

Training Opportunities to Deepen Your Experience of Kundalini Yoga

presented by **Soul House Yoga***
with **The Center for Happiness**



Experience your excellence!

Aquarian Teacher Training Level 1 in 2010 Overview with Q&A

Now is the time, and the time is now – for YOU to become a teacher! Yes you can! Join us!

This KRI Level 1 International Teacher Training Program in Kundalini Yoga, as taught by Yogi Bhajan®, is designed for:

- Students of Kundalini Yoga
- Students of other schools of yoga
- Students of ALL LEVELS
- Teachers of all forms of yoga
- Anyone seeking to deepen their yogic experience
- YOU!

I have come to create teachers, not to gather students. I have come by my Guru's grace to serve those souls who shall serve the Aquarian Age. ~ Yogi Bhajan

We at **Soul House Yoga** and the **Center for Happiness** are thrilled to offer you this opportunity to immerse yourself in the transformational science of Kundalini Yoga – **to experience your excellence.**

**And we have created this document filled with details to inform, encourage and inspire you!
So read on!**

If you are ready to register, or if you have other questions, please contact us anytime at soulhouseyoga@gmail.com.

Soul House Yoga is Patty Gurbani Kaur Nieman, Lauren Sat Rattan Asheim and Ajai Singh Khalsa. It is our pleasure and privilege to bring transformational training and event opportunities to YOU!



YOGI BHAJAN'S VISION and COURSE DESCRIPTION

Master yourself and awaken your potential using the science of Kundalini Yoga as taught by Yogi Bhajan!



The vision of the Aquarian Teacher Training programs is to produce teachers of Kundalini Yoga who demonstrate awareness in consciousness and excellence in teaching skills, and who serve as an example of depth and maturity as a teacher. Under the direct guidance of Yogi Bhajan, the KRI has created a training program whose core process begins here – with the foundations and awakening in Aquarian Teacher Training. He said:

*“If you want to learn about something, read about it.
If you want to understand something, write about it.
If you want to master something, teach it.”*

In-depth training was paramount in Yogi Bhajan’s life’s work.

“He wanted to give each of us a chance to be a realized, content human being, capable of happiness, excellence and fulfillment in the Aquarian Age – to give peace a chance and to give God a chance in every heart.”

– Gurucharan Singh Khalsa, KRI Director of Training

Become a part of Yogi Bhajan’s dream!

Invest eight weekends in a uniquely personal and absolutely unforgettable journey into your self – a journey of intense study, sharing, feedback, growth, relaxation, and celebration – and emerge richly rewarded with the skills and experience to teach and the confidence to join our global community, dedicated to personal growth, uplifting every person and raising awareness and human consciousness for a more peaceful and prosperous world.

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

The course begins with the basics and introduces you to the fundamental principles and practices of Kundalini Yoga. Then the course will acquaint you with the body, the mind, and the spirit. It will orient you to the energies that contribute to the human essence and excellence and teach you 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.

COURSE DESCRIPTION and STAGES OF YOGA TEACHER TRAINING

Under the direct guidance of Yogi Bhajan the Aquarian Teacher Training Program has been divided into three stages:

Aquarian Teacher Training Level 1 – Foundations and Awakening (that's us!)

This stage includes the fundamental understanding and experience that the basic self is always one with the ONE (Ek Ong Kar); understanding of the essential parts and character of a human being; and the fundamental principles and practices of Kundalini Yoga as Taught by Yogi Bhajan. Completing this stage makes you a certified instructor of Kundalini Yoga.

Aquarian Teacher Training Level 2 – Transformation

This stage includes the projection of identity (Sat Nam); the embodiment of character through word and behavior; and the expansion and deepening of the teacher's state of consciousness. Completing this stage makes you a certified practitioner of Kundalini Yoga

Aquarian Teacher Training Level 3 – Realization

This stage is the experience of ecstasy (Siri Wahe Guru) in all states of awareness. That experience is expressed in the teacher's words, actions, accomplishments, character, seva and reputation. Completing this stage of training makes you an acknowledged and certified teacher of Kundalini Yoga as taught by Yogi Bhajan.

The Vision of the Aquarian Teacher Training Program is to produce teachers of Kundalini Yoga who demonstrate awareness in consciousness, excellence in teaching skills, and serve as an example of depth and maturity of character. The purpose of creating our global community of teachers has three main parts:

1. Prepare the foundations for the shift of humanity to the Aquarian age by applying the legacy of the teachings, the Golden Chain and the example of Yogi Bhajan
2. Serve and uplift individuals to be healthy, happy and holy.
3. Provide the opportunity for each person to awaken his or her capacity, character and sensitivity as a self-sensory human being who can be effectively intuitive, creative and compassionate.

Through The Aquarian Teacher Program, Yogi Bhajan has trained thousands of KRI-Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.



BENEFITS OF THE COURSE are as broad as your own vast potential – and here's where they start!

The Aquarian Teacher Training Level 1: Foundation is the first level of a three-tiered KRI Certified Teacher Training Program of Kundalini Yoga as taught by Yogi Bhajan. Upon the completion of this transformative course you will become a Certified Kundalini Yoga instructor and qualify for the 200-hour Yoga Alliance Association Certification.

