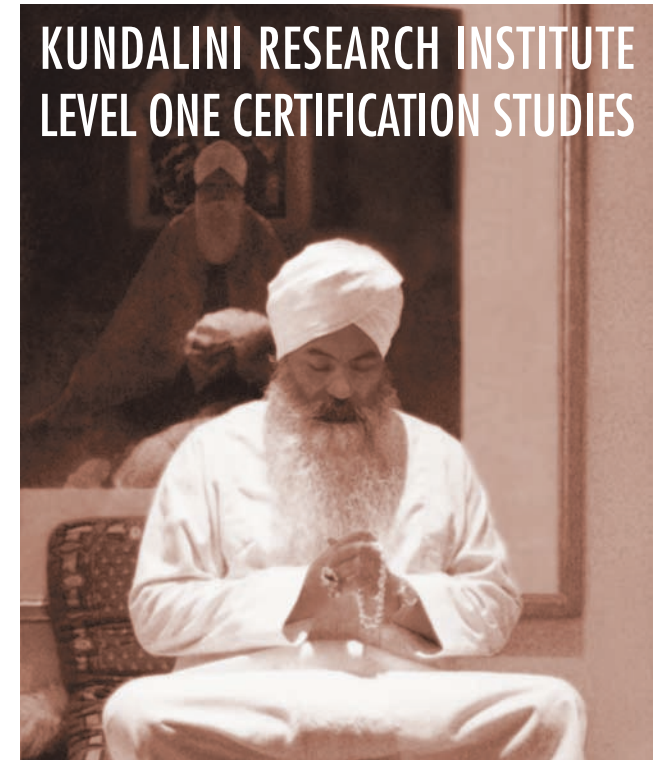


# KUNDALINI YOGA TEACHER TRAINING PROGRAM NYC

## THE AQUARIAN TEACHER

### KUNDALINI RESEARCH INSTITUTE LEVEL ONE CERTIFICATION STUDIES



*“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

## STUDY WITH HARI

Hari Kaur Khalsa is a world recognized expert in Kundalini Yoga and Meditation as taught by Yogi Bhajan. Hari directs and teaches Kundalini yoga classes and teacher trainings, Level 1 and Level 2, in the US and abroad. Prior to moving to NYC she worked with Yogi Bhajan for over 10 years, co-directing his Level One Teacher Trainings in New Mexico and India. Hari is also author of *A Woman's Book of Yoga* (Penguin, 2002) with foreword by Yogi Bhajan, and *A Woman's Book of Meditation* (Penguin, 2006).

Most recently Hari served as the **Director of Education and Training** for **Golden Bridge NYC** (from 2007 to 2009), holding the space vital to establishing this new yoga center in New York. Hari is now founder and Director of **Village Yoga NYC** – a wellness and arts center in association with Lydon Harris, Pastor of St. John's Lutheran Church in West Village. Hari is a caring, inspiring, and down to earth teacher, making the powerful and healing teachings of Kundalini Yoga accessible to students of all levels. Inspired by years of study with Yogi Bhajan, Hari continues to serve all who come with smiles, and spirit. If you would like more info on The Gong Class or have general questions about yoga you can reach Hari at [www.ReachHari.com](http://www.ReachHari.com) or call **917-445-1976**.

*“I am completely committed to the Level One Teacher Training program. Yogi Bhajan, my beloved teacher came to create teachers and not initiate students. I sat at his feet as he trained teachers for many years, and consider leading this program a duty as his student, an honor and a blessing.” — Hari Kaur*

## A NOTE ON TRAINING WITH HARI

Hari has extraordinary skills as a trainer. She has a thorough understanding of the material and a deep spiritual experience that she shares. She works with each student so they can understand and experience the consciousness that Yogi Bhajan longed to share.



Hari will deliver the course with a team of dedicated teachers including Sat Kirn Kaur, Siri Vishnu Singh & Dharm Singh.

Join Hari for this opportunity to study with a small group of students – 15 maximum! An amazing opportunity!

