

## The Aquarian Teacher™ KRI™ Level One CERTIFICATION REQUIREMENTS FORM



## <u>To be signed by Lead Trainer when the student certifies:</u> Please check each box to indicate student has fulfilled all requirements.

	Attended (or successfully mad	e up) all Teacher Training classes – minimum <b>180</b> classroom
	instruction hours.	
	Received a passing grade of _	on the exam(s).
		Classes during or after the completion of Teacher Training. of 1 hour each and be taught by a KRI Certified Instructor)
	Performed satisfactorily in the	student practicum.
	Created two acceptable yoga	course curricula.
	Completed the assigned 40-da	ay yoga set/meditation (11-minute minimum).
	Participated in at least five full	morning Aquarian Sadhanas (2½ hours each)
	An intensive day or days of gro	oup meditation such as one day of White Tantric Yoga, 5 rebirthing videos
	(no more than 2 in a day), a day of	21 Stages of Meditation, A Japa course, Sat Nam Rasayan intensive course
	- led by a KRI licensed teacher trainer (with exceptions being permitted with the lead trainer's approval)	
	(additional reasonable contitiont)	ion requirement(s) set by the Lead Trainer)
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Ц	Read, understood, and signed	: The Code of Ethics and Professional Standards of a Kundalini Yoga Teacher.
		d as a KRI Level One Instructor of
Kundalir	ni Yoga as taught by Yogi B	hajan®.
SIGNATUR	E Lead Trainer	Today's Date
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