With this thorough course on the ancient science of Kundalini Yoga, you will:

- **Gain** a solid understanding of the powerful technology of Kundalini Yoga, taught in an atmosphere of reverence and joy
- **Develop** a spiritual discipline (Sadhana) to live a life of higher consciousness
- **Practice** coming to a state of meditative mind for greater calmness and clarity
- **Touch** your soul and **transform** your life
- **Confront** self-imposed limits and **free** your vast potential
- **Expand** into your excellence
- **Challenge** yourself and **find** hidden strengths
- **Uncover** the radiance of your highest and purest consciousness
- **Discover** the knowledge, awareness, and confidence to build a more peaceful and creative life
- **Experience** a yogic lifestyle that elevates and enlightens
- **Learn** in a supportive, yogic community at the beautiful Center for Happiness
- **Fulfill** the longing of the soul for fellowship and spiritual community by forming life-long relationships and deep bonds of trust with your teachers and fellow yogis
- **Uplift** yourself and others
- **Rewrite** your destiny

In other words ...

- **Cultivate** the skills, confidence and consciousness to **become** a Teacher of Kundalini Yoga and Leader of the Aquarian Age

***Deepen your understanding. Expand your consciousness.
Awaken and develop your pure creative potential.
And know that you are already a teacher.***

COURSE DATES, LOCATION and WHITE TANTRIC YOGA IN MINNEAPOLIS

The course is scheduled to begin on Friday, January 22, 2010 and to end on August 15, 2010. Students should plan to participate in all classes but are permitted to make up assignments in the event of absences. All absences must be pre-approved. Make-up assignments may include reading, additional yoga class hours, seva and/or watching a DVD of the class hours missed.

Course Dates and Daily Class Hours

2010 Dates			Hours
Jan 22-24	May 21-23	Fridays	5:30-9 pm
Feb 19-21	Jun 11-13	Saturdays	7 am-7 pm
Mar 26-28	July 16-18	Sundays	4:30 am-4:30 pm
Apr 30-May 2	Aug 13-15		Breaks provided

Course Location

the Center for Happiness
2645 SE 4th Street
Minneapolis (near University & 280)

For **directions** and a class schedule see:
centerforhappiness.com

The **Center for Happiness** provides a nourishing and challenging environment to promote physical health, emotional happiness, and spiritual awareness. CFH welcomes students of all levels, faiths, ages, fitness abilities, and body types.

White Tantric Yoga in Minneapolis

Normally teacher trainees must complete one day of White Tantric Yoga *while* you enrolled in the Teacher Training course, *even if you've already done it!* But we have received special approval from KRI to allow you to **take the White Tantric Yoga here in Minneapolis on October 24, 2009 to fulfill the White Tantric requirement.**

We highly recommend taking advantage of this rare exception to the rule – Minneapolis is not on the schedule for White Tantric in 2010. Of course, you can take White Tantric Yoga anywhere in the world within the year. See details at whitetantricyoga.com. Just provide us with the receipt. Please note that White Tantric Yoga is not included in your course tuition.

*"May you fall in love with your beauty, your grace,
your honor, your courage and your strength."
~ Yogi Bhasan*

REQUIREMENTS FOR CERTIFICATION

Through this program you will gain the credentials and experience to teach others professionally. The course combines 180 classroom hours with 40 hours of home study and leads to professional certification by the Kundalini Research Institute (KRI) and membership in the International Kundalini Yoga Teachers' Association (IKYTA). A one-year Associate Membership in IKYTA is included in the course.



The Aquarian Teacher Training team reserves the right to grant the Kundalini Research Institute (KRI) certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting the Aquarian Teacher Training course requirements including:

- Attendance and participation at all classes (or completion of pre-approved makeup work)
- Timely and full payment of all course fees
- Satisfactory practicum assessment
- Passing grade on KRI written exam
- Participation in at least five group Sadhanas (early morning yoga practice)
- Completion of two course curricula
- Successful completion of all homework including:
 - Reading assignments
 - Completion of 40-day personal Sadhana (31-minute yoga kriya or meditation)
 - 20 required Kundalini yoga classes lead by a KRI certified Kundalini Yoga Teacher during the course of the program (January 22-August 15, 2010)
 - Participation in a one-day White Tantric Yoga Course between October 24, 2009 and August 5, 2011 (not covered in course fee)
- Completion of confidential teacher trainer evaluation forms
- Proper representation of the Code of Professional Standards for Kundalini Yoga Teachers

The classroom (contact hours) and home study hours of the KRI Level 1 Teachers Training course fulfill the Yoga Alliance 220-hour national standard for a Registered Yoga Teacher (RYT). With your KRI certification, you can apply for and receive a Yoga Alliance Certificate.

*“Kundalini Yoga is uncoiling yourself to find your potential and your vitality and to reach for your virtues.”
~ Yogi Bhajan*

WHAT'S INCLUDED IN THE PROGRAM – SO MUCH!

