

Kundalini Yoga Teacher Training
Rochester 2010/11:
taught by Sat Dharam Kaur ND, Shabad Saroop Singh
and Nirmal Singh

Introduction

Participate to receive certification in the KRI Level 1 International Teacher Training Program, as originally taught by Yogi Bajan, or to immerse yourself in the science of Kundalini Yoga. Learn meditation skills and Kundalini Yoga exercises to take you to the next level of awareness, clarity and high performance in your life.

Benefits of this course:

- You will receive a thorough grounding on all the basics of Kundalini Yoga.
- This course is a blend of lecture, reading, and exercise to give you a powerful, deep experience.
- Personal guidance and feedback in key teaching skills will be given.
- You will be introduced to a network of people committed to self-improvement, healing and professional development.
- Receive professional certification that meets the requirements for the 200-hours Yoga Alliance membership, and internationally recognized certification with 3HO and IKYTA.
- Train with experienced, professional and knowledgeable yoga instructors.
- Excellent teaching materials are included in the cost of the course.

Reasons to take this training:

- These techniques provide you with a lifetime of benefits and tools that allow you to maintain your flexibility, balance your glands, tone your muscles, and switch your mood, state of mind and level of energy in a few minutes.
- The world is changing. Kundalini Yoga is a technology to raise our consciousness to a level where we can recognize our connectedness and live for one another.
- There is no better way to learn than to teach and share. An excellent way to master something is to practice it and teach it.
- The new millennium is here; leaders and teachers are needed and are in high demand. Kundalini Yoga will help give you the stamina, courage and insight to manifest your highest potential.

Be prepared:

- There is work in this course – make a commitment to excel in it.
- Write into your schedule all the weekends, reading time, home practice time, times for classes, etc.
- This is an intensive training program, and it is totally worth the effort!
- Because Kundalini Yoga is a powerful system for transformation, be prepared for your life to change.

Schedule and Course Components, Sept. 2010 – May 2011

10 weekends will be held at India Community Center, located at 2171 Monroe Wayne County Line Road, Macedon, NY 14502

Fridays: Evenings from 6:00 PM - 9:00 PM

Saturdays: From 9:00 AM - 6:00 PM

Sundays: From 9:00 AM - 6:00 PM

1. 10 Weekends

Weekend dates:

September 17, 18, 19, 2010

October 15, 16, 17, 2010

November 12, 13, 14, 2010

December 3, 4, 5, 2010

January 7, 8, 9, 2011

February 4, 5, 6, 2011

March 4, 5, 6, 2011

April 1, 2, 3, 2011

April 29, 30, May 1, 2011

May 27, 28, 29, 2011

2. Sadhana: 4:00 - 6:30 am early morning practice.

Dates to be announced, 5 morning practices are required.

Approximately 1 hour of yoga and postures plus 1 hour of beautiful, chanting meditations. Challenging and exquisite, it gives you victory and strength in your life.

3. Home Practice: 40-Days Meditation/Yoga Set

A 40-day practice is an opportunity to break down outdated mental, emotional and physical patterns, replacing them with new, empowering ones.

4. Written Exam

In class or take home (to be confirmed).

6. Attend a minimum of 20 Kundalini Yoga classes

Twenty classes must be completed with certified Kundalini Yoga instructors during the course and prior to certification. These classes are not covered in the course fee.

7. Home Study

Reading course materials, some written homework.

8. Yogi Bhajan video lectures

Several will be shown during class time.

9. Participate in one White Tantric Yoga course (one day)

White Tantric is an exceptional experience, a full day meditation course that unloads the subconscious burden. Offered in Toronto in May 2011, and in cities around the world. The cost for White Tantric Yoga is not covered in the course fee.

See www.whitetantricyoga.com for courses in your area.

10. Graduation ceremony

To be announced.

Course Contents

Postures: Exercises for Strength and Healing

- How to avoid common errors - modifications for limited mobility and health, strength and flexibility; avoiding injury, e.g., to the neck and back; avoiding R.S.I. (repetitive strain injury) that can sometimes show up in wrists and knees.
- How to get maximum value from each posture - form and alignment precision to attain the full expression of each exercise.

The Power of the Word

- The science of sound - how to get the most value from chanting; understanding the mechanisms by which it works.
- The use of the Word to heal, transform and uplift.
- Overview and experience of different forms of mantra meditations. Kundalini Yoga incorporates dozens of mantras, each with its own vibratory effect. Mantras can be used for very specific purposes. Some will enhance our magnetic field or balance the tattvas (elements); others can open the heart chakra or strengthen the navel center. Specific mantras may develop courage or improve interpersonal communication.
- While we use postures, philosophy, breathing and relaxation, it is the scientific use of sound that most distinguishes Kundalini Yoga from other forms of yoga.

