



The Aquarian Teacher™
KRI® Level One
White Tantric Yoga Level One Certification Policy
Temporary Exceptions



Background:

1. Participation in a full day of White Tantric Yoga (WTY) is a powerful, transformational experience with one of Yogi Bhajan's teaching that KRI feels is extremely important for all Level One Instructors to have experienced.
2. Participation has been a requirement for certification in KRI Level One Teacher Training, with students required to take the WTY only after they began the Level One course
3. A country-by-country temporary exception has been given, allowing trainings in location with no WTY offered nearby to give their students a different powerful group meditative experience directly with Yogi Bhajan – doing the first 5 rebirthing videos in a group setting.
4. Some areas have WTY only every other year. For some students, attendance would still require a flight and accommodation expenses on top of the WTY registration fees, and some students find it economically impossible to attend even nearby courses.
5. Without reducing the importance of WTY as an experience every Kundalini Yoga Instructor needs to have, this policy has been expanded to allow more flexibility for when students participate in this experience.

Policy:

1. All KRI Level One Instructors must have or get the experience of at least one day of White Tantric Yoga.
 - a. It is preferred that the student experience WTY either during the Level One program or just afterwards for the benefit and the practice is a bit deeper once Level One has been taken.
 - b. The intent of the White Tantric Yoga requirement is that the student will fully participate in the course. If prior to attending the course, a student requests an exception to monitor rather than sit in the Tantric lines, the Lead Trainer can exercise their discretion whether or not to approve the request.
2. At the Lead Trainer's discretion, they may sign off on any particular student's certification requirements form if they have done either of:
 - Taken at least one WTY course.
 - i. This course could have been taken prior to their enrollment in Level 1, or after.
 - Complete the first five Rebirthing videos in a group setting, with framing and guidance by a KRI teacher trainer.
 - i. Submit a short summary and documentation of their participation and experience.
3. At least one White Tantric Yoga course must be taken before someone can enter the Aquarian Trainer Academy.
4. The purpose of the Rebirthing videos is to facilitate a deep meditative experience with Yogi Bhajan. This experience does not replace the experience of White Tantric Yoga. Therefore, the exception is given with the understanding that the student will take WTY if and when they can.
5. The five rebirthing video lectures to use are:
 - Vol. 1 : November 10, 1988

- Vol. 2 : November 12, 1988
- Vol. 3 : November 19, 1988
- Vol. 4 : November 21, 1988
- Vol. 5: January 3, 1989

Promotional Guidelines for Trainers Offering Rebirthing Courses:

1. PR materials for Rebirthing courses should promote Rebirthing solely on its own merits, and NEVER as an alternative to White Tantric Yoga.
2. In discussions with students who have qualified for the WTY Exception:
 - a. The Rebirthing Videos give the student an experience of intense and deep meditation experience with Yogi Bhajan, Master of Kundalini Yoga.
 - b. When students participate in a workshop of the five rebirthing videos they still have the requirement to take White Tantric Yoga when they can as nothing can replace this experience in the development of an Instructor in Kundalini Yoga as taught by Yogi Bhajan®.