Tuition for this comprehensive 220-hour training program covers:

- A team of Senior KRI Teacher Trainers who will help you fine tune your growth and gain a sense of excellence as a Teacher of Kundalini Yoga
- 180 hours of classroom instruction in a well-defined curriculum
- The origins of Kundalini Yoga
- The role of a Kundalini Yoga teacher
- Teaching methodology and practical experience
- Learning about and teaching Kundalini Yoga postures, kriyas, and meditation
- Understanding the role and consciousness of a Kundalini Yoga Teacher
- Western and subtle yogic anatomy (chakras, the ten bodies, prana)
- Humanology and the yogic lifestyle
- The chakras
- The ten bodies (Nirvair and Guruchander are two of the great experts – both have fantastic books published including yoga kriyas and meditations relating to the ten bodies and Tantric numerology)
- Food and yoga
- Men and women in yoga
- How we view and develop aspects of the mind in yoga
- How to develop a personal practice
- An instructor's relationship to Yogi Bhajan
- The nadis, vayus, ethics ... and more!
- Study of awakening through sound and mantra
- Study of awakening through asana and kriyas
- A beautiful, well-organized, 470-page Aquarian Teacher Textbook and separate, spiral-bound Yoga Manual that includes a wealth of classic (and fundamental) ready-to-teach kriyas and meditations
- All required text books, including *The Master's Touch* by Yogi Bhajan
- Eight morning sadhanas (five required)
- One-year Associate membership in the 3HO International Kundalini Yoga Teachers Association (IKYTA); Full membership (upon graduation) entitles you to recognition in a professional international organization; a quarterly teachers' newsletter; discounts on yogic products and a discount on the annual IKYTA conference
- This program also meets the standards for the 200-hour Yoga Teacher Certification set by the Yoga Alliance, a national alliance of diverse yoga organizations

*If you meditate on the flow of your spirit, the breath of life,
then you will know how to call your inner strength.
~ Yogi Bhajan*

And did I mention the amazing teacher trainers you will have ...

YOUR TEACHER TRAINERS

The members of your Teacher Training Team are all Certified Level 1 Teacher Trainers. Together they bring decades of expertise, wisdom, and dedication to the Teachings of Yogi Bhajan. Their presence will lift your spirit and their caliber will bring out the best in you!

NIRVAIR SINGH KHALSA began studying with Yogi Bhajan in 1971 and has taught over 13,000 Kundalini Yoga classes to date. He is a retired University Instructor at the University of Alaska Anchorage where he taught classes in Kundalini Yoga for 31 years. He has authored nineteen best selling DVDs/Videos and four books on Kundalini Yoga as taught by Yogi Bhajan. Nirvair has also taught classes, workshops and trainings throughout the Americas, Europe and Asia. Currently he is the CEO and President of The Kundalini Research Institute (KRI). He is a Yoga Alliance E-RYT 500 certified teacher trainer. He lives with his family in Anchorage Alaska and Espanola New Mexico and is the Co-founder and Co-director of the Kundalini Yoga Center of Alaska with his wife of thirty-six years, Nirvair Kaur Khalsa. (<http://www.kundaliniyogacenter.com>)



NIRVAIR KAUR KHALSA is a lifelong student of Yogi Bhajan and Kundalini Yoga. She is a skillful and experienced teacher and enjoys sharing her enthusiasm and curiosity for spiritual development. She uses the transformational practice of Kundalini Yoga presenting it in her own unique and creative way. Nirvair Kaur is co-founder and director of the Kundalini Yoga Center of Alaska and has taught locally and nationally for many years as well as internationally in the Americas, Europe and Asia. Having been sent by Yogi Bhajan to teach in Anchorage, Alaska in 1975 she and her husband, Nirvair Singh, still enjoy the beauty and majesty of Alaska in all seasons with their two beautiful children. In addition to teaching, other favorite activities include hiking, cross country skiing and meditating in the midnight sun.

KRISHNA KAUR KHALSA, born and raised in Los Angeles, has been teaching the art and science of Kundalini Yoga since 1970. Prior to dedicating herself to practicing and teaching yoga, Krishna Kaur had a very successful career in the theater, co-starring in the original Broadway hit, "Sweet Charity" with Gwen Verdon, in Jean Genet's and "The Blacks" with Lou Gossett Jr. For the past eleven+ years, Krishna Kaur has been teaching yoga to urban and incarcerated youth. She founded Yoga for Youth and now trains yoga teachers how to more effectively expose "urban" teens to the ancient art and science of yoga. Krishna Kaur is President and founding member of the International Association of Black Yoga Teachers, which is dedicated to supporting black yoga teachers and making Yoga more available to Inner Cities communities through out the Diaspora. She is currently training students in Ghana where IABYT is a registered non-profit organization.



GURUCHANDER SINGH KHALSA, D.C. has taught Kundalini Yoga since 1973. He taught Kundalini Yoga to Olympic athletes at SMU in Dallas, Texas from 1973-1976. He has written two books on Numerology as taught by Yogi Bhajan. Currently, he serves on the Board of Chiropractic Examiners in New Mexico and actively practices Chiropractic in Espanola and Santa Fe, New Mexico with his wife Kirn Kaur. They are co-directors of Yoga Santa Fe as well as the non-profit Real World Enlightenment Foundation, Inc. Dr. Guruchander is also currently the Chairman of the Board of Amar Infinity Foundation, Inc. which raises money to fund all of the Non-Profit Organizations which Yogi Bhajan founded.