Yogic and Western Anatomy

- In this course, you will gain an understanding of how the respiratory, nervous, immune, musculo-skeletal, circulatory, endocrine, and digestive systems function and how they are influenced by the practice and teaching of yoga. In addition to traditional Western anatomy, you will learn about Yogic anatomy and the energy systems of the body, including the chakras, the nadis, the pranas and vayus, and the five koshas (yogic sheaths). We will also explore the relationship between Western anatomy (the physical body) and Yogic anatomy (the subtle body) through practical yoga exercises, breathing practices, and relaxation techniques.
- Learn the necessary anatomy for teaching yoga and understand how it works through the physical body. There will be a strong emphasis on many of the therapeutic aspects of Kundalini Yoga and meditation.
- Learn how specific yoga exercises can rejuvenate the vital organs.
- A study of the Chakras and the Ten Bodies; Prana, Apana, the Nadis and Kundalini energies and how this subtle anatomy relates to and overlaps the physical body.

History of Yoga

- A survey of its roots and current day applications.
- Introduction to the Yoga Sutras of Patanjali, the Vedas, Upanishads and the Bhagavad Gita.
- The historical stages and the development of yoga in general and Kundalini Yoga specifically.
- This section of study is particularly useful for both your own understanding and because students will ask you many questions about yoga and the more you know, the more you can serve.

Yoga Fundamentals

- This comprehensive introduction to fundamental yoga techniques gives you tools and concepts essential for a thriving personal practice. This covers:
 1. physical practice of yoga asana
 2. the basics of yogic breathing practice called pranayama
 3. the practice of the three major locks called bandhas
 4. the power of word and sound in yogic mantra practice
 5. the use of hand and body positions to direct the flow of energy through directed use of mudras
 6. the nature and purpose of meditation
 7. the effects and practice of relaxation techniques

Yoga Philosophy & Lifestyle

- Yoga practice comes from a rich historical, philosophical and literary tradition that addresses and enriches all areas of life. In this educational module, you will learn about the psychology, philosophy and history of yoga, its literary and cultural heritage, and the basic concepts that underlie all yoga practices. From this basis, you will learn how to practically and effectively integrate the teachings of yoga into your life in interpersonal relationships, your personal health and hygiene habits, and your daily diet.

Foundations of Kundalini Yoga

- This provides hands-on training so you can build a strong personal practice. Students will explore the theory and practice of asanas (postures) and kriyas (yoga sets), as well as learn the basics of meditation and mudras.

Techniques of Kundalini Yoga

- This module develops the skills and techniques to become a skilled practitioner and teacher of yoga. Students will explore and practice the techniques of Kundalini Yoga as they apply to healing and humanology (the science of daily living), as well as the transformational role of the teacher in developing a successful yoga practice.

Teaching Methods of Kundalini Yoga

- The methodology of teaching yoga includes practical suggestions for teaching beginners, ethical guidelines for teachers, the language of teaching, student-oriented teaching techniques, curriculum development, and the role of a teacher. In addition to 18 hours of in-class lecture and practice, two outside hours are spent in

developing a curriculum for your own teaching purposes. The emphasis of the module is learning and implementing practical methods that create a successful learning experience for yoga students.

Classroom Practice in Kundalini Yoga

- The classroom practice module develops an appreciation and understanding of yoga from a teacher's perspective. You will attend 20 Kundalini yoga classes with a certified teacher and record your observations and experiences as you begin to develop your teaching skills. In addition, you will participate in five early morning Sadhana classes.

Teaching Practicum in Kundalini Yoga

- The teaching practicum provide practical experience in instructing a yoga class. You will teach in small groups with fellow students under the supervision of a KRI Yoga Teacher Trainer. The teaching groups will give feedback to each other, and you receive a written evaluation about your teaching experience from a KRI Yoga Teacher Trainer. In addition, you will be given the opportunity to practice teaching skills with your fellow students in study groups. Finally, you will teach a public yoga class of your own time and choosing.

Kundalini Yoga: The Chakras

- We will examine the major and minor chakras (energetic centers) in the context of a yoga practice, with practical considerations given to the effects of various asanas, meditations, and yoga practices on specific chakras.

