

“ 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 Bhajan

This comprehensive 220+ hour training includes 180 hours of classroom instruction and 40 hours of home study in a well-defined curriculum which includes:

- How to use breath (pranayam), postures (asanas), sound (mantra), and meditation to awaken your mind and train your body;
- Yogic philosophy and the origin of Kundalini Yoga;
- Yogic and Western Anatomy;
- How to develop a meditative mind for clarity and calmness;
- How to use mantra and sacred sound;
- How to develop a daily yoga practice (sadhana);
- How to deal with stress and the yogic approach to relaxation techniques;
- The study of humanology and 3HO lifestyle;
- Teaching Kundalini Yoga Postures, Kriyas & Meditation;
- Ethics and the Role of a Kundalini Yoga Teacher.



YOGI BHAJAN

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: "I have come to create Teachers, not to gather disciples." For over 30 years, he travelled internationally teaching Kundalini Yoga, the Yoga of Awareness.

In 1969 Yogi Bhajan founded 3HO - the Happy, Healthy, Holy Organisation, based on the first principle, "happiness is your birthright."

Through the Aquarian Teacher Program, Yogi Bhajan has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to further spread these priceless teachings throughout the united efforts of Kundalini Yoga Teachers worldwide.

Explore Your Potential...

Course Schedule 2014–2015

Dates and times subject to change.

Course Location:

PranaShanti Yoga Centre
52 Armstrong Street
Ottawa, Ontario, Canada

Hours:

Fridays 6:00pm - 9:00pm;
Saturdays 9:00am - 6:00pm;
Sundays 9:30am - 6:00pm.



Dates (8 weekends and a weekend retreat):

October 17-19, 2014;
November 7-9, 2014;
December 5-7, 2014;
January 30-February 1, 2015
(Weekend Retreat);
February 20-22, 2015;
March 27-29, 2015;
April 24-26, 2015;
May 2, 2015 – White Tantric Yoga
(Toronto);
May 22-24, 2015.

About PranaShanti® Yoga Centre:

Established in 2008, PranaShanti® is a full-service yoga, health, and wellness centre conveniently located in Ottawa near the Parkdale Market just minutes from downtown.

In our custom designed 8,000-square-foot centre, our dedicated team of trainers, teachers and therapists offer a wide variety of yoga classes in 4 spacious yoga studios and therapies in our consultation spaces.

We are an approved Certified Private Educational Institution by HRSDC and the CRA. Students taking our training programs are eligible to receive an official tuition fee receipt for Tuition and Education Tax Credits for personal income tax.

- The - Aquarian Teacher

Level 1 Teacher Training Program

October 2014 to May 2015

613-761-9642 (YOGA)
info@pranashanti.com



PranaShanti®
Yoga Centre

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PranaShanti®
Yoga Centre

Ottawa, Ontario, Canada

The Aquarian Teacher Program

This Aquarian teacher program leads to certification as a KRI Level 1 teacher. This certification is internationally recognized and exceeds Yoga Alliance standards, making you eligible for the YA Registered Yoga Teacher Certificate, RYT-200.

In Level 1, you will become an instructor, gain a deep understanding and experience of the core of the science of Kundalini Yoga as taught by Yogi Bhajan®.



You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning sadhanas (spiritual practice), and experience the powerful transformational energy of White Tantric yoga.

This program is open to both yoga students ready to become teachers and to beginners wishing to learn this yogic science as well as experienced yogis who want to deepen their personal practice.

This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. It is part of the Aquarian Teacher program, a journey of personal development and training as a Kundalini Yoga Teacher, leading to self mastery.

There are 3 levels of certification:

- KRI Level 1 Foundations and Awakening~Instructor;
- KRI Level 2 Transformation~Practitioner;
- KRI Level 3 Realization~Teacher.



Join Us to Awaken Your Spirit...

Throughout this 220+ hour, 8 month program, you will be part of a supportive, yogic community who will share this deep experience into the teachings with you. Taking the time to meet over nine weekends with manageable hours allows you to integrate the teachings gracefully into your daily life while respecting your personal, family and work obligations.

You will be supported by a team of dedicated KRI Trainers who are members of the KRI Aquarian Academy and are available to you locally between weekends for the duration of the program and beyond. In this program life-long relationships and deep bonds of trust that fulfill the longing of the soul for fellowship and spiritual community.

Our halfway point in the program is a 3 day, 2 night retreat at a beautiful Retreat Centre; the perfect way to acknowledge your commitment, dedication and newly acquired knowledge by being surrounded by fellowship and community.

Tuition options:

#1 Pay in full before September 15th, 2014	\$2,700 + HST
#2 Pay in full on or after September 15th, 2014	\$2,995 + HST
#3 Payment Plan Deposit of \$500 + HST and 8 equal monthly payments. All payments to be completed before last day of program.	

- Refunds (minus \$300 administration fee) are available up to 5 days before the start date;
- No refunds after the course begins;
- Cash, cheque, debit, VISA, Mastercard, AMEX accepted;
- 10% discount for fulltime students, military and seniors.

Course fees include:

- 180+hours of classroom instruction;
- Text Book, Yoga Manual (452 pages), Master's Touch Book;
- 1 year membership with IKYTA;
- KRI certification fee;
- 20 class package of Kundalini Yoga classes at PranaShanti;
- 10% discount on purchases in the PranaShanti boutique;
- Accommodations and meals at the retreat;
- Home study assignments/projects; and
- Personal mentorship.



The Teacher Training Team

Believing that your learning is enriched and deepened by studying and learning from a variety of experienced trainers, PranaShanti invites world renowned teacher trainers to teach in the programs. Our Teaching Team will lead you on your transformational journey of self mastery using the science and technology of Kundalini Yoga. All of our Trainers are KRI certified Teacher Trainers and always available to you.

Meet your team at www.pranashanti.com.

Requirements:

- Attendance and participation at all classes, make-ups for missed class times are available;
- Timely payment of all course fees;
- Satisfactory practice teaching assessment;
- Passing grade on the KRI written exam;
- Completion of 20 Kundalini Yoga classes outside the course at PranaShanti Yoga Centre;
- Creation of 1 yoga class curricula;
- Attendance at White Tantric Yoga (Toronto, May 2015, registration fee not included in course fee);
- Participation in a minimum of 5 early morning group sadhanas;
- Completion of the assigned 40-day personal practice;
- Completion of all home study assignments/projects;
- Course and trainer evaluation feedback; and
- Agreement to Teacher's Code of Standards.

Certification is based on successful completion of KRI Teacher Training course requirements including, but not limited to the above. The KRI Teacher Training Team reserves the right to grant KRI certification based solely upon their discretion and evaluation of each student's readiness to be a Kundalini Yoga Teacher.