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|  | Kundalini Research Institute’s *The Aquarian Teacher*  Foundations:  *Level One Immersion*  International Teacher Training in  Kundalini Yoga as taught by Yogi Bhajan® |

**A Day in the Life of the Immersion**

The Immersion Experience means *everyday* —for 28 days, and then some. You can think of the Immersion Teacher Training as a 6-month certification program with one month of residential class time and 5 months to complete your homework. The daily routine during the residential time is filled from beginning to end, but there’s also time built-in for self-reflection. This schedule is approximate and times may change:

4:30 am – 7:00 am Morning Sadhana\*

7:00 am – 8:00 am Breakfast

8:00 am – 8:45 am Group Check in

8:45 am – 9:00 am Morning Meditation

9:00 am – 1:00 pm Morning Class

1:00 pm – 2:30 pm Lunch

2:30 pm – 6:30 pm Afternoon Class

6:30 pm Dinner

**\*Sadhana**

4:30 AM – 4:50 AM Japji (Prayer)

4:50 AM – 5:45 AM Kundalini Yoga

5:45 AM – 7:00 AM Aquarian Sadhana Meditations

\*\* Every Wednesday - starting April 24th - afternoon (after lunch) and every Sunday - starting April 28th- morning (until after lunch) the group has free half-days.

Sadhana on Sundays will be optional.

## The Curriculum

There are six principle components you will be working with:

* **Kriya & Meditation:** The Foundation of Kundalini Yoga as taught by Yogi Bhajan®
* **Humanology and Philosophy:** The Lifestyle of a Kundalini Yoga Teacher
* **Anatomy & Physiology:** The Basics of Spiritual and Western Anatomy
* **The Consciousness of a Teacher:** The Virtues and Values of Living in the Golden Chain
* **The Master’s Touch:** Cultivating a Connection to the Master, Yogi Bhajan
* **The Practicum:** Teaching on Day One

For more information on Curriculum <http://immersion.kundaliniresearchinstitute.org/Curriculum.html>

**Who Is Yogi Bhajan?**

Yogi Bhajan (1929- 2004), Master of Kundalini Yoga and Mahan Tantric (Master of White Tantric Yoga), arrived in the United States in 1969 with one purpose:

“I have come to create teachers, not to gather disciples.”

After his death in 2004, that purpose lives on not only through his Radiant Body but also through the Kundalini Research Institute's Aquarian Teacher International Teacher Training. For more than 30 years he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969, he founded 3HO, the Healthy Happy Holy Organization, based on his first principle, “Happiness is your birthright.”

In 1971, he founded the Kundalini Research Institute with Gurucharan Singh Khalsa, PhD. Through the years, Yogi Bhajan trained thousands of KRI Certified Kundalini Yoga Teachers and Trainers who now serve on every continent around the Globe.

In 1994, the International Kundalini Yoga Teachers Association (IKYTA) was formed to further spread these priceless Teachings through the united efforts of Kundalini Yoga teachers worldwide.

The Yogi Bhajan Library of Teachings along with you, his students and teachers, is the living legacy of this great master. Find out more at [www.yogibhajan.org](http://www.yogibhajan.org/).

Students of Yogi Bhajan all around the globe are profoundly grateful for his kind and generous presence as a Teacher and his dedication to bringing this technology to the West. The Teachings of Yogi Bhajan and the technology of Kundalini Yoga have truly transformed the lives of so many and enabled them to not only experience peace and happiness but also to deliver that same gift to countless others.

**The Island of the Gods**

Our immersion takes place in the blessed tropical island of Bali, among the indigenous beauty of the culture and the people which is steeped in spiritual and ceremonial tradition.

**Ananda Cottages in Ubud, our course home:**

Our immersion takes place in Ubud, the cultural and spiritual center of Bali.

In the 11th century, the great Hindu priest Markandya Rsi, was on pilgrimage from Ubud to the great Mother Temple of Bersakih, on Mount Agung. On the way he noted some sacred places and one of these was the holy hill where Ananda Cottages now stand, a happy and holy place. Ananda means Bliss in the ancient Sanskrit language.  
In 1972 I Wayan Pageh, the owner of Ananda Cottages, built a home here for his wife Nyoman Suryani. He was then an assistant to the King of Ubud, as his ancestors before him. Nyoman was the local midwife. Later they built the family temple and the first guest rooms in the family compound, as friends visiting Ubud needed somewhere to stay.

