The Aquarian Teacher™ Level One Immersion: Foundations

28-day onsite residential immersion in Bali

from

April 25, 2020  3:00 p.m.

to

May 23, 2020 1:00 p.m.

(Fulfillment of training requirements continues through Oct. 25, 2020)

STUDENT FORMS

Please complete, sign and return the first 6 of the following seven forms to KRI at the address above within **2 weeks after registering or by April 1, whichever comes first.**

**Form 1) Yogic Questionnaire:** complete, sign and return

**Form 2) Health Questionnaire:** complete, sign and return

**Form 3) Liability Release:** read, sign and return

**Form 4) Self Responsibility Agreement:** read, sign and return

**Form 5) Prerequisites:** complete, sign and return

**Form 6) Certification Requirements:** read, sign and return

**Form 7) Code of Ethics and Professional Standards:** review only

**Form 1)** **Yogic** **Questionnaire:**

*Complete and return to address above within 2 weeks of registering or by April 1st.*

Student's Legal Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Spiritual Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you currently taking Kundalini Yoga Classes? \_\_\_\_\_\_ Instructor? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When did you begin to take Kundalini Yoga? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How frequently have you attended in the past 6 months? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you practicing a daily yoga/meditation practice such as morning sadhana? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If yes, for how long and give details? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Are you teaching Kundalini Yoga? \_\_\_\_\_\_ If yes, how often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you practice another style of yoga?\_\_\_\_\_ Which one?\_\_\_\_\_\_\_\_\_\_\_\_\_\_How often?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you teach another style of yoga? \_\_\_\_\_What style? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you taking this course for certification? \_\_\_\_\_ Do you plan on teaching Kundalini Yoga after this course? \_\_\_\_\_\_

What major yoga books have you read? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please write your purpose and goals for taking this course: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Why have you chosen this particular training over other trainings?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What events have you attended and when? (Summer & Winter Solstices, White Tantric Yoga, Women’s Camp, European Yoga Festival, Japji or Jaap Sahib, others?)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Signature Legal Name Date

**Form 2) Health Questionnaire:**

*Complete and return to address above within 2 weeks of registering or by April 1st.*

If you answer yes to any of the following questions, please describe fully on a separate page if necessary.

In addition to this form you may be asked to provide KRI with a letter from your healthcare provider.

Are you currently under medical treatment for any physical and/or or psychological condition?

\_\_\_Yes \_\_\_No If Yes, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In the past five years? \_\_\_Yes \_\_\_No If Yes, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have a diagnosis by a physician? If so, explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Have you ever been hospitalized for a psychiatric condition? \_\_\_Yes \_\_\_No If Yes, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any chronic physical limitations or disabilities? \_\_\_Yes \_\_\_No If Yes, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you currently pregnant or trying to get pregnant? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you had a serious illness or major surgery within the past five years? \_\_\_Yes \_\_\_No

If Yes, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have a communicable disease? \_\_\_Yes \_\_\_No If Yes, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you in recovery from a drug/alcohol addiction? \_\_\_\_\_\_ If yes, # of years in recovery? \_\_\_\_\_\_\_\_\_\_\_\_

Describe your weekly alcohol/drug consumption: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you smoke? \_\_\_\_\_\_If yes, how often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ If you smoke, do you intend to quit smoking before attending the course?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you taking any medications at this time? \_\_\_\_\_\_If so, explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What types of exercise or physical activities do you participate in and how often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have a medical condition which might prevent you from participating in the full Teacher Training Program? If so, explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Full Disclosure and Acceptance of Terms:**

KRI must be able to rely on the accuracy and completeness of information provided by the applicant. Information provided is treated as confidential and disclosed only to those with a legitimate need to know in administering or delivering the training. Therefore, all registrants are required to answer all questions fully and in truth. By signing below, I affirm that the information provided in the Yogic and Health Questionnaires is to the best of my knowledge, true and complete. I understand that providing inaccurate, incomplete or misleading information will be grounds for rejection of my application, being asked to leave the program before completion, or revocation of my certification after completion of the program. If I must leave the program because of a health consideration, continuing in another session is at the discretion of KRI. I agree to discuss any health restrictions, questions or concerns with KRI prior to the Course.

