

# Kundalini Yoga Teacher Training

KMYOGA in association with Lead Trainer Karta Singh Khalsa founder  
of Amrit Nam Sarovar present

Kundalini Yoga International Teacher Training KRI Level 1  
Sydney, Australia 2013



*“If you want to learn something, read about it.  
If you want to understand something, write about it.  
If you want to master something, teach it.”*  
- Yogi Bhanan ©

Kundalini Yoga is known as the “yoga of awareness” and was brought to the West in 1969 by Yogi Bhanan, the Master of Kundalini Yoga and White Tantric. Learn the ancient science of Kundalini Yoga as taught by Yogi Bhanan. Connect to your soul’s purpose, recalibrate your energy body and experience your purest consciousness. Gain the knowledge and confidence to build a more peaceful, joyful and creative life. Whatever your path, this unique training offers an internationally recognized qualification and an adventure in consciousness for personal transformation. Open to everybody, both yoga students ready to become teachers and those who wish to deepen their personal experience of Kundalini Yoga.

## **During this training, you will:**

- Immerse yourself into the science of Kundalini Yoga and acquire the competencies to use this systemic and holistic technology.
- Connect to a lineage of yogis whose teachings are from a thousand years Himalayan tradition.
- Create or strengthen your inner reference point from where you grow and teach.
- Develop trust and intuition to be able to hold a space of teachings.
- Learn how to transmit Kundalini Yoga: responsibility of the Teacher and required qualities.

- Experience a personal transformative process within a group.

**TEACHER TRAINING LEVEL 1 COVERS THE FOLLOWING TOPICS:**

- The Dynamics of Kundalini Yoga
- History & Philosophy of Yoga
- Oriental Physiology
- Introduction to the mind & meditation
- Karma & Health
- Yogic lifestyle (Humanology)
- Kriyas & Asanas
- The spiritual path

**THE KRI CERTIFICATION:**

The total program takes at least 220 hours, including about 140 hours of class sessions (class presentations, teachings and teacher guided Q&A and peer group discussions), 40 hours of assignments, homework and preparation, and at least 40 hours of personal practice.

Students have to attend 20 Kundalini Yoga classes outside the training program with KRI certified teachers. Attendance of one or more days of White Tantric Yoga is also a requirement.

A final written exam will be organized at the end of the training to validate your certified diploma by KRI.

The Kundalini Yoga Teacher Certificate will be delivered by KRI (Kundalini Research Institute). It will give you the access to IKYTA (International Kundalini Yoga Teachers Association), which guarantees the validity of the certification and its worldwide recognition.

**DATES:**

The course will take place as a series of three retreats from February to June 2013:

Training week 1 (2-9 February)

Training week 2 (6-13 April)

Training week 3 (8-15 June)

**LOCATION:**

The training will take place at Avrajita, a unique retreat nestled amidst 40 acres of unspoilt rainforest and native bushland in magnificent Kangaroo Valley, NSW

### **TEACHING TEAM:**

All teachers are active members of Amrit Nam Sarovar International Kundalini Yoga School based in France. Lead Trainer Karta Singh Khalsa, Founder of Amrit Nam Sarovar will direct the Teaching Team, however he will not be teaching at this training.

#### **Lead Trainer: Sat Sarbat Kaur**

Sat Sarbat is a certified Kundalini Yoga teacher and teacher trainer who expanded her knowledge by following several other trainings related to Yogi Bhajan's teachings, such as Sat Nam Rasayan Healing, Tantric Numerology, Conscious Pregnancy, and Children's Yoga. She met Yogi Bhajan in 2001.

She has been teaching the Level 1 for 10 years in Austria and in France. For many years she has been a part of the teaching team in the Level 2 module on Conscious Relationships at the Kundalini Yoga School ANS in Europe.

After an intensive in tarot reading she began successfully combining numerology and tarot for individual consultations, which she has been doing since 2003 in matters related to coaching, health and life patterns. She is also a certified grief recovery specialist recognized by the Grief Recovery Institute of New York, and therefore adds a special insight and perspective in her teachings to the healing work of letting go of the past.

She is at ease in any multicultural context, as she works for the United Nations and speaks fluent Italian, French, English, German and Spanish.

#### **Professional Trainer: Satmukh Singh**

Satmukh has been living in China since 2006 and is a certified Ashtanga Yoga and Kundalini Yoga teacher. He started to teach regular classes in Kunming (Yunnan) and then moved to Dali to create Yoga-Gaia, which aims at promoting Kundalini yoga as taught by Yogi Bhajan in China.

