**Part 1: Required Content**

**Graphics**

Found at this link on the KRI website *(including brochure templates)*:

<http://www.kundaliniresearchinstitute.org/21stages/21-Stages-support.html>

Go to: “PR” section for the link to each image.

1. Yogi Bhajan photo – **required**, choose at least one from selection provided
2. Approved KRI Logo - **required**
3. *Optional:* 
   1. Purple Level 3 seal/emblem
   2. “Smiling Spiral” image
   3. Use gold and purple color theme

**Text**

1. Full program description *(include in prominent part of text)*:

* KRI 21 Stages of Meditation program in Kundalini Yoga as taught by Yogi Bhajan®.

1. Include the statement:

* 21 Stages of Meditation is part of the intensive group meditation requirement for the KRI Level 3 program.

**Training Team**

1. Only Level Two Lead Trainers may be included in the PR. If you are not sure about who may teach a 21 Stages course, contact KRI.
2. List or feature the names of all the Aquarian Trainer Academy trainers who are on the team.

**Text Standards**

1. When referring to 21 Stages as part of Level Three: use Level 3 or Level Three *(do not use Roman numerals such as Level III)*
2. The terms “Senior” or “Master” are not appropriate references when describing individual trainers or training teams – the correct reference is their standing in the Academy. Use descriptive language in their bio to convey their credentials.
3. Avoid misleading or unsubstantiated claims or guarantees, such as:

* “You will master Kundalini Yoga”
* “You will become a Kundalini Yoga Master”
* “We guarantee (or promise) you will be totally transformed.”
* “You will achieve enlightenment”

1. Instead, use of student testimonials is a great way to convey the impact this course has on peoples’ lives.

**Course Format**

1. If offering the full six-day course, state there are 48 hours of classroom time over six days (or longer if scheduled over more days).
2. If the course format is planned as separate Journeys, specify the course will be three two-day classroom sessions/Journeys:

* First Journey, The Crystallized Self
* Second Journey, The Expressive Self
* Third Journey, The Transcendent Self

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**Part 2: Ideas for Additional Content**

1. In this course we will engage in three separate journeys. Each journey is comprised of seven stages, taking you step by step into a deeper level of awakening and realization. We will move through the rudimentary skills of meditation to the deeper levels of awareness and integration and finally into identity, projection and merger in the infinite pulse of creation.
2. Include a relevant Yogi Bhajan quote such as:

“What kind of life do you want to live? How can you develop it? What approach and formula can we use so we can grow and not suffer? Make meditation the art of life. Make meditation the science of life. Because only with that, and with that only, can you can develop intuition.” © The Teachings of Yogi Bhajan July 20, 1978

1. The 21 Stages of Meditation contributes to KRI Level Three Certification within The Aquarian Teacher™ Training Program and qualifies for RYT hours with Yoga Alliance and IKYTA continuing Education Credits.