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Print Full Legal Name Print Spiritual Name

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**Signature** Legal Name Date

**Form 3) Liability Release:**

1. The person signing this Release agrees that KRI; Sikh Dharma, a California Corporation; 3HO Foundation International, a California Corporation; 3HO International Kundalini Yoga Teachers Association, a division of 3HO Foundation International; the Siri Singh Sahib of Sikh Dharma, a California Corporation; Humanology and Health Science, a California corporation, Kundalini Research Institute, a California Corporation; 3HO New Mexico, a New Mexico Corporation; Hacienda de Guru Ram Das Corp, a New Mexico Corporation;  Guru Amar Das Corp, a New Mexico Corporation; and LYF (Legacy of Yogiji Foundation), a New Mexico Corporation; and any of their employees, representatives, agents and affiliated and/or subordinate organizations are hereby released from any liability for any and all claims, obligations, damages, losses, injuries and/or causes of action arising as a result of participation by the undersigned in the Level 1 Immersion.

2. The person signing this Release further agrees and understands that no one has made any warranties about the safety and protection of her/their person and possessions during the participation by the undersigned in the Level 1 Immersion.

3. The person signing this release understands that physical exercise is a part of the Level 1 Immersion, and that it is the undersigned person's responsibility to consult with a physician prior to and regarding their participation in the training, and voluntarily takes part in the course at her/their own risk.

4. Except for services and courses of study that are officially offered by KRI as a part of the course, none of the sponsors or affiliates listed in paragraph 1 above support or endorse any individual who may offer instruction in any area other than those specific official courses offered by the Level 1 Immersion, including but not limited to, yoga, meditation, nutritional advice, “healing,” etc.

5. The undersigned agrees to notify the course staff of any medical emergencies, so that transportation to the hospital can be provided as soon as possible.

6. KRI reserves the right to dismiss anyone from the training for any reason and without refund.

7. Please be advised that by registering and participating in this course, you hereby agree that KRI, its owners, agents and assigns may, without reservation, record and use for promotional purposes your image, likeness, and voice in any available medium.

8. Cameras and audio/video recorders are not allowed into the classrooms, or on the grounds without the express permission of KRI. Yogi Bhajan’s lectures/teachings and all hired teachers’ lectures/teachings are copyrighted to KRI. In the event cameras and audio/video recorders are being used in violation of this requirement, we reserve the right to confiscate the tapes, film, and if necessary, the equipment.

I have read and understood all of the above. I voluntarily agree to the terms and conditions stated above.

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Signature Legal Name Date

**Form 4) Self-Responsibility Agreement:**

I am responsible for my experience in the KRI Level 1 Immersion Teacher Training. I understand that the study and practice of Kundalini Yoga as taught by Yogi Bhajan® engages the physical, mental and emotional bodies. During this demanding training, I will be challenged and also encouraged to challenge myself. I acknowledge that only I can know my boundaries. It is up to me to respect and honor my own limits. It is my responsibility to articulate any personal challenges during the training to the staff.

I understand that practicing yoga entails more than just our physical bodies, and may open one to to shifting states of awareness. During this program, I alone can monitor what feels safe to me. Although my attendance is required in each session for me to become a KRI certified yoga instructor, I acknowledge that I can stop my participation at any time. It is my responsibility to speak up and/or take myself out of an experience if I feel unsafe in any way.

Kundalini Yoga as taught by Yogi Bhajan® is a technology based upon experience not beliefs. I understand that this program will expose me to forms of faith that may be different from my own. I understand that KRI does not in any way endorse any one religious faith, nor am I expected to change my beliefs in any way.

The opinions expressed by any individual community member, trainer or staff do not necessarily reflect the views of the Kundalini Research Institute or the Teachings of Yogi Bhajan.

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Signature Legal Name Date

**Form 5) Prerequisites:**

*Please check the box that best represents your level of experience, sign, complete essay (if applicable) & return to address above by April 1, 2020. Essay needs to be typed and emailed or mailed to KRI by April 1, 2020. These prerequisites have been developed to assist you in the process of becoming a Kundalini Yoga Instructor. You will be better prepared for this training if you have had some experience with Kundalini Yoga and have gained some insight or experience with the teachings of Yogi Bhajan. Note: If you have taken 20 KY Classes or more from a KRI certified Instructor then you do not need to do the reading and writing assignment. Please check the box that applies to you:*

** I have already participated in 20 or more Kundalini Yoga classes taught by a KRI certified instructor and therefore my pre-requisites are complete.**

**or**

** I have participated in Less than 20 Kundalini Yoga Classes and will complete the 20 classes with a KRI certified instructor in my area.**

**or**

** I have participated in less than 20 Kundalini Yoga Classes and will complete the 20 classes by participating in KRI certified video or online classes. I will also read the book Sadhana Guidelines by Gurucharan Singh Khalsa and complete the essay assignment below. Note: Repeated video or online classes count towards the 20 classes as long as at least 3 different video/online classes are viewed. KRI certified online classes are available at** [**http://thesource.kriteachings.org**](http://thesource.kriteachings.org) **ask about our discount for videos to fulfill this.**

**Reading and Essay Assignment:**

Please read Kundalini Yoga: Sadhana Guidelines by Gurucharan Singh Khalsa which is available at The Source, the online store of KRI at http://thesource.kriteachings.org/. After reading this book write a 200 to 300-word essay reflecting on the information you read and how experiencing classes in Kundalini Yoga have inspired you to come to this training and (if you intend to teach and receive certification) to become an instructor. The essay is required to be typed. Please include your name and contact information on a cover page of your essay.