Satmukh travels regularly between Europe and China to facilitate various Kundalini yoga workshops (Beijing, Shanghai, Shenzhen, Guangzhou, Qingdao, Hangzhou, Chongqing) and also to participate and teach in Kundalini Yoga Teacher Trainings (France, Austria, China).

Satmukh designs and develops creative Kundalini Yoga programs, such as *Yogattitude* and *Yogattitude* to bring participants from different

backgrounds and cultures to experience an individual transformative process within a group.

**Local Administrator: Sarb Sewak Kaur (Kathryn McCusker)**

Sarb Sewak Kaur is the founder and director of KMYOGA in Sydney, and trained under Karta Singh at Amrit Nam Sarovar in France. She discovered Kundalini Yoga and Meditation in Yucatan, Mexico in 2000 and has been teaching in Europe and Australia ever since. A professional opera singer for over twenty years, her background in music and voice gives her a deep connection to the transformative power of mantra and pranayam. Sarb Sewak believes that we all have the potential to live a happy, healthy and prosperous life and is passionate about sharing these inspiring and uplifting teachings with as many people as possible. Her first book called Kundalini Meditation–The path to personal transformation and creativity is published by Watkins in February 2013.

**INVESTMENT AND REGISTRATION:**

Early-bird Price: \$4,600 register by December 1, 2012

Full Price: \$4,900 after December 1, 2012

Price includes all teaching, teacher training manuals, accommodation and food.

**PAYMENT PLAN:**

Total payment being \$5,200

Upon registration - \$1,750

March 1<sup>st</sup> - \$1,750

May 1<sup>st</sup> - \$1,700

**CANCELLATION POLICY:**

For all cancellations, KMYOGA must receive a written request for a refund, sent to [manager@kmyoga.com](mailto:manager@kmyoga.com)

Cancellation fees apply. Please see below. There are no refunds after January 11, 2013.

Course Cancellation Fees:

Before January 1 \$200

From January 1-11 \$500

After January 11 No Refund

**COURSE POLICIES:**

The Kundalini Yoga Teacher Training Course is a drug, alcohol and cigarette free environment. All meals are vegetarian. We reserve the right to request anyone disobeying the course policies to leave the course

Please contact Sarb Sewak (Kathryn) at [kathryn@kmyoga.com](mailto:kathryn@kmyoga.com) for more information.

“May you fall in love with your beauty, grace, honor, courage and strength.”  
Yogi Bhajan



**Kundalini Yoga Teacher Training  
Application Form  
Sydney, Australia 2013**

Thank you for your interest in the KMYOGA Kundalini Yoga Teacher Training 2013. For your application to be processed please complete the following:

- Fill out your details below
- Pay the full amount of \$4,600 before 1<sup>st</sup> December or \$4,900 thereafter or pay your first instalment of \$1,750 (for the payment plan) by either direct funds transfer, pay online, or by credit card
- In no more than 500 words, express what inspires you about Kundalini Yoga and what has motivated you to do the course

Postal Address: Level 1, 26 – 30 Spring Street, Bondi Junction, NSW 2022

Direct Funds Transfer:  
K M YOGA ATF  
KMYOGA UNIT TRUST  
BSB 012241  
ACC 262470571

Please email [manager@kmyoga.com](mailto:manager@kmyoga.com) once you have completed a payment.

FULL NAME:

SPIRITUAL NAME: (if you have one)

ADDRESS:

SUBURB:

STATE:

POSTCODE:

PHONE:

MOBILE:

EMAIL:

HAVE YOU ATTENDED KUNDALINI YOGA CLASSES?

APPROXIMATELY HOW MANY CLASSES?

Payment (please circle): Online / Credit Card / Direct funds transfer

The undersigned by signing this agreement that he/she understands the risks inherent in practicing Kundalini Yoga and hereby assumes the risks incident to such activity and waives any claim or right of action against the Teacher Certification Program Level 1 and it's officers, shareholders, employees and agents for loss, expenses, liabilities, damages or legal fees incurred on account of as a result of the undersigned attendance at classes conducted at the selected facilities and or used at the selected facilities. By my signature below, I acknowledge that a written description of the course requirements and Refund Policy was made available to me prior to the start date of the course, regardless of the date of my registration.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

PRINTED LEGAL NAME \_\_\_\_\_

Note: The Teacher Certification Program Level 1 team reserves the right to refuse entry into the program and to possibly ask anyone to leave if they are not complying with the rules of the course or are found to be too disruptive to the rest of the group