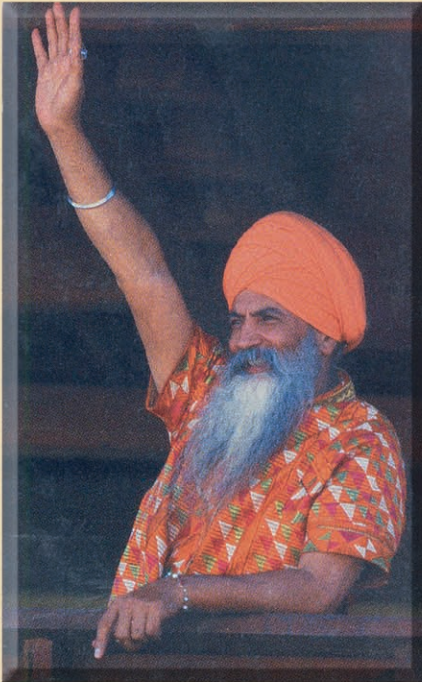


MASTER OF KUNDALINI YOGA

Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with the stated purpose, **“I have come to create teachers, not to gather disciples.”** He founded 3HO- the Healthy, Happy, Holy Organization- based on the 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 through the united efforts of Kundalini Yoga teachers worldwide.

REGISTRATION

Please Contact:

erin@harijiwan.com / 310-392-3638

www.harijiwan.com

LOCATION

MARINA INTERNATIONAL HOTEL

4200 Admiralty Way

Marina Del Rey, CA 90292

COURSE FEES 2012

\$3,250 if paid in full by January 20, 2012
Save **\$250**

\$3,350 if paid in full by January 27, 2012
Save **\$150**

\$3,500 if paid in installments

(\$750 Deposit due by January 27, plus 5 monthly payments of \$550)

Enrollment in the course includes a one-year membership in IKYTA, required books and other printed materials. Benefits of membership in IKYTA include recognition in a professional international association; a subscription to the quarterly teacher's newsletter; discounts from Ancient Healing Ways and IKYTA yoga products; and a discount on the IKYTA conference held each year in June in New Mexico.

* Enrollment is limited. A deposit of \$750.00 secures your space.

Credit cards and checks accepted. No refunds after January 28, 2012.
Please visit our website for further details regarding registration.

www.harijiwan.com

THE AQUARIAN TEACHER

**KUNDALINI YOGA - LEVEL 1
TEACHER'S TRAINING 2012**

**SANTA MONICA,
CALIFORNIA**



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

- Yogi Bhajan

Awaken your potential using the science of Kundalini Yoga as taught by Yogi Bhajan. This Teacher Training Program is designed to take you on a journey of self-development and mastery to generate profound and lasting change. The Level 1 Program is for everyone: whether you are new, experienced or have a desire to become a certified instructor, you will deepen your understanding of Kundalini Yoga and expand your consciousness. Using these ancient, yet timely teachings, you can learn to move beyond subconscious limitations and gain a more authentic sense of your life's purpose and meaning.

For eight weekends over seven months, you will immerse your Self in all aspects of the body, mind and spirit. The comprehensive skills you acquire are intended to enhance the over-all quality of your life and give you the ability to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. This is a rare opportunity to heal, grow, and enjoy the priceless teachings of Yogi Bhajan as you experience the purity of his message, "*Happiness is your birthright.*"

The Aquarian Teacher Training program is the KRI Level I Certification Program in Kundalini Yoga as taught by Yogi Bhajan. In Level 1 you will become an instructor and gain a deep understanding and experience of the core science of Kundalini Yoga. This is a 220-hour training within a well-defined curriculum that includes:

- Teaching Kundalini Yoga Postures, Kriyas & Meditation
- Yogic Philosophy & Origin of Kundalini Yoga
- Humanology, Yogic Lifestyle & Nutrition
- Role of a Kundalini Yoga Teacher
- Yogic and Western Anatomy
- The Science of Naad

COURSE DESCRIPTION

LOCATION

MARINA INTERNATIONAL HOTEL
4200 Admiralty Way
Marina Del Rey, CA 90292

DATES 2012

January 27 – 29, 2012

February 10 – 12, 2012

February 24 – 26, 2012

March 16 – 18, 2012

April 20 – 22, 2012

May 4 – May 6, 2012

June 1 – 3, 2012

July 13 – 15, 2012

TIMES

7:00 PM – 9:30 PM Friday

8:30 AM – 7:00 PM Saturday & Sunday

CERTIFICATION REQUIREMENTS INCLUDE:

- *Completion of 40-day kriya or meditation
- *Creation of two yoga course curriculums
- *Current membership with IKYTA
- *Practicum and written exam

*Please see website for further details on additional certification requirements, contracts and payment policy.

www.harijiwan.com

KRI Level I International Teachers Training course fulfills the Yoga Alliance's 220 hour national standard for a Registered Yoga Teacher (RYT). With your KRI certification, you can apply for and receive a Yoga Alliance Certification.

TEACHERS

Harijiwan has been teaching Kundalini Yoga since 1975. Today, and throughout his years as a teacher, Harijiwan remains committed to expanding his knowledge and experience to provide students with the most progressive, effective and self-empowering applications of this technology.



Erin's Kundalini Yoga practice began over 10 years ago leading her to teach so that others could experience the rapid, quantum and enduring shifts this yogic technology has to offer. Her approach to teaching Kundalini Yoga is simple: provide an opportunity for each student to leave happier, healthier and stronger than when they arrived.

Tej Kaur has been a student of Yogi Bhajan for over 30 years. She is the Custodian of the Archives of the Teachings of Yogi Bhajan and a recognized authority on the teachings. For many years Tej worked on Yogi Bhajan's correspondence during which she received extensive training from him on yogic counseling. Her classes are occasions to enjoy deep meditative experiences and gain unlimited amounts of yogic knowledge.

