



## The Aquarian Trainer Academy

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Dear Associate Candidate,

Congratulations on your decision to apply for Associate level in the Aquarian Trainer Academy. You have worked hard as an Intern in serving both the needs of the Level One Program and of the students. Before you complete the application please be sure that you have met all of the requirements to move on to Associate for this will allow your application to be more quickly reviewed and your interview scheduled.

### **Associate Candidate Requirements:**

- Since becoming a Level 1 Kundalini Yoga instructor you have taught at least 1000 hours of Kundalini Yoga and you continue to teach Kundalini Yoga outside of the Teacher Training setting
- Level Two certified - Completed all five modules
- You live and abide by the Code of Excellence of a Kundalini Yoga Teacher
- Qualified for a minimum of 50 Content Credits (including the Practicum credits)
- Effectively taught a minimum of 10 bench hours in Teacher Training
- Attended a Trainers Forum at least once every 2 years.
- Attended one 3HO event every year

### **Associate Candidate Process:**

The process involved in becoming recognized as an Associate Trainer is as follows:

Submit and send in, at the same time, to KRI ALL of the application parts as listed below:

- **Associate Candidate Application**
- Associate Candidate Fee \$108
- **Units of Study-Content Credit Form**– completed and then reviewed and approved by your Lead Trainer-a minimum of 50 content credits and 10 hours of effective “bench time” required
- **Competency Evaluation Form**- sit and discuss with your Lead Trainer who will add his or her comments. Submit once you have your answers and your Lead Trainer’s answers on the form.
- If you did not have 1,000 hours of KY classes when you applied to the Academy please provide a list of classes showing you have now met the 1,000 hour requirement.
- A completed **Mentor-Mentee Operating Agreement** signed by both you and your mentor
- **Individual Development Plan(s)** IDPs signed by your mentor
- A copy of your Level Two certificate if you were not Level 2 certified when you applied for entry.

Also required is the **Associate Candidate Lead Trainer’s Evaluation Form**. Your mentoring Lead Trainer submits this directly to KRI but it is your responsibility to make sure this is done.

### **Schedule an Interview:**

Once your application has been received IN FULL, KRI will schedule an interview with you by phone or SKYPE. Due to our summer travel and other summer events, interviews for applications received by KRI during the late spring or summer may not be scheduled until the fall. If you are a candidate who will require a translator we may schedule your interview during Summer Solstice or the European Yoga Festival.

At the time of your Interview the interviewer will make a recommendation which they will share with you. If the interviewer recommends you and you meet the minimum requirements you will be approved as an Associate immediately.

If you do not meet the minimum requirements then you will be told this and you may take the opportunity to ask for an exemption to be made by the Certification Committee. Your mentoring Lead Trainer should send a letter to KRI with

reasons why an exemption should be made. The Certification Committee meets in the fall and spring at Khalsa Council time in New Mexico and they will review and made a decision.

**Associate Responsibilities:**

As a Level One Associate Trainer you will continue to work under the guidance and direction of your Mentoring Lead Trainer. Your roles, responsibilities, duties and opportunities are different than they were while you were an intern. Please make sure to read the Associate Role Description.

Some of your responsibilities and opportunities as an Associate:

- Able to teach up to 25% of curriculum (topics you qualified for on the Units of Study - Content Credit Form) without direct supervision
- Prepare and deliver significant segments of curriculum (a minimum of one time teaching 4 hours from the bench solo)
- Qualify for another 25% of the content credits.
- Hold the space of the training as the “trainer in charge” for one full weekend session
- Continue to teach Kundalini Yoga Classes outside of the Teacher Training venue
- Each year you will license starting in May when the reminder email goes out. The licensing year is July 1 until June 30 the following year. The licensing fee for every level of the Academy is \$108.
- Attend Trainers Forums at least once every 2 years.

There is no established **Associate training period**. The Associate Trainer may choose to stay at Associate level or may choose to progress to Professional Trainer.

You can get a more detailed overview of the full Academy process at our website [www.kriteachings.org](http://www.kriteachings.org)

We are here to serve you and your development as a trainer, so please let us know if you have any questions.

Email [sjitk@kriteachings.org](mailto:sjitk@kriteachings.org) or call (505) 629-0865.

In service,  
Sarbjit Kaur  
Aquarian Trainer Academy Administrator