogic sheaths). We will also explore the relationship between Western anatomy (the physical body) and Yogic anatomy (the subtle body) through practical yoga exercises, breathing practices, and relaxation techniques.

- Learn the necessary anatomy for teaching yoga and understand how it works through the physical body. There will be a strong emphasis on many of the therapeutic aspects of Kundalini Yoga and meditation.
- You will learn how specific yoga exercises can rejuvenate the vital organs.
- A study of the Chakras and the Ten Bodies; Prana, Apana, the Nadis and Kundalini energies and how this subtle anatomy relates to and overlaps the physical body.

History of Yoga

- A survey of its roots and current day applications.
- Introduction to the Yoga Sutras of Patanjali, the Vedas, Upanishads and the Bhagavad Gita.
- The historical stages and the development of yoga in general and Kundalini Yoga specifically.
- This section of study is particularly useful for both your own understanding and because students will ask you many questions about yoga and the more you know, the more you can serve.

Yoga Fundamentals

- This comprehensive introduction to fundamental yoga techniques gives you tools and concepts essential for a thriving personal practice. This covers:
 1. physical practice of yoga asana
 2. the basics of yogic breathing practice called pranayama
 3. the practice of the three major locks called bandhas
 4. the power of word and sound in yogic mantra practice
 5. the use of hand and body positions to direct the flow of energy through directed use of mudras
 6. the nature and purpose of meditation
 7. the effects and practice of relaxation techniques

Yoga Philosophy & Lifestyle

- Yoga practice comes from a rich historical, philosophical and literary tradition that addresses and enriches all areas of life. In this educational module, you will learn about the psychology, philosophy and history of yoga, its literary and cultural heritage, and the basic concepts that underlie all yoga practices. From this basis, you will learn how to practically and effectively integrate the teachings of yoga into your life in interpersonal relationships, your personal health and hygiene habits, and your daily diet.

Foundations of Kundalini Yoga

- This provides hands-on training so you can build a strong personal practice. Students will explore the theory and practice of asanas (postures) and kriyas (yoga sets), as well as learning the basics of meditation and mudras.

Techniques of Kundalini Yoga

- This module develops the skills and techniques to become a skilled practitioner and teacher of yoga. Students will explore and practice the techniques of Kundalini Yoga as they apply to healing and humanology (the science of daily living), as well as the transformational role of the teacher in developing a successful yoga practice.

Teaching Methods of Kundalini Yoga

- The methodology of teaching yoga includes practical suggestions for teaching beginners, ethical guidelines for teachers, the language of teaching, student-oriented teaching techniques, curriculum development, and the role of a teacher. In addition to 18 hours of in-class lecture and practice, two outside hours are spent in developing a curriculum for your own teaching purposes. The emphasis of the module is learning and implementing practical methods that create a successful learning experience for yoga students.

Classroom Practice in Kundalini Yoga

- The classroom practice module develops an appreciation and understanding of yoga from a teacher's perspective. You will attend 20 Kundalini yoga classes with a certified teacher and record your observations and experiences as you begin to develop your teaching skills. In addition, you will participate in five early morning Sadhana classes.

Teaching Practicum in Kundalini Yoga

- The teaching practicums provide practical experience in instructing a yoga class. You will teach in small groups with fellow students under the supervision of a KRI Yoga Teacher Trainer. The teaching groups will give feedback to each other, and you receive a written evaluation about your teaching experience from a KRI Yoga Teacher Trainer. In addition, you will be given the opportunity to practice teaching skills with your fellow students in study groups. Finally, you will teach a public yoga class of your own time and choosing.

Kundalini Yoga: The Chakras

- We will examine the major and minor chakras (energetic centers) in the context of a yoga practice, with practical considerations given to the effects of various asanas, meditations, and yoga practices on specific chakras.

Kundalini Yoga: Ten Bodies

- We will discuss the concept and use of the ten yogic bodies (physical body, soul body, pranic body, subtle body, and radiant body, arc line, aura, and positive, negative and neutral mind) in practicing and teaching Kundalini Yoga.