Kundalini Yoga: Ten Bodies

- We will discuss the concept and use of the ten yogic bodies (physical body, soul body, pranic body, subtle body, and radiant body, arc line, aura, and positive, negative and neutral mind) in practicing and teaching Kundalini Yoga.

White Tantric Yoga

- You will experience a cleansing meditation practice done in a group setting with a partner. For more information about White Tantric Yoga, visit their website at www.whitetantricyoga.com.

Highlights

- ❖ The cycles of the intellect
- ❖ The structure of a thought
- ❖ The use of meditation as a key to happiness and success
 - ❖ How to make your mind your most powerful friend
 - ❖ Teaching yoga to beginners
 - ❖ Teaching in diverse environments
- ❖ Exploring the myths and misconceptions about Kundalini
 - ❖ Experiencing sadhana
 - ❖ Five stages of spiritual growth
 - ❖ The eight limbs of yoga
- ❖ Yoga for pregnancy and exercises for men and women
 - ❖ Breath and pranayam

- ❖ Yogic views on food and nutrition, with recipes
 - ❖ Teacher's code of ethics
 - ❖ The importance of relaxation
- ❖ Healing circles, full moon meditations
 - ❖ Teaching resources

Your Teachers

Sat Dharam Kaur N.D.

Sat Dharam is a certified Kundalini Yoga teacher trainer and instructor, author and naturopathic doctor practicing in Owen Sound, Ontario. She has been studying Kundalini Yoga with Yogi Bhajan since 1979 and has facilitated teacher training programs in Toronto and New Mexico. She has developed a breast health yoga training, designed to help educate women in breast cancer prevention through Kundalini Yoga and lifestyle change. A featured teacher at the Toronto Yoga Show in 2004 and at Khalsa Women's Camp in New Mexico, she has written several best selling books: *A Call to Women: The Healthy Breast Program and Workbook*, *The Complete Natural Medicine Guide to Breast Cancer* and *The Complete Natural Medicine Guide to Women's Health*.

Shabad Saroop Singh

Shabad Saroop is a certified Kundalini Yoga teacher trainer and co-founder and director of the Institute of Yoga and Meditation in Montreal, Quebec and an independent business owner. Since 1981, he has been studied in person with Yogi Bhajan. In his 20 years of teaching, he has consistently observed the power that yoga and meditation has in enhancing people's happiness and fulfillment in life. He brings a rare warmth, humanity, wisdom and sense of humour to his teaching and considers it an honour to serve others and contribute to the upliftment of humanity through sharing the technology of Kundalini Yoga.

Nirmal Singh

Nirmal Singh is an associate Kundalini Yoga teacher trainer, and has taught Kundalini Yoga since 1999. After a successful career in advertising, he created The Wellness Path which offers Kundalini Yoga, Polarity Therapy and Brain Gym. He currently produces 3HO events including kirtan concerts, White Tantric Yoga, advanced yoga workshops and Level 2 teacher training courses conducted by international teachers.

Registration

Course and registration fees

- Registration fee of \$200 USD (non-refundable) is required by August 15, 2010 to hold a space.
 - Total cost of course is \$3,200 (which includes the \$200 registration fee), if paid in full by August 15, 2010. (This course fee includes the Teacher Training Manual and The Master's Touch but does not include the mandatory 20 Kundalini Yoga classes or White Tantric Yoga).
- Or
- Payment plan of \$3,450 (which includes the \$200 registration fee) if paid in 3 instalments. All payments must be made by post-dated checks with registration application:
\$1,150 dated August 15, 2010 (or \$950 if \$200 registration fee paid separately)
\$1,150 dated October 15, 2010
\$1,150 dated December 15, 2010
 - Discount of 10 % offered to full-time students and seniors over 65 years.
(\$2,280 before August 15, 2010; \$3,105 after August 15, 2010)

Please address checks or money orders to The Wellness Path and mail to:
348 Palmerston Blvd., Toronto, Ontario M6G 2N6 Canada.

Please call or email Nirmal Singh if you have any questions or concerns.
Course location is India Community Center, 2171 Monroe Wayne County Line Road, Macedon, New York 14502. (Website: www.iccrochester.org).

Cancellation Policy:

\$200 registration fee is non-refundable. The remainder of course fee is fully refunded if written notice of cancellation is received before September 1, 2010. If student wishes to withdraw before October 15, 2010, the course fee is returned less \$800 (i.e. \$2,400 is refunded if full payment had been made). If student wishes to withdraw before November 12, 2010, the course fee is returned less \$1,600 (i.e. \$1,600 is refunded if full payment had been made). If student wishes to withdraw before December 3, 2010, the course fee is returned less \$2,400 (i.e. \$800 is refunded if full payment had been made). No refunds after December 3, 2010.

