



## **Kundalini Research Institute: The Aquarian Teacher Level One Immersion Course**

“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

Sat Nam,

Greetings from the KRI *Aquarian Teacher* Staff.

*We look forward to supporting you on your journey of development through all three levels of Teacher Training; from Instructor (Level 1) to Practitioner (Level 2) to Teacher (Level 3).*

This packet has been designed to give you an overview of the course, the curriculum, the trainers, the environment, Hacienda de Guru Ram Das Ashram and more. The pre registration cost for participants in this immersion course is \$3950 if you register on or before June 28.

Discounts for full time students, participants from outside of the United States, and for Seniors apply. The cost to register after June 28 for this course is \$4250.00. If you need information on discounts please contact [teachertraining@3ho.org](mailto:teachertraining@3ho.org).

Please let us know if we can answer questions and be of service.

Gurudatta Singh

## The Immersion Course: A 28-Day Intensive Teacher Training

**August 2<sup>nd</sup> through August 28<sup>th</sup>, 2008**

A community-based immersion course in the content, culture and consciousness of Kundalini Yoga as taught by Yogi Bhajan®, formerly known as Self Mastery, this is the most unique and experiential yoga certification program available.

Spend 28 days practicing the lifestyle and enjoying the communion of fellow practitioners; enhance your knowledge of Kundalini Yoga as taught by Yogi Bhajan®; and initiate yourself on the path to becoming a teacher.

Study with Master Teacher Trainers, personally trained by Yogi Bhajan; live with community members of the ashram; rise early to enjoy morning sadhana; eat a traditional vegetarian diet, including some of Yogi Bhajan's famous recipes; and immerse yourself in the company of like-minded souls, who will in turn become life-long friends.

\*\*We recommend that you fly into Albuquerque, NM early on August 2<sup>rd</sup>., and our team will be here in Espanola awaiting your arrival at the Ashram's main office. Registration starts 10am Aug 2 and orientation starts at 4pm, so you should have plenty of time to get set up in your place of residence for the course.

### **Who is Yogi Bhajan?**

Yogi Bhajan, Master of Kundalini Yoga and Mahan Tantric (Master of White Tantric Yoga), arrived in the U.S. in 1969 with one purpose, "I have come to create teachers, not to gather disciples." For more than 30 years he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969, he founded 3HO, the Healthy Happy Holy Organization, based on his first principle, "Happiness is your birthright."

Through the years he has trained thousands of KRI Certified Kundalini Yoga Instructors and Teachers. In 1994, IKYTA was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

The staff and long-time students of Yogi Bhajan feel a deep gratitude to Yogi Bhajan for his efforts and dedication in bringing this technology to the West. For many people, the teachings of Kundalini Yoga have truly transformed them and brought happiness and peace to their ever changing lives.

## **The Curriculum**

This dynamic program is for everyone, whether you would like to become a certified Kundalini Yoga Instructor or wish to deepen your personal experience of Kundalini Yoga. Learning to share the tools and technology of Kundalini Yoga will enable you to teach Kundalini Yoga with impact, sensitivity and awareness.

This course begins with the basics and introduces you to the fundamental principles and practices that make up the technology that is Kundalini Yoga. This course will acquaint you with the body, the mind, and the spirit; orient you to the energies that contribute to the human essence and excellence; and instruct you in how to incorporate Kundalini Yoga and the yogic lifestyle into your daily life so that you can be in harmony with yourself and others and, ultimately, serve and uplift others in the coming Aquarian Age.

Concepts studied include:

Kriya: The foundations of yoga and Kundalini Yoga as taught by Yogi Bhajan®

- The beauty and sequence of exercises that form the kriyas
- Naad: The power of sound and mantra
- Asana: Posture for divine alignment
- Pranayam: The science and technology of breath;
- Meditation: Its place in Kundalini Yoga
- Experience deep meditation and learn the basics of teaching meditation
- Sadhana: The foundation of our lifestyle
- On-site Practicums: Practice makes progress

Yogic Lifestyle

- Yogic and Functional Western Anatomy
- Yogic Philosophy and the Aquarian Age (applying ancient wisdom to our present day)
- The Science of Humanology
- How to live as a vegetarian
- The Good Life: don't drink, don't smoke, what do you do?