White Tantric Yoga

- You will experience a cleansing meditation practice done in a group setting with a partner. For more information about White Tantric Yoga, contact 3HO directly at www.3ho.org or at www.whitetantricyoga.com

Highlights

- ❖ The cycles of the intellect
- ❖ The structure of a thought
- ❖ The use of meditation as a key to happiness and success
 - ❖ How to make your mind your most powerful friend
 - ❖ Teaching yoga to beginners
 - ❖ Teaching in diverse environments
- ❖ Exploring the myths and misconceptions about Kundalini
 - ❖ Experiencing sadhana
 - ❖ Five stages of spiritual growth
 - ❖ The eight limbs of yoga
- ❖ Yoga for pregnancy and exercises for men and women
 - ❖ Breath and pranayam
- ❖ Yogic views on food and nutrition, with recipes
 - ❖ Teacher's code of ethics
 - ❖ The importance of relaxation
- ❖ Healing circles, full moon meditations
 - ❖ Teaching resources

Your Teacher

Sat Dharam Kaur N.D.

Sat Dharam is a certified Kundalini Yoga teacher trainer and instructor, author and naturopathic doctor practicing in Owen Sound, Ontario. She has been studying Kundalini Yoga with Yogi Bhanjan since 1979 and has facilitated teacher training programs in Toronto and New Mexico. She has developed a breast health yoga training, designed to help educate women in breast cancer prevention through Kundalini Yoga and lifestyle change. A featured teacher at the Toronto Yoga Show in 2004, 2009, 2010, at the Toronto Yoga Festival in 2008 and at Khalsa Women's Camp in New Mexico, she has written several best selling books: *A Call to Women: The Healthy Breast Program and Workbook*, *The Complete Natural Medicine Guide to Breast Cancer* and *The Complete Natural Medicine Guide to Women's Health*.

Registration

Course and registration fees

- Registration fee is \$200. (non-refundable).
- Total cost of course is \$3200 plus HST (which includes the \$200 registration fee), paid in full by Feb. 1, 2011 (this fee includes the Teacher Training Manual but does not include the mandatory 20 Kundalini Yoga classes.)

Or

- Payment plan \$3450 plus HST (which includes the \$200 registration fee) in 3 installments. All payments must be made by post-dated cheques with registration application:
\$1150 plus HST by February 1, 2011
\$1150 plus HST by April 15, 2011
\$1150 plus HST by June 15, 2011
- Discount of 10 % offered to full time students and seniors.

Make cheques out to Sat Dharam Kaur and send payment to:

Sat Dharam Kaur, 235 9th St. E., Owen Sound, Ontario N4K 1N8

Contact information: [sdk@log.on.ca](mailto: sdk@log.on.ca) phone (519) 372-9212 fax (519) 372-2755

**Please call or email Sat Dharam Kaur if you have further questions or concerns.
Space is limited.... so register early!**

Certification

To fulfill the requirements for KRI Level 1 Certification you must:

1. Attend all scheduled weekend sessions (for unavoidable absence, the teacher training team will decide how and if a student can make-up missed classes)
2. Do five Sadhanas
3. Attend one White Tantric Yoga course
4. Complete assigned 40-day yoga set/meditation
5. Have a passing grade on the written exam
6. Have satisfactory practicum presentation
7. Take 20 Kundalini Yoga classes between Feb. 4, 2011 – Nov. 30, 2011. (These classes are not covered in the teacher training fee.)
8. Become an associate member in IKYTA (International Kundalini Yoga Teacher's Association) – the cost of your first year membership is included in the teacher training fee. This membership will help you become known as a teacher, network with other teachers and keep you up to date with the quarterly teacher's newsletter "Kundalini Rising")

Yogi Bhajan & Kundalini Yoga

Yogi Bhajan, Master of Kundalini Yoga arrived in the United States in 1969 with a stated purpose: "*I have come to create teachers, not to gather disciples*". He then travelled internationally teaching Kundalini Yoga, the Yoga of Awareness.

In 1969, Yogi Bhajan founded 3HO - the Happy, Healthy, Holy Organization, based on his first principle "Happiness is your birthright". Through 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan has trained thousands of Kundalini Yoga teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide. Yogi Bhajan passed away in October 2004, but leaves a legacy of teachings and inspired teachers to serve and uplift humanity through Kundalini Yoga.

What are IKYTA & KRI?

The International Association of Kundalini Yoga Teachers (IKYTA) is the professional organization of certified Kundalini Yoga Teachers. Members receive such benefits as education program opportunities, newsletters, product discounts, and listings in printed and web directories. The Kundalini Research Institute (KRI) administers the certification standards for Kundalini Yoga Teachers and is the review agency for materials, manuals, and other products developed to support the teachings of Kundalini Yoga. The 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 originally taught by Yogi Bhajan.