

# *Home Study Information*

## KRI Level Two Teacher Training Module

### Letter to Participants

Sat Nam,

There are 50 contact (classroom) hours, and at least 12 hours of Home Study, which together comprise the 62 (minimum) required hours of each Level Two module. The Home Study segment occurs in a minimum of 90 days following the class hours. The idea is to take the course topics into your life to practice, learn, and grow, thereby creating significant personal transformation. The more time you put into it the more you will grow and transform.

You and your group will continue to use the study groups established in class to stimulate and support this process, including **three monthly conference calls, which you must attend**. In addition, your Lead Trainer will indicate how they will be available to you for support during these 90 days. Again, **the course does not end when you leave here**.

Transformation becomes useful in its application; realization has to be applied.

Your home study is designed as “supported self-study”. In addition to your participation on the calls, **you will submit your exam** at the end of the 90-day or more fieldwork period to the program administrator. You have up to 1 year after the last classroom day to complete the requirements. Once you qualify, you will be sent a Letter of Completion by email. The Level Two curriculum requirement is that 5 modules are to be taken over a **minimum** of 2 years. Included in the email will be a Level Two Practitioner Certification form which you fill out as you progress through the 5 Level Two modules.

Your home study assignments are:

- At least 6 hours of reading Yogi Bhanjan transcripts, watching the videos and practicing the meditations given in the videos.
- At least 3 hours answering and/or discussing the study questions and projects.
- At least 3 hours of study group meetings or conference calls
- At least 40 days of journaling in the format described in the home study guide
- Completion of 90 days of the assigned meditation for the course
- Completion of the exam questions

**Attendance and participation in the conference calls is required.** We recommend the conference calls be between 60 to 90 minutes. Your group leader/facilitator with the group's agreement will set up the dates and times before the classroom part of the program ends. It will be your responsibility to attend the conference calls as scheduled. We encourage you to take on this home portion of self-study as an earnest sadhana so you can transform yourself, apply the benefits of consciousness in your life, and enjoy the richness of this Level Two module.