*By signing below, you have read, understood and agreed to fulfill the requirements stated above.*

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Signature Legal Name Date

**Form 6) Certification Requirements Agreement:**

Carefully *read,* *sign and date* the Certification Requirements and return to KRI by April 1.

**DURING THE RESIDENTAL PORTION OF THE COURSE:**

• Attendance at all Teacher Training classes - 180 contact hours minimum. If you are absent for any reason, you must make arrangements to make up the hours. This may delay certification.

• Passing grade of 75% or better on the KRI Exams. Exams will be given during the Residential portion of the training.

• Satisfactory performance in 2 Practicums. Demonstration of practical knowledge of Kundalini Yoga and your ability to teach it by teaching to fellow students in small groups during the residential portion of the course. You will receive verbal and written feedback.

• Participation in at least 5 full morning group Sadhanas during the residential portion of the training which begin at 4:30 a.m. and ends at 7:00 a.m. The training team encourages participation in as many Sadhanas as possible.

• Follow, sign and maintain the Code of Professional Standards for Kundalini Yoga Teachers. (Included in this packet)

**POST RESIDENTIAL PORTION OF THE COURSE:**

• Create 2 Yoga course curricula: A. One 6-week Kundalini Yoga class curriculum. B. One 8-hour Kundalini Yoga workshop curriculum on any topic. Both to be completed and submitted within 5 months after the residential portion of the training.

• Completion of a 40-day personal sadhana (yoga set and/or meditation at least 11 minutes, the staff can work with you to select one). Completed and submitted within the 5 months after the residential portion of the training.

• Participation in a minimum of 20 Kundalini Yoga Classes within the 5 months after the residential portion of the training has ended. If there are no classes in your area, the KRI staff will assist you in how to meet this requirement.

• Participation in one day of a White Tantric Yoga Course between **1-Jan-2020 and 1-May 2021**

If no White Tantric is offered in your country, the KRI staff will assist you in meeting this requirement.

• Participate in 3 bridge-line calls with Small Group Leader within the 5 months after the residential portion of the training.

**Completion of all Certification Requirements postmarked by Oct 25, 2020**

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 course requirements including, but not limited to those listed in this document. KRI issues certificates no earlier than 2 weeks after the end of the full 6-month program.
2. I understand that I am strongly encouraged to submit my certification requirements within 6 months after the beginning of the training (with the exception of one day White Tantric). If for any reason I do not complete all of the requirements for certification, as listed above within 12 months after the beginning of the training, I will be required to pay a one-time late fee of $108. All requirements including any accrued late fee must be received no later than 18 months after the beginning of the training or 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.

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Signature Legal Name Date

**Form 7) Code of Ethics and Professional Standards:**

**\*FOR YOUR REFERENCE ONLY AT THIS TIME – TO BE SIGNED PRIOR TO CERTIFICATION**

**For most updated version please see the KRI Website: http://immersion.kriteachings.org/Certification.html\***

*The following reflects the consciousness and conduct of a Kundalini Yoga Teacher as represented by the 3HO International Kundalini Yoga Teachers Association (IKYTA), and the Kundalini Research Institute (KRI). This Code reflects the highest standards for Kundalini Yoga Teachers to enhance our link in the sacred Golden Chain.*

**Student/Teacher Relationship**

It is the responsibility of the Teacher to maintain a professional relationship with students and with other Teachers. A Teacher recognizes that the student-teacher relationship may involve a power imbalance, even with a student who is no longer studying with the Teacher.

1. A Teacher recognizes the implicit trust placed in him or her because of the unique power of the student-teacher relationship. A Teacher consciously avoids any relationship with a student that is exploitive in any way. i.e. he or she never uses such a relationship for personal gain or benefit.

2. All forms of sexual involvement with students are potentially unethical, even when a student invites or consents to such behavior. Sexual behavior includes, but is not limited to, all forms of overt and covert seductive speech, gestures, and actions.

3. A Teacher never engages in harassment, abusive words, or actions, or coercion of students or former students.

4. A Teacher shows sensitive regard for the moral, social, and religious standards of students, and avoids imposing his or her personal beliefs on others.