## COURSE SCHEDULE

**SAT 23 OCT** to **SUN 24 OCT, 2010**, 7am- 7pm  
**SAT 6 NOV** to **SUN 7 NOV**, 7am- 7pm  
**SAT 11 DEC** to **SUN 12 DEC**, 7am- 7pm  
**SAT 8 JAN** to **SUN 9 JAN, 2011**, 7am- 7pm  
**SAT 5 FEB**, 7am- 7pm  
**SAT 19 FEB**, 7am- 7pm  
**SAT 5 MAR** to **SUN 6 MAR**, 7am- 7pm  
**SAT 9 APR**, 7am- 7pm  
**SAT 23 APR**, 7am- 7pm  
**SAT 7 MAY** to **SUN 8 MAY**, 7am- 7pm  
**SAT 4 JUN** to **SUN 5 JUN**, 7am- 7pm



## LOCATION

### CELINE'S DANCE STUDIO

115 Wooster Street, 2F, SOHO, New York, NY 10022  
For more info: [www.ReachHari.com](http://www.ReachHari.com)

## REGISTRATION

### Note Early Registration Savings

Cost 3,700.00  
Pre-registration prior to September 1 - \$3,200.00  
Senior Discount - \$3,200.00  
Student Discount - \$3,200.00

Pay by check or credit card – Payment plans available

White Tantric Yoga Course attendance required and included in cost (approximately 200.00). Attendance at 20 Kundalini Yoga Classes required for certification – Special packages available at Village Yoga NYC. ([www.villageyoganyc.com](http://www.villageyoganyc.com))

Space is limited – Please apply by requesting application package and details.  
Call for information: **917-445-1976**

# NOW IS THE TIME

# THE TIME IS NOW

*“Kundalini Yoga is a beautiful practice, body, mind and soul. There is nothing, in my experience that matches its power, depth and energy. I invite you to study this language of transformation as Yogi Bhajan, Master of Kundalini Yoga intended, with dedication, sophistication and depth. Sharing and teaching Kundalini Yoga is an act of love and compassion for yourself and this planet. This Yoga of Awareness can bring peace and healing to your heart and help us build a more compassionate and meaningful life for all.” — Hari*

## KUNDALINI YOGA TEACHER TRAINING PROGRAM

The Aquarian Teacher, Level One Teacher Training is a program that can prepare you to share the basics of Kundalini Yoga as taught by Yogi Bhajan. Strong foundations build a powerful, humble, and effective practice. An effective and humble practice is the best foundation for a teacher. If you are longing to teach, longing to share the power you have experienced with Kundalini Yoga – or you want to study in depth and build a foundation that will forever root your practice so you can grow and glow, this is the place to start.

The Aquarian Teacher program is the KRI Level One Certification program in Kundalini Yoga as taught by Yogi Bhajan®. In Level One you will become an Instructor and learn the fundamental principles and practices of Kundalini Yoga. You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric Yoga.

This is a 220 hour course, includes 180 hours of classroom instruction with the following:

- ☸ Yogic Philosophy; History of Yoga; The Origins of Kundalini Yoga
- ☸ Asana and Kriya of Kundalini Yoga
- ☸ Breathing Techniques & Meditation
- ☸ Role of a Kundalini Yoga Teacher
- ☸ Yogic & Western Anatomy
- ☸ Humanology & Yogic Lifestyle
- ☸ Mantra & the Science of Sound
- ☸ Teaching Methodology unique to teaching Kundalini Yoga  
(including the consciousness of a teacher, studies with Yogi Bhajan by video & more)



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.” For over 30 years, he traveled 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 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 price- less teachings through the united efforts of Kundalini Yoga teachers worldwide.

The KRI Teacher Training Team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant’s readiness to be a Kundalini Yoga Teacher. Successful graduates will receive a one-year membership with the International Kundalini Yoga Teachers Association (IKYTA) and will have met the requirements for Yoga Alliance registration at the 200 hour level.