Ethics

- Your role and responsibilities as a Kundalini Yoga Instructor
- Consciousness of a Teacher

Practicum Experience

- How to present Kundalini Yoga to students
- Practice teaching under the guidance of Senior Teachers

Sadhana

- Experience the practice of yoga and meditation before the sun rises

- The power of discipline and a personal practice
- The Golden Chain
- Video classes with Yogi Bhajan, Master of Kundalini Yoga
  - Your role in the Golden Chain as an instructor of Kundalini Yoga

## **Certification**

The Level One Immersion course is open to everyone. The 220-hour certification program exceeds the Yoga Alliance requirements and graduates earn the title of Certified Instructor of Kundalini Yoga as taught by Yogi Bhajan®.

In addition to certification, this immersion course offers you an unparalleled opportunity for maturing into Self Reliance by using the ancient technology of Kundalini Yoga, the Yoga of Awareness.

As a KRI certified Kundalini Yoga Instructor, you will be trained in the tradition passed on by Yogi Bhajan, Master of Kundalini Yoga, to carry the legacy of Kundalini Yoga into the Aquarian Age. By teaching Kundalini Yoga you link into the Golden Chain, the subtle connection between you and Yogi Bhajan and the legacy of teachers which goes back in time to the sacred source of the teachings of Kundalini Yoga

After completion of Level One, we hope you continue on your journey toward becoming a Teacher by completing Levels Two and Three. \*

## **The Trainers**

As more people search to find spiritual meaning in their lives, the role of the Kundalini Yoga teacher takes on increasing importance. This team of Master Teacher Trainers will guide you in how to build your grace and character. They will lead you through this program with daily personal instruction, inspirational and challenging lectures, and kriyas and meditations that will confront your self-imposed limits. You will discover how to live and teach from your highest and purest consciousness. The Core Training Team is composed of Gurucharan Singh, Nirvair Singh, Tarn Taran Singh, Hari Charn Kaur, and Nirvair Kaur. The support team of trainers includes Guruchander Singh, Kirn Kaur, Tarn Taran Kaur, Dev Suroop Kaur, Sangeet Kaur, Pritpal Kaur and others.

The Core Training Team:

Gurucharan Singh Khalsa, Ph.D. is the Director of Training of the Kundalini Research Institute. He is a psychotherapist, teacher, writer and world recognized expert in Kundalini Yoga as taught by Yogi Bhajan®. He is known as an energetic and humorous speaker who has presented in many conferences around the world. Dr. Khalsa has done original research on the cognitive and physiological impact of meditation upon human performance, authored many writings on yoga, designed social programs and trained counselors.

Tarn Taran Singh Khalsa became a student of Yogi Bhajan's in 1972. Teaching, training teachers and practicing Kundalini Yoga for more than 30 years in the USA, Europe and Latin America, he founded 3HO Germany, the European Yogi Tea Company and the first European Teacher Training program. Currently living in New Mexico, Tarn Taran Singh serves KRI as International Coordinator of Trainers and Aquarian Teacher Program Director. He is also a talented musician and gifted, humorous and engaging speaker. He has authored a series of Mantra CDs which include *Mantras of Prayer* and *Ik Ardas*.

Nirvair Singh Khalsa has studied with Yogi Bhajan since 1970. He is a retired university instructor. He taught classes in Kundalini Yoga at the University of Alaska, Anchorage, for 30 years. Since his retirement from the University, he has become the Managing Director of the Kundalini Research Institute. He has authored 19 DVD's and 4 books on Kundalini Yoga. Co-director of the Kundalini Yoga Center of Alaska, he lives with his family in Anchorage and Espanola. <http://www.kundaliniyogacenter.com>

### **Daily Schedule**

3:45–6:00 Morning Sadhana (Yoga and Meditation)

