



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



**To be signed by Lead Trainer when the student certifies:**  
*Please check each box to indicate student has fulfilled all requirements.*

- Attended (or successfully made up) all Teacher Training classes – minimum **180** classroom instruction hours.
- Received a passing grade of \_\_\_\_\_ on the exam(s).
- Completed 20 Kundalini Yoga Classes during or after the completion of Teacher Training.  
*(Each class must be a minimum 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-day yoga set/meditation *(11-minute minimum)*.
- Participated in at least five full morning Aquarian Sadhanas *(2½ hours each)*.
- An intensive day or days of group KY meditation led by a KRI licensed teacher trainer (with exceptions being permitted with the lead trainer’s approval) - 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.
- \_\_\_\_\_  
*(Additional reasonable certification requirement(s) set by the Lead Trainer)*
- Read, understood, and signed the [Code of Ethics and Professional Standards](#), and be in good standing with the [Office of Ethics and Professional Standards](#).**

**I recommend this trainee be certified as a KRI Level One Instructor of Kundalini Yoga as taught by Yogi Bhajan®.**  
*By typing my name below, I am electronically signing this form and agree with the above:*

\_\_\_\_\_  
SIGNATURE Lead Trainer

\_\_\_\_\_  
Today's Date

\_\_\_\_\_  
PRINT Name of Lead Trainer

\_\_\_\_\_  
Course Location (City, State, Country)

**To be read and signed by the student before the program begins:**

I, the undersigned, agree to the following:

1. KRI and the KRI Teacher Training team reserve the right to grant KRI Level One certification based solely on their discretion and evaluation of each student’s readiness to be a Kundalini Yoga Instructor. This evaluation is based on successfully meeting the program requirements including, but not limited to those listed in this document.
2. I understand that I am strongly encouraged to submit my certification requirements within 6 weeks after the end date of the course. All requirements must be completed and submitted **no later than 12 months after the conclusion of the program**. If for any reason I do not complete the requirements for the course within this timeframe, I will not be certified.
3. If I am not granted certification, I understand that I have the right to appeal to KRI, whose decision shall be final.

*By typing my name below, I am electronically signing this form and agree with the above:*

\_\_\_\_\_  
Signature (Legal Name)

\_\_\_\_\_  
Date

\_\_\_\_\_  
PRINT (Legal Name)

\_\_\_\_\_  
PRINT (Spiritual Name)