

Adjustment of Level 2 and Teaching Hours requirement for Applicants and Associate Candidates Version 2

History or Background Information:

Background information:

- The intention for modifying the Level 2 ATA requirements is to give more equal value to development through teaching Kundalini Yoga and development through participation in Level Two modules.
- This proposal will replace the "International Level Two Policy for Outreach ATA Members". For countries under exception about Level 2 Requirements, KRI will work with them to create an implementation plan that addresses the needs in that country.
- Pre-COVID, all level two programs were in person and many trainers did not have access to many level two programs. During this exceptional time, many members of the Academy may have access but not time. These modifications were discussed and approved (with a small edit that is incorporated into this version) at the 2020 European and South American TTEC meetings.
- Online classes and teaching sadhana can be counted as "Teaching Hours."

• Current requirements for Applicants:

- Must have completed at least 4 Level Two modules with the 5th planned within the year.
- Have taught a minimum of 500 hours of Kundalini Yoga classes since being certified Level One by KRI.

• Current requirements for Associate Candidate:

- Since becoming a Level 1 Kundalini Yoga instructor you have taught at least 1000 hours of Kundalini Yoga and you continue to teach Kundalini Yoga outside of the Teacher Training setting
- Level Two certified - Completed all five modules . New Proposed Policy:

• Requirements for Applicants:

- Appropriate combination of completed Level Two modules and teaching hours:
 - . Must have completed at least 4 Level Two modules with the 5th planned within the year, and have taught a minimum of 500 hours of Kundalini Yoga classes since being certified Level One by KRI.

OR

- . Must have completed at least 2 Level Two modules with a plan for when the other modules will be taken and have taught a minimum of 1,000 hours of Kundalini Yoga Classes since being certified as a Level One Kundalini Yoga Instructor by KRI. Some of these 1,000 hours must include longer format workshops (4hr, all day, etc.).

• Requirements for Associate Candidates:

- Appropriate combination of completed Level Two modules and teaching hours:
 - . Level Two certified - Completed all five modules, and you have taught at least 1,000 hours of Kundalini Yoga since becoming a Level 1 Kundalini Yoga instructor

OR

. 3 Level Two modules successfully completed and you have taught at least 1,500 hours of Kundalini Yoga since becoming a Level 1 Kundalini Yoga instructor. Some of these 1,000 hours must include longer format workshops (4hr, all day, etc.).

. The current requirement that all 5 Level 2 modules are required to become a professional trainer will NOT change