

FAQs for the KRI Aquarian Teacher Training Level 1 – Immersion Program

Q: When is the next course?

A: The Immersion Course is held each August, exact dates vary each year.

Q: Do I have to be accepted into the course before I register?

A: Anyone can register for the course. After registration, KRI reviews your forms and acceptance into the course is at KRI's discretion.

Q: What type of travel Visa do I need if I am coming from outside the USA?

A: Most people come on a Tourist Visa. We can send you an invitation letter if necessary to assist you in acquiring a visa.

Q: Is there any type of Financial Assistance for the Course?

A: Yes, there are work exchange positions and scholarship opportunities available. To download the applications for either of these, please click on the Registration button and then click on the appropriate link.

Q: Is there a payment plan option?

A: Yes, you can make payments of \$500 or more by revisiting your registration at any time. But you must be paid in full before the start of the course. To revisit your registration, just click on the registration button on the website and click on "view or edit existing registration".

Q: Can I bring my child?

A: We strongly encourage you to take this time to really immerse yourself in the experience and fully give your attention to the transformational process. Because of the intense nature of the course it is recommended that children be cared for by a spouse or relative and not brought to the training.

Q: Do I need to send Proof that I have completed my Prerequisites?

A: We want applicants to have experienced a minimum of 20 Kundalini Yoga classes prior to attending the Immersion so that you are familiar with some of the basics of Kundalini Yoga before starting the Level One Teacher Training. We do *not* need proof that you have attended these classes. If you are unable to attend the 20 classes, you are required to send in a written essay before the course. (See the packet of pre-course form under the Certification Section)

Q: Can I miss a few days of the course for school or work?

A: No.

Q: Can I arrive a few days Early or Stay a few days after the course?

A: Yes you may arrive a few days early if you plan to do sight seeing or want time to acclimate to the environment (dry, high altitude; see section on Location and Environment). Things you need to know if you plan to arrive early or stay late: You will need to coordinate directly with the Ashram Housing Manager and pay for any extra nights (see housing information for what days are covered during the course and how to contact the housing manager). Extra meals prior to the course may be provided for a suggested \$11 donation (please email courses@kriteachings.org if you plan to arrive early), but you will be on your own for meals after the course.

Q: Can KRI help me coordinate a Ride Share if I am driving to the course?

A: NO. KRI does not coordinate Ride Shares before the course. However, after the course, students coordinate ride shares and group shuttle trips, etc.

Q: Is there drinking water in the classroom and dorms?

A: Yes, there are dispensers of bottled water in the classroom and dorms.

Q: Is there a secure place for my valuables?

A: There are NO safes or lockers in which to secure valuables. The dorm buildings lock but the individual rooms do not lock. The classroom is locked at night but there are no personal storage spaces inside the classroom. There are shelves outside the classroom where you may keep your shoes, dishes, etc. KRI is not responsible for the loss of any valuables; it is recommended that you keep your valuable on you at all times.

Q: What do I need to bring in terms of dishes?

A: The Ashram does have a limited amount of utensils and heavy metal serving trays that you may use while you are here but we recommend bringing your own. Everybody washes their own dishes so if you use the same plate and fork/spoon you will know that yours were cleaned properly after each use :) During the week at the couple of meals that we share with the community, you will see people using disposable compostable plates and utensils. It is a balance between water usage, a delicate septic system, and other resources.

Q: Do I need to wear white the whole time?

A: You only need to wear nice white clothing and a white head cover while teaching your two Practice classes (Practicums). The rest of the time you may wear comfortable clothes that you can do yoga in; avoid skimpy, skin tight or see through clothing. You will need a head covering for when you go into the Gurdwara (temple) for the morning Sadhana. That being said, you will see most of the community wearing white and this is a good opportunity for you to practice this technology and see how it feels.

Q: My suitcase is too full, what items can I purchase at the course?

A: There is a small gasoline station within walking distance of the course where you can purchase basic toiletries and snacks. There is also a weekly bazaar where vendors sell white clothing, head coverings, jewelry, Cds and books, etc. Sheepskins are only available occasionally. Bring what you will need through the month and to be comfortable through the long days in the classroom such as a favorite snack, pillow or herbal supplement.

Q: Is there wi-fi?

A: Yes, although it can be patchy at times. There will also be one computer for students to check emails, etc.