KIRN KAUR KHALSA, HHP, has taught Kundalini Yoga as taught by Yogi Bhajan since 1979. She is a holistic health practitioner utilizing Kundalini yoga, meditation and protocols from Western and Eastern health disciplines in her practice. She directed Khalsa Woman's Training Camp in New Mexico for five years and directed the Sikh Dharma Foreign Education program for six years under the direct supervision of Yogi Bhajan. She is a musician, plays harmonium, and was personally taught a lively and uplifting style of kirtan by Yogi Bhajan. She has two wonderful children and stays very busy as co-director of Yoga Santa Fe in Santa Fe, New Mexico.



SPECIAL BONUSES!

Helena Raghbir at the Center for Happiness is making, not one, but TWO fantastic bonuses available to you during the duration of your Level 1 Teacher Training course.

Extra Support Sessions with Helena!

Helena Raghbir will be offering FREE special sessions to answer your questions and give you the support you need during the days and weeks between teacher training weekends. More details coming soon ...

Discounted CFH 20-Class Pass – only \$220!

To help you fill your 20-class requirement to become a certified Kundalini Yoga instructor, Helena is offering a one-time only discount on a special 20-class pass good for any regularly scheduled Kundalini Yoga class at the Center for Happiness. The cost to you will be \$220 – only \$11 per class! On a total value of \$300-\$360 you save \$4-\$7 per class. One per enrolled student.

Bring-a-Friend Bonus – Free Gift for Level 1 Students Past and Present!

Soul House Yoga knows you could benefit from being surrounded by supportive people you know and love while you are in teacher training. So we're giving you an incentive to bring a friend!

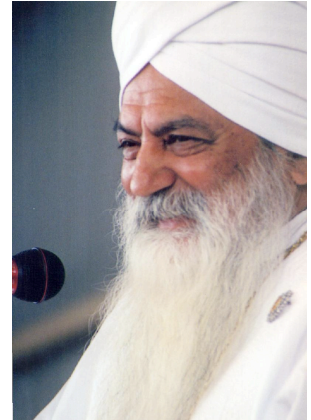
If you are enrolled in the course, or if you are a Level 1 grad from any CFH Level 1 course, and a new student enrolls because of you, each of you will receive your choice of one of my very favorite teaching tools:

- Any single mantra CD of your choosing from SpiritVoyage.com (up to a \$20 value)
- A Polder three-in-one timer – perfect for practicing and teaching Kundalini Yoga (counts up, counts down, has beep, vibrate or flashing light alarm options so you can keep an eye on your meditation and kriya timing without disturbing your roommates or students – I LOVE THIS TIMER!)

REGISTRATION AND PAYMENT

Beautiful yogis! We so hope you can join us for the exciting teacher training and advanced study program in 2010 – and we know that it is an expensive course. We also know that it is an investment in your well being that will last your whole lifetime and benefit not only you, but everyone whose life you touch. You can do it. The money will come.

We are pleased to be presenting one of the most affordable programs in the country and sacrificing absolutely nothing in terms of the quality of instruction and personal attention you will receive. Our teaching faculty and staff are among the very highest caliber, including the president of KRI himself, Nirvair Singh, an unassuming man who is an incredible teacher! I have seen other level 1 programs starting at \$3300 and ranging as high \$3800. So rest assured you are getting a great value in our program – and we have options (see below). Yogi Bhajan says it best:



“Constantly direct yourself to your own higher self; you will always win in life, there shall be prosperity in your life, and you will never be poor.”

© The Teachings of Yogi Bhajan 1985

TO REGISTER, please contact Lauren Asheim at soulhouseyoga@gmail.com. She will be sending you the necessary forms and keeping track of all your registration and certification paperwork.

Cost and Payment Options for the 2010 MN Teacher Training/Advanced Study Program.

We accept cash and checks and can receive credit card payments through PayPal, subject to a 3 percent processing fee, at our website: **SoulHouseYoga.com**. Full payment or initial deposit and three post-dated checks must be received by the first day of the course.

CASH OR CHECK payments:

Early bird, best-rate registration	\$2995	paid in full by November 15, 2009
Planning ahead registration	\$3150	paid in full by December 15, 2009
On-time registration	\$3295	paid in full by the first day of the program (January 22) or four-part payment plan

Payment Plan of four installments	\$3295
To be paid as follows:	\$1000 paid on or before December 15, 2009
	\$765 on or before January 15, 2010
	\$765 on or before February 15, 2010
	\$765 on or before March 15, 2010

Note on Payment Plan: if you elect to pay by payment plan via cash or check, we must have a credit card number on file for you in case you miss a payment. Payment plans will not be accepted without a credit card number.

To Pay by Check: Payment accepted by check to **Soul House Yoga** with “teacher training” in the memo line. Please mail to: Ajai Singh Khalsa, Soul House Yoga,
1611 6th St. NE, Minneapolis, MN 55413

Checks may also be dropped off in person at the Center for Happiness (2645 SE 4th St., Minneapolis, MN 55414) front desk 15 minutes before or after any regularly scheduled class. **To Pay by CREDIT CARD** – We accept credit card payments through PayPal, subject to a 3 percent processing fee, at our website: **SoulHouseYoga.com**.

