

# Kundalini Yoga as taught by Yogi Bhajan ®



The Aquarian Teacher™ KRI Level One Teacher

February - September 2024



## Course Curriculum:

This 220+ hours training includes 180 hours of classroom instruction & 40 hours of home study covering:

Roots of Yoga & KY  
Sadhana  
Yogic anatomy, chakras  
Yogic philosophic  
Anatomy & Physiology  
Asana, Mudra & Bandha  
The Science of Breath  
Sound & Mantra  
Meditation & the Mind  
Humanology & Yogic Lifestyle  
Yogic Diet & Nutrition  
Identity of a teacher  
Role & responsibilities of a teacher  
Students practicum

Trainer team: Kirti (Singapore), Tonie Nooyens (Mentor, Cambodia), Sunderta (Thailand), Rajveer Singh, & Guru Jaswant (Malaysia), Maria Robinson (UK), Rupinder (India)

“If you want to learn something, Read about it. If you want to understand about something, Write about it. If you want to master something, Teach it.” Yogi Bhajan

Where/When :

- In person: Malaysia: 17-25 Feb
- Online: 30-31 March
- In person: Malaysia: 27 April-1st May
- Online: 15-17 June
- In person: India: 15-21 September

Fees: Early birds: 2500 SGD (8250 MYR) until 31 December (exclude hotel, meals, transport fees)

- Optional Yatra around Amritsar from 22 Sep

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