

KRI IS YOUR CHOICE FOR KUNDALINI YOGA TEACHER TRAINING

If teaching Kundalini Yoga is your calling, then KRI® is the place to be!
Here are some good reasons to choose KRI for your training:

1

The Only Official Authority

KRI is **THE ONLY** institution commissioned and approved by Yogi Bhajan himself to provide Kundalini yoga teacher training programs.

2

Personal Transformation

More than a certificate and set of techniques, KRI training will evoke the positive transformation of your personal lifestyle and spiritual journey.

3

Authentic Community

KRI is a diverse and inclusive community devoted to communing, supporting, and co-creating. The 3HO International Kundalini Teachers Association (IKYTA) membership provides professional support, development, and networking.

4

Portal to Advancement

An official KRI Level One teacher training is your starting point and is required to advance to the depth of the Level Two and Level Three.

5

Individual Support

Support is available each step of the way from dedicated, experienced, and spiritually mature teachers.

6

Safe and Ethical

KRI upholds high standards and zero tolerance accountability in its **CODE OF ETHICS**. Any violation is reviewed and enforced by a third party governing body.

7

Global Consistency

You will find a consistent, top quality curriculum at any official KRI training, anywhere in the world. With a KRI licensed trainer, you can be sure that the program is aligned with Yogi Bhajan's teachings.

FIND A TEACHER TRAINING PROGRAM NEAR YOU!

trainerdirectory.kriteachings.org

Not sure if a Teacher Training program is KRI certified?
Make sure your instructor is listed in the KRI Trainer Directory.