Totals for payment by credit card will be:

CC Early bird, best-rate registration	\$3085	paid in full by November 15, 2009
CC Planning ahead registration	\$3245	paid in full by December 15, 2009
CC On-time registration	\$3394	paid in full by the first day of the program (January 22) or four-part payment plan

Credit Card Payment Plan	\$3394
To be paid as follows:	\$1030 paid by December 15, 2009
	\$788 by January 15, 2010
	\$788 by February 15, 2010
	\$788 by March 15, 2010

Note: credit card payments **must be made online** and may not be run on the CFH credit card machine as Soul House Yoga is a separate fiscal entity.

GRADUATES OF LEVEL I AQUARIAN TEACHER TRAINING may take up to four weekends at \$325 per weekend, or repeat the entire course for \$2300 prepaid.

REFUND AND CANCELLATION POLICY

To withdraw from the course before it begins, we must receive your request in writing before January 1, 2010. Requests received after January 1, 2010 will be eligible for a refund less a nonrefundable \$500 application fee. There will be no refunds after the course begins on January 22, 2010.

WHAT IS NOT COVERED IN THE PROGRAM COST?

- **White Tantric Yoga** – students pursuing certification are required to complete one day of White Tantric Yoga which is not included in the program cost. WTY is held in cities around the world and most students are required to complete the White Tantric Yoga while enrolled in their Level 1 program. We have received special permission from KRI to allow registered level 1 students to **participate in the Minneapolis White Tantric Yoga on October 24, 2009 to fulfill this requirement** prior to the start of your level 1 course. Minneapolis is not on the WTY schedule for 2010 so this is a great opportunity. Cost for White Tantric is \$154 (\$108 for full-time academic students and seniors). Register with Lauren.
- **20 Kundalini Yoga Classes** – certification students are also required to take 20 Kundalini Yoga classes from a certified instructor, not included in the course fee. **SPECIAL BONUS CFH CLASS PASS!** A one-time 20-class pass special at the Center for Happiness for \$220 (only \$11 per class!) is available to all enrolled students. These will be available at the start of the course in January 2010.

QUESTIONS REGARDING PAYMENT should be directed to Ajai at ajai@khalsalawoffice.com or 651-206-9762.

TO REGISTER, contact Lauren Sat Rattan at soulhouseyoga@gmail.com.

Give yourself this gift – we would love to have you join us!

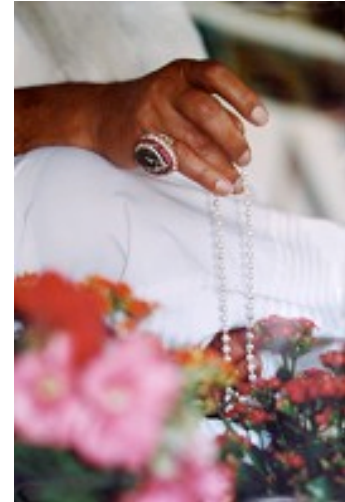


INSPIRING MESSAGE FROM HARIJIWAN SINGH OF GOLDEN BRIDGE

Why Take Teacher Training

by Harijiwan (to the students of Golden Bridge in L.A.)

Most of the world's religions and mythologies point toward the year 2012 as a major turning point in our planet's history. We are in a time called "between the worlds," the countdown years to a New Age. Those famous seers of time, the Mayans, end their calendar in 2012. It is the time when our solar system and all its planets enter what is called the Photon Belt. Photons are sources of light, similar to thought, they occupy no volume, have no mass. Photons are being emitted from the center of our galaxy. As a solar system we are entering a light realm, a higher frequency purification and cleansing zone. And as our planet moves through this photonic energy band this highly ionized, light photonic energy has severe consequences for any individual who is toxic with negativity and darkness. The planet enters this space around every 13000 or so years. Our sun's energy is affected, as are the electrons that comprise everything around us. This change in galactical light affects our DNA, which will receive and transmit differently. It is no exaggeration to say that all we have known is to be different. We are literally moving into a different time/space continuum. And this change requires different ways of living. Different ways of being. Different ways of relating.



Yogi Bhanan has told us that "The Age of Aquarius is on our head whether we feel, know, understand or not. Past is going to be obsolete, and teachers of the Age of Aquarius are going to help humanity."

For one weekend a month, you will learn how to function within this changing global energy field. You will learn basic care and operation of the human apparatus. How to pay attention to and maintain your glands and nervous system so they function at an optimal level. How to check daily for the inner balance of elimination, absorption, rest and activity. Have an experiential understanding of the interrelationships of mind, body, emotions and spirit. This training will give you an awareness of the sensitivity everyone is going to need to enter into this New Age.

We live in a polluted environment, in a society that emphasizes drugs, short-term crisis thinking, and which ignores the inner dimensions of a person. This orientation has created a world of great suffering. The subconscious plays a major role we are not aware of in how we experience life. We are looking to the past for answers for today and tomorrow, not realizing that the past exists only as an experience we have in our subconscious minds. We become attached to these imprints and this prevents us from moving forward in life. In Kundalini yoga we have the technical know-how to deal with the subconscious mind on both an individual and societal basis. We learn how to clear

it, how to stop the repetition of past errors and the re-living of past pains. These are essential teachings for this time.

