

Is this course for me?

Students and Teachers from all contemplative traditions are welcome.

Have you just started taking Kundalini Yoga?

This course is a great foundation for deepening your understanding of meditation as taught by Yogi Bhajan.

Are you a Kundalini Yoga Teacher?

This course will deepen your practice and give you new perspectives and techniques to pass on to your classes.

Do you practice a different style of meditation?

This course will broaden the scope of what you understand meditation to be and open new doors of perception in your life and in your practice.

Have you been practicing and teaching Kundalini Yoga for years?

This course will reawaken your passion for the practice and provide the groundwork for a new understanding and relationship to your self.



*Contemplative capacity is an integral part of becoming an Aquarian Teacher™. The 21 Stages of Meditation contributes to Level Three Certification within The Aquarian Teacher™ Training Program and qualifies for 24 credits of continuing education for RYT's with Yoga Alliance.



THE 21 STAGES OF MEDITATION



A JOURNEY TO THE SELF

Kundalini Yoga as taught by Yogi Bhajan®



Kundalini Research Institute
Training ~ Publishing ~ Research ~ Resources