6:00–7:00 Gurudwara, a Devotional Service or Free Time

7:00–8:00 Breakfast

8:00–12:00 Class

12:00–1:30 Lunch

1:30–5:30 Class

5:30–6:15 Dinner

6:30–8:30 Free Time, Class or Evening Activity

10:00 Lights Out

### **Sadhana**

Morning Sadhana is a discipline that moves each one of us toward self-realization and expanded consciousness. It is a daily practice that provides the body and mind with an experience of the infinite within us. Sadhana begins with a traditional prayer called Japji and is followed by one hour of Kundalini Yoga and then one hour of chanting and

meditation. The traditional 3HO Sadhana is in the predawn hours because of the powerful energy of this time of day. For certification, a minimum of 5 Sadhanas is required and you will be encouraged to attend more as your energy permits. If you're not used to getting up this early, we recommend starting before the course to get your body into this rhythm.

### **Course Dates and When to Arrive**

The course dates this year are from Saturday August 2<sup>nd</sup> at 4 pm through Thursday August 28<sup>th</sup> at 8 pm.. On Saturday you can register from 10 am on. The first official meal is dinner on Saturday evening. Orientation and classes will begin on Saturday at 4 pm.

### **Community Learning**

What makes this immersion course unique is the opportunity to live and learn for three and a half weeks with a community of fellow spiritual seekers and to practice Sadhana with the community of Hacienda de Guru Ram Das.

It is life changing to live in a community of like-minded spiritual seekers. You will integrate the benefits of total immersion as you become a member of a yoga community, rise in the ambrosial hours, and awaken yourself to the deeper knowledge of Kundalini Yoga.

### **The Community: Hacienda de Guru Ram Das – Home of Yogi Bhajan**

“This place is the fountain of 5,000 years of humanity to follow. In times to come, whosoever will touch the dust of this place (Hacienda de Guru Ram Das) will be cured, will be healed, will have prosperity. Joy and happiness will come to all in abundance who still do a little seva—a little service.” –Yogi Bhajan

Residents of Hacienda de Guru Ram Das practice the 3HO Lifestyle including Sikh Dharma, as an intentional community, according to the teachings of Yogi Bhajan. Hacienda de Guru Ram Das has a daily sadhana and Gurudwara service, weekly Sunday Gurudwara services, a weekly langar (community meal), yoga classes, community events, businesses and schools for children. No drinking or smoking is allowed anywhere on the Ashram properties, so you can be assured of clean air, bright skies, and wide smiles.

The residents primarily live in private homes with many grouped around the Ashram property that is the home to the Gurudwara, langar hall, Cottonwood Grove Campsite, “The Ranch,” home of Yogi Bhajan, and many of the Dharmic nonprofit and for profit businesses. Also located just west of Espanola is Ram Das Puri, the site for our annual Summer Solstice Sadhana.

## **Housing**

We have a few different options for accommodations while you are immersed in your Level One teacher training here at Hacienda de Guru Ram Das. Because spaces are limited we strongly recommend that you register early and pay in full for the course and your housing in order to secure your space.

Housing prices for both private and dorm residences:

\$560.00 for single occupancy

\$370 each for double (or more) occupancy

The main complex of the ashram, Hacienda de Guru Ram Das, consists of 20 acres of land housing the Gurdwara (where Sadhana is held), Langar Hall (where the course is held), living accommodations, and various community-based businesses. Members of the community practice the Sikh Dharma lifestyle as well as the technology of Kundalini Yoga. They grow their hair, cover their heads, are vegetarians, and do not use any substances such as alcohol, drugs or tobacco. Many wear white clothing.

Some of the above protocols apply to being a paying guest in the home of a community member and in the dorms. This includes refraining from the use of alcohol, drugs and tobacco. Also, vegetarianism is adhered to as part of the lifestyle, so please do not bring any meat products of any kind into the homes. Remember all meals are provided at the course. We ask that you dress modestly and please notice that we remove our shoes while indoors.

### **PRIVATE RESIDENCES**

Members of our community who live in close proximity to the ashram property are opening up their homes to students. Most housing will be no more than a 15 minute walk from the course location. If the distance is further, transportation will be provided.