The first student you will have as a teacher is yourself. And as the light of one candle can light thousands of candles, you must first illuminate your own consciousness. Awaken your own awareness. Then you can help. You can serve. You can contribute. You can do your part to help humanity enter this New Age and make the dream of world peace a reality.

Teacher Training is about technology – the technology of personal change. How to achieve strength, clarity, and grace. It is systematic, comprehensive, and complete.

The sincere prayer of the (Golden Bridge) Teacher Training staff is that we can give to you what was given to us – teachings that have made our lives bright and prosperous, filled with wonder and adventure. Our only request is that you too share these teachings and help each other as we travel on this galactical journey together.

Radiant beings are awake. Radiant beings create their own light and link their individual light with the timeless light of wisdom that flows through the Golden Chain. We invite you to join this Golden Chain of Teachers.

Take a deep breath.
Listen to your soul.
Take this opportunity.
You deserve this.
Many await your help.

TEACHER TRAINING LEVEL 1 – FREQUENTLY ASKED QUESTIONS

Are you thinking about taking teacher training advanced study in 2010, but having some questions or concerns? Perfect timing! You're right where you need to be!

If this FAQ doesn't answer your questions, please feel free to email me (Patty) or Lauren, our wonderful coordinator, at soulhouseyoga@gmail.com so we can help connect you to the information you need. Also, we'll be having more Q & A sessions at the Center for Happiness and we are always available by email – see the last page for how to reach us!

On to the Q&A ...

I don't have much experience or knowledge about Kundalini yoga – I don't have a regular yoga practice and I am not very flexible. Can I participate in Teacher Training?

Absolutely, YES! This is the best place for gaining knowledge and experience with Kundalini Yoga. We're bringing some of the very best teachers right here for you. Previous experience in Kundalini Yoga classes will solidify your foundation for future studies but is by no means a prerequisite. It is a mentally and physically challenging experience but the teachers and staff will be here to offer support as you go through the process.

We encourage people to do what feels good in their body and know when to take a break. The program offers you a deeper insight of why we do yoga and ways to receive benefits yoga offers. To prepare you might want to attend more yoga classes!

How do I know if I am ready to start?

If you're showing up to ask the questions – YOU ARE! The teacher training course starts with all the basics you need to know as both a student and a teacher. The only requirement is the ability to commit to yourself and a practice. My own training included a woman who had taken only one Kundalini yoga class before beginning the course! Brave woman – she had a fantastic experience and she's teaching now.

I'm not sure if I want to be a teacher. What are the benefits for someone who just wants to learn more about Kundalini Yoga?

Many students pursue teacher training because they love Kundalini yoga and want to learn more. Teacher Training is a wonderful way to deepen your practice of Kundalini Yoga and take it to a new level. You get to immerse yourself in a structured learning experience that will serve you well – whether you choose to teach or not.

Who was Yogi Bhajan? (see also page 2)

Yogi Bhajan was a master of Kundalini Yoga who came to the West in 1968 because he saw how this technology could help people in the United States. He knew it would serve people who were seeking to alter their consciousness, often through experimentation with drug use, because he was offering a healthy, truly strengthening and empowering option that would lift the consciousness of the world. Kundalini Yoga had not been taught publicly before Yogi Bhajan arrived!

Since then, he has freely shared the teachings of this sacred science with all who have wished to transform themselves and help others. He often said that his mission is not to collect students but to train teachers. "We are spiritual beings here to have a divine experience." **Kundalini**

Yoga as taught by Yogi Bhajan is recognized as one of the major systems of yoga instruction. For 30+ years, teachers in the United States and in over 15 countries worldwide have taught Kundalini Yoga to thousands of students.

What sort of recognition or certification will I receive upon completing the program?

Through this program you will gain the credentials and experience to teach others professionally. The course combines 180 classroom hours with 40 hours of home study and leads to professional certification by the Kundalini Research Institute (KRI) and membership in the International Kundalini Yoga Teachers' Association (IKYTA). A one-year Associate Membership in IKYTA is included in the course.

The classroom (contact hours) and home study hours of the KRI Level 1 Teachers Training course fulfill the Yoga Alliance 220-hour national standard for a Registered Yoga Teacher (RYT). With your KRI certification, you can apply for and receive a Yoga Alliance Certificate.

It seems like there's a lot of homework in this course – two curricula to write, meditations and kriyas to do, an exam. What if I just want to absorb the information, but not teach – do I still have to do all that?

If you are not planning to become certified, you do not have to complete the outside assignments – including White Tantric Yoga (though we still recommend it).

What is the course schedule like?

Our Kundalini Yoga Teacher Training Program begins in January and graduation is in August. Over the eight months you will usually meet for classes once a month on the weekends. Note that the number of weeks between teacher training weekends varies from month to month – a necessity to accommodate the busy teaching schedules of our fine instructors. Classes combine yoga, meditation classroom instruction, discussion, and teaching practicums. Each monthly session focuses on a specific area of yoga practice, experience, and knowledge that is essential for every serious student and teacher of yoga. The course schedule allows time off for home study, completion of written assignments, and opportunities for processing and integrating the experiences of the training into everyday life.

