



Level One Outline & Homework

COURSE GOALS

The goal of the KRI *Aquarian Teacher* Kundalini Yoga Level One Teacher Training Program is for Students to:

1. Gain a sound understanding of the fundamental nature, technologies and concepts of Kundalini Yoga.
2. Have a transformational experience through the practice of these teachings.
3. Develop the skills, confidence and consciousness required to teach Kundalini Yoga.
4. Develop a lifestyle of consciousness.
5. Develop a bond with other students, local teachers, and the International 3HO community.
6. Develop a relationship with the Golden Chain.

REQUIRED CLASSROOM INSTRUCTION must total at least 180 hours

The following is the minimum hours required:

- 6 Hours: **The Roots of Kundalini Yoga**
- 90 Hours: **Awakening the Consciousness:** Sound and Mantra, Breath, Kriyas, Postures and Exercises, Relaxation, Mind and Meditation, About Sadhana, Master's Touch Videos and discussion, 2 meditations from Master's Touch Book.
- 21 Hours: **The Role of a Kundalini Yoga Teacher**
- 8 Hours: **Yogic Philosophy**
- 20 Hours: **Yogic and Functional Western Anatomy**
- 10 Hours: **Humanology and Yogic Lifestyle**
- 10-25 Hours: **Practicum**

REQUIRED HOMEWORK outside class time but part of the 220 hours

The hours should total a minimum of 40 hours:

1. Write a curriculum for each of the following (this is open book with a pass or fail grade):
 - a) A 10-week beginners course covering all the basics. Each class 1 ½ hr.
 - b) A 5-week course at a sports club, prison, school or other facility. Each class 1 hr.
2. Practice one 40-day group or individual sadhana of a specific yoga set or meditation, with some type of assessment process. (i.e. journal or verbal check-in regarding benefits derived from practice.)
3. Attend a one day White Tantric Yoga course or other intensive group meditation
4. Assign two chapters from The Master's Touch book for students to read.

REQUIRED but not part of the 220 hours

1. Participate in 5 full morning group sadhanas.
2. Time needed to take the exam
3. 20 hours of Kundalini Yoga classes from different teachers and outside of the actual program.

SUGGESTED GROUP EXPERIENCES:

- Sleep over weekend intensives with sadhana.
- Sharing meals together.
- Informal social events.

RECOMMENDATION TO GIVE GRADUATING STUDENTS:

- Continue to take Kundalini Yoga classes for at least six months after graduating to continue to learn from other teachers' teaching styles.