From this Ananda Cottages grew over the decades to the family hotel it is now, as well as the popular retreat center it has become! New bungalows have been added through the gardens and the rice paddies, with halls for Yoga retreats and pools. There are now 3 generations of Wayan's family at Ananda Cottages.

**Acclimating to the Environment**

* Please remember to drink lots of water to stay hydrated.
* Get plenty of rest, especially during the first few days, as you adjust to the climate.
* Be aware the weather can change. The days can be hot and somewhat humid, the nights slightly cooler. Although we are not in the rainy season, there could be occasional afternoon showers.
* These are the tropics, so insects and small animals roam freely everywhere. So do not be surprised if you run into one occasionally.
* Take advantage of the pools to refresh yourself on our longer lunch breaks and times off

**Meals**

The training provides three on-sight meals a day. Our Chef provides a delicious and nutritious lacto vegetarian menu, which includes vegan and gluten free choices and organic produce. Also, plenty of Yogi Tea is always available. We encourage you to bring your own cup for hot beverages, preferably with a lid. Also, please bring a water bottle with a lid.

**Arrival and Check-In**

Onsite Registration: April 21st, 3:30 pm – 4:30 pm at the Jungle Yoga Shala, at Ananda Cottages.

Orientation, Welcome Circle and Meditation: 4:30 pm to 6:30 pm

The first official meal is dinner on Sunday April 21st at 6:30 pm

It takes about 90 minutes to get from Denpasar Airport to Ananda Cottages. If you are arriving directly to Ananda from the airport, you can contact the resort at anandaubud.com for pick up service from the airport for a cost of $35. Otherwise you can take a taxi from the airport.

Please bring the following information with you to registration:   
• Your driver's license or another form of **photo identification**.  
• A list of **any prescription medications** you may be taking.   
• Your **cell phone number**..

**Early Arrivals:**  Some people plan to arrive a few days early in order to acclimate to the environment or to go sightseeing. If you chose to do this, you can either contact and pay Ananda Cottages directly (anandaubud@gmail.com) for the extra nights, or choose alternate accommodations.

**Departure**

The residential program ends with check out and lunch on May 18th. Some people choose to stay on in Bali to go sight seeing or just to relax and integrate their experience before returning to their normal busy lives. If so, please arrange accommodation separately from the 18th of May onwards.

**Getting Around During the Training**

You will have Wednesday afternoons and Sunday mornings off (from the 24th onward). This will give you an opportunity to explore the special area of Ubud a bit, check out the wonderful vegetarian and vegan cafes around, do laundry, pamper yourself at the spa or just relax by the pool! We do not recommend going on far sight seeing excursions on these times off as the program schedule is rigorous and full, with the focus on the inner journey. Local transport is very affordable and easy to call from the resort, as are go-jeks (motorbike taxis!)

**Your Health**

The Immersion is an experience of physical, psychological, emotional and spiritual transformation. The challenges of living in a community and sharing close quarters with others can trigger feelings of homesickness and minor illnesses such as colds, coughs, etc. Please bring the appropriate personal medications and supplements to help keep you healthy and happy in this environment. This includes but is not limited to digestive aids (such as Bean-o, probiotics, or charcoal), sleep aids and something for sore muscles. You will be sitting on the floor or the ground for the entire residential program. Please bring what you need to practice in comfort: your own yoga mat, meditation cushion, back jack or sheepskin.

Some people experience emotional highs and lows during the residential program. This is normal and you are encouraged to allow yourself to go through the experience and use your free time for processing your experience in a way that suits you. Take time to journal, draw, walk, or find a quiet place to sit and reflect. If you process better by talking, you will have no trouble finding a friendly ear. You are always welcome to grab a staff member and share anything you may be going through.

If you currently smoke, drink, or eat meat, you are expected to transition out of these habits before you arrive. These habits are against Ashram policy and you will be expected to strictly refrain from them for the duration of the residential program. You will receive an email with tips for transitioning to a vegetarian diet.