For More Information

For more information about the course or to register, contact Nirmal at 416-929-9369, or nirmal@thewellnesspath.ca.

Locally, contact Sat Dharm Singh at 585-309-2135, or 585-425-1064, or satdharm Singh@yahoo.com.

Certification

To fulfill the requirements for KRI Level 1 Certification you must:

1. Attend all scheduled weekend sessions (for unavoidable absence, the teacher training team will decide how and if a student can make-up missed classes)
2. Do five Sadhanas
3. Attend one White Tantric Yoga course (date, location to be determined).
4. Complete assigned 40-day yoga set/meditation
5. Have a passing grade on the written exam
6. Have satisfactory practicum presentation
7. Take 20 Kundalini Yoga classes between September 17, 2010 – May 29, 2010. (These classes are not covered in the teacher training fee.)
8. Become an associate member in IKYTA (International Kundalini Yoga Teacher's Association) – the cost of your first year membership is included in the teacher training fee. This membership will help you become known as a teacher and network with other teachers.

Yogi Bhajan & Kundalini Yoga

Yogi Bhajan, Master of Kundalini Yoga arrived in the United States in 1969 with a stated purpose: *“I have come to create teachers, not to gather disciples”*. He then travelled internationally teaching Kundalini Yoga, the Yoga of Awareness.

In 1969, Yogi Bhajan founded 3HO - the Happy, Healthy, Holy Organization, based on his first principle *“Happiness is your birthright”*. Through 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan has trained thousands of Kundalini Yoga teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide. Yogi Bhajan passed away in October 2004, but leaves a legacy of teachings and inspired teachers to serve and uplift humanity through Kundalini Yoga.

What are IKYTA & KRI?

The International Association of Kundalini Yoga Teachers (IKYTA) is the professional organization of certified Kundalini Yoga Teachers. Members receive such benefits as education program opportunities, newsletters, product discounts, and listings in printed and web directories. The Kundalini Research Institute (KRI) administers the certification standards for Kundalini Yoga Teachers and is the review agency for materials, manuals, and other products developed to support the teachings of Kundalini Yoga. The Teacher Certification program is open both to yoga student ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga as originally taught by Yogi Bhajan.

Testimonials from previous graduates:

The Kundalini teacher training with Sat Dharam Kaur inspired a kind of learning that is deeper and more lasting than any other spiritual or other training I've experienced. It manifests in surprising ways, and has given me a set of important touchstones that have helped me be more attentive to living purposefully, and brave in the face of ever-changing circumstances. C.M.

Truly the best course I have ever taken. When I started this course my intention was to enhance my Hatha and Ashtanga teaching practice. I never expected the benefits that would come from this course. Kundalini Yoga allowed me to build my nervous system which allowed vitality and energy to course through me. I know have more energy than I did when I was in my 20s. My body is now more flexible and youthful. This change is so obvious that many of my family and friends have asked, "What are you doing?". I also am now able to enter to a state of peace at will within 10 minutes of practice. These practices work with everyone!!! I practice Kundalini Yoga with my high school students for a few minutes at the start of every class. Although the students were initially resistant they now crave the relaxation and confidence that this brief practice brings. My teacher Sat Dharam Kaur lives these teachings. She was able to give practical and inspiring teaching as to how to enter the zone. I was amazed at how generous she was with her teachings, time and love. I have had many teachers that initially seemed to be kind and trustworthy, who only later showed their true colors. She is the real thing!!! Sat Dharam is 100% committed not only to her students but to every person she encounters. Shabad Saroop was a wonderful guide who mentored us through many practical aspects of the practice. He always had a smile and a great sense of humour. My life has been altered from taking this course. Thank you... T.A.

Sat Dharam, I cannot thank you enough for this past year. You have given the guidance I could only hope from my Mother, except the radiance and space you came from was so different, without judgement of any of us. I am soooo appreciative of that. The words I read in January 'be prepared to change' your life, ring in my head this week more than ever. My life has changed 100% this year, all for the better, and all because of the Kundalini Yoga course. My thanks and appreciation to all of you in the course and to you Sat Dharam, words are not enough. My life flows much easier. K.P.

For me, I relate the experience of Kundalini Yoga and the Teacher's Training to the music of Snam Kaur, when she sings "and I'm Coming Home". What a beautiful spiritual Home it is. Thanks to each and every one of you.' S.C.