### **DORMITORY STYLE**

Dormitory style housing is approximately a 7 minute walk from the course. The rooms in the dorm-like housing accommodate from 2 to 4 people per room with shared bathrooms. These are very simple yet comfortable accommodations.

### **HOTELS IN ESPANOLA, NM**

Rates vary depending upon occupancy. Inquire as to a flat rate and a discounted rate for a 28 day stay.

We are listing these hotels for your convenience not as a recommendation.

These are three of the four hotels that are located in Espanola.

Comfort Inn: AAA, AARP, [comfortinn.com](http://comfortinn.com)

604-B S. Riverside Dr., Espanola, NM 87532.

800.221.2222 within the US or 505.753.2419 International direct dial

Days Inn:

807 S. Riverside, Espanola, NM 87532.

505-747-1242

Inn at the Delta: Oversized rooms, kiva fireplaces.  
243 Paseo de Oate, Espanola, NM 87532.  
505.753.9466

### **Acclimatizing to Espanola, NM**

It may take you two to three days to acclimate to the elevation and dry environment of Northern New Mexico. We are here in the high desert (5600 feet in elevation) so bring a water bottle and drink lots of water to avoid dehydration and always have sunscreen and a hat with you. Daytime temperatures can rise into the high 90s and occasionally go over 100. The nights will be much cooler and sudden intense rainstorms can occur.

The course is located on the Ashram grounds in a residential area of Espanola.

### **Meals**

We offer a delicious and nutritious vegetarian menu, which often includes vegan choices and organic produce. Meals will be served near the classroom and plenty of Yogi Tea will be available. This is a very tasty Ayurvedic tonic that works on various body systems and cleanses the blood. Please bring your own dishes (bowl, plate, fork, knife, spoon, mug, cup). Do not bring disposable plates and cups.

### **Cancellation Policy** (Please read carefully)

For all cancellations KRI must receive your written request for a refund mailed to KRI , PO Box 1819, Santa Cruz, NM 87567, or faxed to 505-753-5982, or emailed to [teachertraining@3ho.org](mailto:teachertraining@3ho.org). Cancellations received by June 28<sup>th</sup> will then receive a full refund minus a \$300 processing fee. Cancellations received by July 26 will receive a full refund minus a \$500 processing fee. There will be no refunds after August 2.

### **Laundry and Ironing**

You will either have laundry facilities available to you if you are staying with a host family or if you are staying in our dormitory style housing your laundry will be sent out to a local laundromat that provides detergent and dries and folds your clothes for a minimal cost. Please bring a laundry bag with your name already written on the outside. Irons and boards are available. Exact change is not necessary.

### **Mail and Telephones**

Your address for receiving mail is:  
Your Name & state or country where you are from  
Attention: Level One Immersion Course  
P.O. Box 1819  
Santa Cruz, NM 87567

Mail will be delivered to the Course Office where you can pick it up at your convenience. Outgoing mail can be placed on the desk in the Course Office. Proper postage is required so bring some stamps.

The number for EMERGENCIES ONLY will be sent to you when you register. Messages are checked throughout the day. You will be notified immediately when we receive a message.

There will either be a phone available to you at your accommodations or there will be a phone accessible near the classroom.  
If you bring a cell phone we ask that you turn it off during classes.

### **Your Health at Teacher Training**

As with any yoga teacher training course, the Immersion course is an experience of physical, psychological, and spiritual transformation. The challenges of living in a community and sharing close quarters with others can trigger feelings of homesickness and minor illnesses such as colds, coughs, etc. Please bring the appropriate personal medications and supplements to help keep you stay healthy in this environment. For the health of everyone you are required to bring your own water bottle and thermos for tea or hot beverages.

For physical comfort please bring your appropriate needs with you. You will be sitting on the floor or ground for the entire course. Chairs are available for those in need, otherwise bring a padded mat in addition to sticky mat, a meditation blanket, a cushion or backjack.