**What to Bring**

The following is a list of items we recommend you bring, which will help to make your stay more comfortable. Please note that in following with this yogic tradition you will be expected to where **white clothing and a white head covering during your 2 practicums.** You will not be expected to wear white during regular class time although you will see most of the staff wearing white every day.

**Packing List:**

Yoga Mat or Sheepskin

Meditation blanket or shawl

Meditation Timer

White cotton head covering

Nice white clothing for 2 practicums

Alarm clock

Sleeping aids i.e. earplugs

day bag

Bathing suit

Hat or Sun visor, sun screen, and sunglasses!

Water Bottle/Camelback

Thermos for hot beverage with a lid

Insect repellent

Toiletries (including sunscreen, lip balm, lotion, toothbrush, etc.)

Vitamins and/or medications, including immune support, digestive aid, sleep aid, something for sore muscles and any natural remedy you prefer over traditional, Western medicine such as Neosporin and Tylenol

Notebook and pens for lectures

**Certification**

The Level One Immersion is open to everyone. The 220-hour certification program exceeds the Yoga Alliance requirements and graduates earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bhajan®.

As a KRI certified Kundalini Yoga Instructor, you will be trained in the tradition passed on by Yogi Bhajan, Master of Kundalini Yoga, to carry the legacy of Kundalini Yoga into the Aquarian Age. By teaching Kundalini Yoga you link in the Golden Chain, the subtle connection between you and Yogi Bhajan and the legacy of teachers which goes back in time to the sacred source of the teachings of Kundalini Yoga.

**Certification Requirements**

The KRI Teacher Training team reserves the right to grant KRI Certification solely at their discretion and the evaluation of each participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting the KRI Teacher Training requirements including, but not limited to:

**Pre-Course Requirements:**

Attend 20 or more Kundalini Yoga Classes prior to the residential program either with a KRI certified Instructor or, if there are no live classes in your area, you can participate in 20 classes via KRI certified videos and read and write an essay on the book Sadhana Guidelines by Gurucharan Singh Khalsa available at KRI's online store, The Source, at <http://thesource.kriteachings.org/>

ask about our discount on the materials needed to fulfill this prerequisite.

**Course Requirements:**

Full Payment of Course Fees

Attend ALL 180 hours of classroom instruction

Participate in at least 5 Complete Morning Group Sadhanas

Receive satisfactory assessments for 2 practicums

Complete homework and in-class activities

Pass all written and/or oral exams on material covered in class

Sign the Code of Ethics and Professional Standards for Kundalini Yoga Teachers

**Post-Course Requirements:**

40 hours of assigned homework

Create two sample yoga class curricula

Complete a 40-day yoga set / meditation

Attend 20 Kundalini yoga classes after completion of the residential program

Attend one full day of White Tantric Yoga (within 3 months before or 1 year after the residential program)

Properly represent the Code of Ethics and Professional Standards for Kundalini Yoga Teachers

Participate in 3 Bridge Line calls with your Small group

**Continuing on Your Path: Transformation and Realization**

**KRIs Aquarian Teacher International Teacher Training**

**Level Two and Level Three**

After completion of Level One, we invite you to continue on your journey toward becoming a Teacher by completing Levels Two and Three.

Level Two: Transformation

Level Two calls on every teacher to commit to developing the qualities, values and virtues of a truly excellent teacher. In this level, the Instructor cultivates honesty in self-assessment in the five mirrors of consciousness:

Conscious Communication

Authentic Relationships

Mind and Meditation

LifeCycles and LifeStyles

Vitality and Stress

Level Two is open to KRI Level One Certified Instructors. The 300-hour/2-year certification program consists of five 60-hour modules and fulfills the Yoga Alliance 500-hour requirement. Graduates of Level Two earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®. [Click here](http://transformation.kundaliniresearchinstitute.org/) for more information.

Level Three: Realization

The 21 Stages of Meditation is a component of Level 3, although anyone can participate (follow [this link](http://kundaliniresearchinstitute.org/21stages/)) and you can find more information about it on the KRI website by following [this link](http://kundaliniresearchinstitute.org/?page_id=755).