What if I have to miss a class or cannot take all the classes?

Nearly everyone misses a class at some time. If you cannot attend a class, you will be allowed to make up a missed class with other assignments and training that is part of the teacher training program. There are guidelines for how many classes you can miss and there are a few classes where you may have to wait and repeat them in order to complete your training, so please ask us if you have any concerns before registering and we will get the official answers for you from the Teacher Trainers.

What if I have to miss the first weekend?

It's okay – just start the second weekend! You can still get certified, but you'll need to make up that weekend. Speak with the Soul House Yoga administrators (Ajai, Patty or Lauren) first.

What do I bring to class?

- Bring what you need to feel cozy – a mat, a cushion, a blanket. Some students bring BackJacks or Nada Chairs for back comfort during extended sitting times – or when they need a break from sitting, they just lie down!
- We provide you with a binder and reading materials, but you will want to bring a notebook and a pen to take notes.



- You will be able to take short breaks and/or a lunch break depending on the length of your day. You may want to bring food to eat during those breaks. We have a very small refrigerator for you to keep your snacks/lunch cold. There are numerous restaurants in the area to grab a quick lunch or, if the group is willing, we may arrange to have pot-luck meals on Saturdays and Sundays.
- Bring a water bottle and water – you will want to stay hydrated throughout the day. Also bring a covered mug for hot beverages – we'll have nice hot tea available to refresh you.

Do I have to wear white, stop eating meat, and/or give up my individuality to take teacher training?

Definitely not. Wear what makes you feel comfortable (layers are always good), say what you feel, and eat the way that serves you best. During teacher training, you'll learn a lot about why yogis do the things they do (including why they wear white) how yoga works to heal you, and what yoga practices serve you best – and you get to choose what those practices are.

Also please understand that Kundalini Yoga is the land of the individuals. Many people are drawn to Kundalini Yoga for its encouragement of individual expression and creative identity. You don't have to conform to anything – this technology exists to help you be the best YOU!

Will we be doing yoga all day? That sounds intense!

Nope – the Teacher Training advanced study program is created for BALANCE! Yes, the weekend days are long, but we give you lots of breaks and lots of variety. The days are a lovely mixing of active yoga, meditation, writing and processing, lecture, discussion, field trips, small group and partner work, creative exercises to help all of you engage in the learning process, opportunities to build confidence and experience, and more!

Plus, we want you to be HAPPY and HEALTHY. If you need an extra break, just take one.

Do I have to know why I am taking the program to register?

Nope. Some of our teacher training students come to the program with a specific goal in mind such as “I want to lost weight and feel really good in my body, and I just know this program will help me do it.” Or, sometimes students have teaching goals in mind like, “I want to teach yoga to women who live in shelters because I know it will help them change their lives, so I want to get certified as a teacher!”

But the vast majority of students say something like, “I just have a feeling that I want to do this. I'm nervous and not sure, but something in me is telling me to take this program!”

In that case, we say, “Hooray, and pay attention to that something inside! It will lead you to a transformation that might be so great that you can't even consciously identify it yet. Just take one step and register, and you'll be on your way!”

Do we have to come to sadhana during the Teacher Training weekends?

Yes – you are required to do at least five sadhana morning practices during the Teacher Training weekends – you may be surprised how powerful the group energy can be! It's a beautiful and very sweet time of day we call the ambrosial hours.

What is White Tantric and why do I have to do it?

The White Tantric Yoga course is an essential component of the KYTT certification course. Graduates have reported that experiencing White Tantric Yoga helped them grasp their unlimited potential for personal growth. This one-day meditation course is both challenging and



uplifting. It raises us to the heights of our excellence and crystallizes our commitment to transformation. It is an experience unsurpassed for its power and ecstasy. And we have received special permission for you to count the October 24, 2009 White Tantric Yoga in Minneapolis toward your certification – in most cases, students must complete the White Tantric requirement while they are in teacher training. If you like the one-day version – try the three-day plan at Solstice!

If I did White Tantric Yoga at Solstice last summer, do I need to do it again?

Yes, but see above for local October option.

Who is teaching the course? (see also page 8)

Led by Nirvair Singh Khalsa, CEO of Kundalini Research Institute (KRI), this program also includes Nirvair Kaur, Kirn Kaur, Guruchander Singh, and Krishna Kaur. This fantastic team of Senior KRI Teacher Trainers will help you fine-tune your growth and gain a sense of excellence as an Instructor of Kundalini Yoga.

What can you tell me about them? What are they like?

Patty: I love them! I LOVE THEM! Without exception these teachers are some of the highest caliber people I have ever had the pleasure of meeting and spending time with. They inspire me to be my best self, my truest self. They are easy to be around yet they are never not teaching – though their methods vary. They are always in the mode of uplifting people around them, sometimes with Yogi Bhajan's poke and provoke steps first.