### **Medical Policy**

We have a basic first-aid kit at the course. An emergency hospital is ten minutes away. Please bring your medical insurance information with you in case of any unforeseen medical emergencies. If you are on medication of any kind, you need to inform the staff before or when you arrive. Please make sure you bring an adequate supply of your medication with you and do not stop taking your medication under any circumstances during the course. Kundalini Yoga is a powerful ancient tradition, but should not be used as a substitute for regular and necessary medical care.

## **Course Policies**

The Immersion course is a vegetarian environment. It is also a drug free, cigarette free, and alcohol free environment. No pets are allowed. We reserve the right to request anyone disobeying course policies to leave the course

## **Packing List**

The following is a list of items we recommend you bring, which will help to make your stay more comfortable. Please note as a yogic tradition, many people wear white.

Yoga mat or sheepskin

Flashlight, Umbrella, Alarm clock

Backpack

Luxury items: fan and electric lamp

Clothing:

Warm clothes (for morning Sadhana and physical training i.e. sweat pants and sweat shirts)

Warm jacket, Raincoat or parka

Light sweater

Sadhana blanket or shawl

Warm sleep wear & bath robe

Running/Walking Shoes

Shower Shoes or flip flops

Comfortable clothes for classes (shorts, loose pants and tee shirts)

Attire for evening lectures

White cotton head covering

Bathing suit

Sun visor, sun screen, and sunglasses!

Moisturizing skin cream, lip balm, or chapstick

Water Bottle/Camelback

Insect repellent

Notebook and pens for lectures

## **Transportation**

Most people traveling to the Teacher Training Program fly into Albuquerque, New Mexico, which is approximately 1 1/2 hours away. There is also a smaller airport in Santa Fe, which is about 45 minutes away.

Rental Cars are available from both Albuquerque and Santa Fe airports. There is also a branch of Enterprise Rent-a-car in Espanola. Reserve a car online at [www.enterprise.com](http://www.enterprise.com).

The following two independent shuttle services are available from the Albuquerque airport to the main office otherwise known as the "Gold Dome".

1. Twin Hearts 1-800-654-9456 or 1-505-751-1201

Daily Departures from the Albuquerque Airport:

11:30 am, 1:30 pm, 3:30 pm and 5:30 p.m.

NOTE: The last pick up with Twin Hearts is usually at 5:30 p.m. Please make sure your flight arrives before this time. If not, you will need to rent a car or stay in a hotel near the airport overnight and take the shuttle the following morning.

Reservation Details:

You must reserve a shuttle 48 hrs in advanced in order to guarantee a seat on the shuttle. You must be on time for your shuttle pick up.

Remember to set your watch to New Mexico time. If your flight is late or if you missed your flight, call the shuttle company to make new shuttle arrangements.

Cost:

Destination Hacienda de Guru Ram Das: For the four standard daily departure times the cost is \$40 each way or \$75 round trip.

For rides outside of their standard daily departure times (anything after 5:30pm), with a reservation, the cost is \$200 one-way.

Twin Hearts Cancellation policy:

Once you have paid there are no refunds.

If you do not show up for your shuttle you will not get a refund, however you can use or sell the shuttle credit for up to one year.

## **\*Continuing on your Path of Teacher Training: Level Two and Level Three**

### Level Two: Transformation

In Level Two, the student has lived the experiences they studied in Level One: Foundations; understands the fundamentals on a cellular level; and is committed to developing the quality of presence required by a truly excellent teacher. In this level, the Instructor participates in intensely honest character assessment, centered on the following five interconnected themes:

Conscious Communication

Authentic Relationships

Mind and Meditation

LifeCycles and LifeStyles

Vitality and Stress

Level Two is open to KRI Level One Certified Instructors. The 300-hour/2-year certification program consists of five 60-hour modules and fulfills the Yoga Alliance 500-hour requirement. Graduates of Level Two earn the title of Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®.

### Level Three: Realization

The final stage in this process requires focused instruction on techniques to allow the teachings to permeate every aspect of your being.

Level Three is open to KRI Level Two Certified Practitioners. Those who complete this certification program earn the title of Certified Teacher of Kundalini Yoga as taught by Yogi Bhajan®.