5. A Teacher realizes that he or she is a vehicle for these Teachings, never their source. A Kundalini Yoga Teacher does not initiate anyone as a disciple.

6. A Teacher strives to build the student’s connection to the teachings and to his or her own soul, rather than to any personality.

7. If a Teacher is unable to continue the student-teacher relationship, the Teacher will make efforts to connect the student to other Teacher resources in the 3HO Global Community.

8. A Teacher treats all communication with students with respectful and appropriate confidentiality.

Class Structure

1. A Teacher teaches kriyas (which include postures, mantras, meditations or sets) as they were taught by Yogi Bhajan, with the exception of reducing the timing of postures, or providing variations of postures when necessary to accommodate physical limitations of students.

2. A Teacher does not create kriyas (postures, mantras, meditations or sets.) A Teacher does not combine teachings or practices from other paths into a Kundalini Yoga kriya as taught by Yogi Bhajan.

3. A Teacher acknowledges that we are part of the Golden Chain by beginning every class with the Adi Mantra, chanting *“Ong Namo Guru Dev Namo”* at least 3 times. Every class ends with the *“Long Time Sun”* song.

4. A Teacher is responsible to maintain the integrity and sacredness of the Kundalini Yoga Teachings.

5. A Teacher does not exaggerate or misrepresent the benefits of Kundalini Yoga as taught by Yogi Bhajan.

6. In a Kundalini Yoga class, a Teacher wears appropriate, modest, clean white clothing. A white head covering of natural fabric is strongly encouraged in order to project one’s commitment as a Teacher and one’s respect for the energies released by Kundalini Yoga.

7. A Teacher upholds the yogic law, “If you come empty handed, you will leave empty handed” by requesting students to make an offering before each class.

Advertising and Promotion

The following guidelines are designed to uphold the quality of the Teachings and to be in compliance with all legal guidelines for appropriate representation of our services.

1. A Teacher accurately represents his or her professional qualifications and certifications along with his or her affiliations and or sponsorships from any organization(s).

2. Announcements and brochures promoting classes or courses based on the Teachings of Yogi Bhajan shall describe them and picture them with accuracy and grace.

3. A Teacher will represent himself or herself, 3HO, IKYTA and KRI, truthfully and accurately in all public relations by following the guidelines set by 3HO, IKYTA and or KRI, for advertising that correctly reflects the organizations’ missions

Teachers in Community

1. A teacher supports the service of other Teachers through conscious communication that avoids negativity or wrongful attributions regarding the efforts of other Teachers.

2. A Teacher builds the unity of the 3HO Global Community by embracing diversity, willingness to collaborate and a commitment to act for the benefit of all.

3. A Teacher acts as an integral contributing member of all International (and National, where appropriate) teaching organizations: 3HO, IKYTA and KRI. He or she acts as a representative of the professional and ethical policies of these organizations.

4. Each Teacher cultivates the ethical integrity of our culture as Teachers by his or her obligation to be alert to, and to seek out assistance for, anyone involved in a potential breach of those standards by using the appropriate organizational channel.

Professional Competence

1. A Teacher commits to a regular, daily spiritual practice that includes Kundalini Yoga as taught by Yogi Bhajan®.

2. A Teacher commits to the continuous improvement of his or her professional knowledge and skills. He or she fulfills all requirements and training enhancements developed and presented by 3HO, IKYTA and the KRI Aquarian Trainer Academy (and National Associations, where appropriate.)

3. A Teacher abstains from the use of, or dependency on, alcohol, tobacco, or drugs (except for medical purposes.) A Teacher does not permit the use of alcohol, tobacco, or drugs at any Kundalini Yoga course, class, or event.

4. In the yogic tradition, a Teacher eats a vegetarian diet. A Teacher insures that a vegetarian diet is served at any Kundalini Yoga course, class or event.

***Substantial violations of this Code of Ethics and Professional Standards that include changing the teachings, substance abuse, or that may be harmful to students can result in serious consequences, including the possible loss of Teacher status and other actions as appropriate.***

I hereby agree to live and teach in compliance with the above 3HO IKYTA – KRI Code of Ethics and Professional standards for Kundalini Yoga Teachers.

(Please Print Eligibly)

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Print Full Legal Name Print Spiritual Name

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Signature Legal Name Date

**\*FOR YOUR REFERENCE ONLY AT THIS TIME – TO BE SIGNED PRIOR TO CERTIFICATION**

**For most updated version please see the KRI Website: http://immersion.kriteachings.org/Certification.html\***