- **Nirvair Singh** is the personification of neutral mind. He is curious, adventurous, wise and deeeeeelightful. Anytime I am in Nirvair's presence, I feel accepted, understood and completely okay – all this without either of us saying a word. It's fantastic! I'm thrilled right down to my toes that Nirvair and his wife, Nirvair Kaur, are going to be with us for three weekends of our teacher training!
- **Nirvair Kaur** is graceful and lovely – I have not taken a class from her but I loved meeting her at Solstice '08. She is radiant and my sources tell me she is a fantastic, nurturing teacher.
- **Kirn Kaur** is strong, clear, FUN, and in charge! I love that her directness comes without judgment – and her no-nonsense insight is always right on. Kirn sees you. And she says it like she sees it – very refreshing.
- **Guruchander Singh** once got a big grin on his face and proceeded to teach a kriya that was 62 minutes of breath of fire – it was amazing! If he can't get you in touch with your navel center nobody can. He did nabhi kriya for ten years without a break. He is an expert on the Ten Bodies and Tantric Numerology and he makes good, plain Texas sense.
- **Krishna Kaur** is a glorious, beautiful woman who is both regal and down to earth at the same time. Krishna really brings your soul's desire to the surface – she reminded me once that "if you can't see God in all, you can't see God at all" can apply to more than just other people – it's about seeing God in every action, every moment.

I'm worried about fulfilling the 20-class requirement. What should I do?

To help you fulfill this requirement, the Center for Happiness will be offering one 20-class pass to each student enrolled in the Teacher Training program for the very low price of \$220 – that's just \$11 per class! All teachers at the Center for Happiness who are teaching Kundalini Yoga have completed the Level 1 Training Program and are qualified to fulfill the requirement. Simply have them date and initial your class tracking sheet. If you do not live near the Twin Cities, you can find a teacher in your area at www.kundaliniyoga.com.

What can I do to prepare myself in the time before the program starts?

As soon as you register for the program, you will receive a list of suggested books as well as guidance in taking classes and workshops. We will also be sending out a suggestion for a 40-day meditation prior to starting your teacher training. The administrators of the program (Patty, Lauren and Ajai) will be happy to consult with you to help you feel prepared – whether it's with outside reading or a specific kriya or meditation practice. With your reading and your guided practice in class and at home, you can begin your learning process as soon as you register!

What other benefits are there to being in the teacher training programs?

In addition to participating in a community of dedicated yoga students and teachers with the support of a full-time training staff, you receive a discounted 20-class pass. As a member of IKYTA (1-year membership is included in the cost of your program) you are eligible to receive discounts at various online shops including SpiritVoyage.com, a fantastic source for Kundalini Yoga cds, dvds and manuals.

Where do I stay if I'm coming from out of town/country?

Contact Soul House Yoga (soulhouseyoga@gmail.com) and we will assist you in finding accommodations.

This course is expensive – what am I getting for my money?

Your course fee goes in many different directions and we have done our best to keep the costs under control. If you look into taking a Level 1 teacher training course elsewhere in the country, you will find that our prices are among the very lowest – yet we have sacrificed nothing in bringing you some of the finest teachers available. In addition to paying for the teachers' time, wisdom, and travel/accommodation expenses, the course fee covers CFH space rental and amenities (good, clear water!), staff and administrative fees – ours at Soul House Yoga/Center for Happiness plus a per student fee assessed by KRI. See also page 4 "Benefits" and page 7 "What's Included."

What kind of payment plans are available? (see also page 10)

We have two full pages of information for you on payment options for the course on the REGISTRATION AND PAYMENT page (. If you need to discuss a possible payment plan beyond the scope of what is spelled out in the brochure or the Payment section below, absolutely talk to us. Send an email to Ajai with your specific questions and concerns and we'll do our best to work with you at ajai@khalsalawoffice.com.

I don't use credit cards. Can I still do the payment plan?

Yes, but we must have a credit card number on file for you in case you miss a cash or check payment. Payment plans will not be accepted without a credit card number.

Are there any scholarships or work-study program available?

We are not able to offer any full scholarships, but will have a partial work-study program in place. Please talk with Patty or Lauren about this possibility – or to volunteer for extra seva.

Maybe that answered all your questions, or maybe it just scratched the surface.

If you have general questions about teacher training beyond what was answered here, email us!

We've got answers!

To reach me, Patty, email pattynieman@hotmail.com

To reach Ajai, email ajai@khalsalawoffice.com.

To reach Lauren, email soulhouseyoga@gmail.com.

Or to reach Helena, email Helena@centerforhappiness.com.

Now is the time. Listen to your truth.

We are all here to support you.

And we know you can do it.

Sat nam.

Patty, Lauren and Ajai – Soul House Yoga

Table of Contents for Quick Reference:

Introduction	Front Cover
Yogi Bhajan's Vision and Course Description	2
Stages of Yoga Teacher Training	3
Benefits of the Course	4
Course Dates, Location and White Tantric Yoga in Minneapolis	5
Requirements for Certification	6
What's Included in the Program	7
Your Teacher Trainers	8
Special Bonuses and Contact Information	9
Registration and Payment	10
Inspiring Message from Harijiwan Singh of Golden Bridge	12
Frequently Asked Questions	14