



Kundalini Research Institute

Kundalini Yoga as taught by Yogi Bajan

www.kundaliniresearchinstitute.org

Mail: KRI Immersion, c/o Gurudatta Singh

PO Box 1819, Santa Cruz, NM 87567, USA

Email: TeacherTraining@kriteachings.org

Phone: (001) 505-747-7450

The Aquarian Teacher™ Level One Immersion: Foundations

August 7 – September 2, 2010 in Española, New Mexico

PRE-COURSE FORMS

Please complete, sign and return the first 6 of the following seven forms to KRI at the address above by **July 21st**.

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



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Form 1) Yogic Questionnaire:

Complete and return to address above by July 21st.

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? _____

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? _____

Please write your purpose and goals for taking this course: _____

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

Print Full Legal Name

Print Spiritual Name

Signature Legal Name

Date



Form 2) Health Questionnaire:

Complete and return to address above by July 21st.

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: _____

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: _____

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

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

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.

Print Full Legal Name

Print Spiritual Name

Signature Legal Name

Date



Form 3) Liability Release:

1. The person signing this Release agrees that KRI; Sikh Dharma, a California Corporation; 3HO Foundation, a California Corporation, 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, and Sikh Dharma of New Mexico, 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 Course.
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 Course.
3. The person signing this release understands that physical exercise is a part of the Level 1 Immersion Course, and that it is the undersigned person's responsibility to consult with a physician prior to and regarding their participation in the course, 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. 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.
7. 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.

Print Full Legal Name

Print Spiritual Name

Signature Legal Name

Date



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Form 4) Self-Responsibility Agreement:

I am responsible for my experience in the KRI Level 1 Immersion Teacher Training Course. 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 course, 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 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.

Print Full Legal Name

Print Spiritual Name

Signature Legal Name

Date



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Form 5) Prerequisites:

Please check your level of experience, sign, complete essay (if applicable) & return to address above by July 21st. Essay needs to be typed and emailed or mailed to KRI by July 21st. These prerequisites have been developed to assist you in the process of becoming a Kundalini Yoga Instructor. You will be better prepared for this course if you have had some experience with Kundalini Yoga, and have gained some insight or experience with the teachings of Yogi Bhajan. 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.

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

www.kundaliniresearchinstitute.org/yogakri.htm

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 www.kundaliniresearchinstitute.org/yogakri.htm

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 200-300 word essay reflecting on the information you read and how experiencing classes in Kundalini Yoga have inspired you to come to this course and (if you are intending 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.

Print Full Legal Name

Print Spiritual Name

Signature Legal Name

Date



Form 6) Certification Requirements Agreement:

Carefully read, sign and date the Certification Requirements and return to KRI by July 21.

- Attendance at all Teacher Training classes is 180 contact hours minimum. If you are absent for any reason, you must make arrangements to make up the hours after the course. This may delay certification.
- Passing grade of 75% or better on the KRI Exams. Exams will be given during the course.
- Participation in a minimum of 20 Kundalini Yoga Classes after the course has ended.
If there are no classes in your area, the KRI staff will assist you in how to meet this requirement.
- Satisfactory performance in practicums. Demonstration of practical knowledge of Kundalini Yoga and your ability to teach it by teaching two Kundalini Yoga classes to your fellow students in small groups during the course. You will receive written evaluation of your performances.
- Creation of Two Yoga course curricula. Create one 6-week Kundalini Yoga class curriculum and one 6-hour Kundalini Yoga workshop curriculum on any topic to be completed and submitted after the course.
- Completion of a 40-day yoga set and/or meditation (at least 11 minutes) and journal your experience (the staff can work with you to select one) to be completed after the course.
- Participation in at least 5 full morning group Sadhanas during the course which begin at 3:45 a.m. and ends at 6:30 a.m. The training team encourages participation in as many Sadhanas as possible.
- Participation in one day of a White Tantric Yoga Course between 1-June-2010 and 1-Sept-2011
If no White Tantric is offered in your country, the KRI staff will assist you in meeting this requirement.
- Follow, sign and maintain the Code of Professional Standards for Kundalini Yoga Teachers.
Included in this packet for your review.
- Participate in 3 Post course bridge-line calls with Small Group Leader.

Completion of all Certification Requirements postmarked by January 31, 2011

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.*
2. *I understand that, if for any reason, all of the requirements for certification, as listed above (with the exception of 20 Kundalini Yoga classes and one day of White Tantric) are not complete and postmarked by **January 31, 2011**, I will be required to pay a **\$26 per month late fee**. All requirements including any accrued late fee(s) must be received no later than 12 months after the conclusion of the course. If you do not complete the requirements for the course and submit the late fee within this timeframe you 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.*

I have read and understand the requirements I need to meet in order to be a certified Level One Instructor at the Immersion course.

Print Full Legal Name

Print Spiritual Name

Signature Legal Name

Date



Form 7) Code of Ethics and Professional Standards:

FOR YOUR REFERENCE ONLY – DOES NOT NEED TO BE SIGNED OR RETURNED AT THIS TIME

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 Namō Guru Dev Namō" 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).



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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)

Print Full Legal Name

Print Spiritual Name

Signature Legal Name

Date

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