

# Kundalini Yoga Teacher Training

## A Journey of Self Discovery

Tallahassee, Florida  
October to May



With an International  
Roster of  
Senior Teachers  
Trained by  
Yogi Bhajan



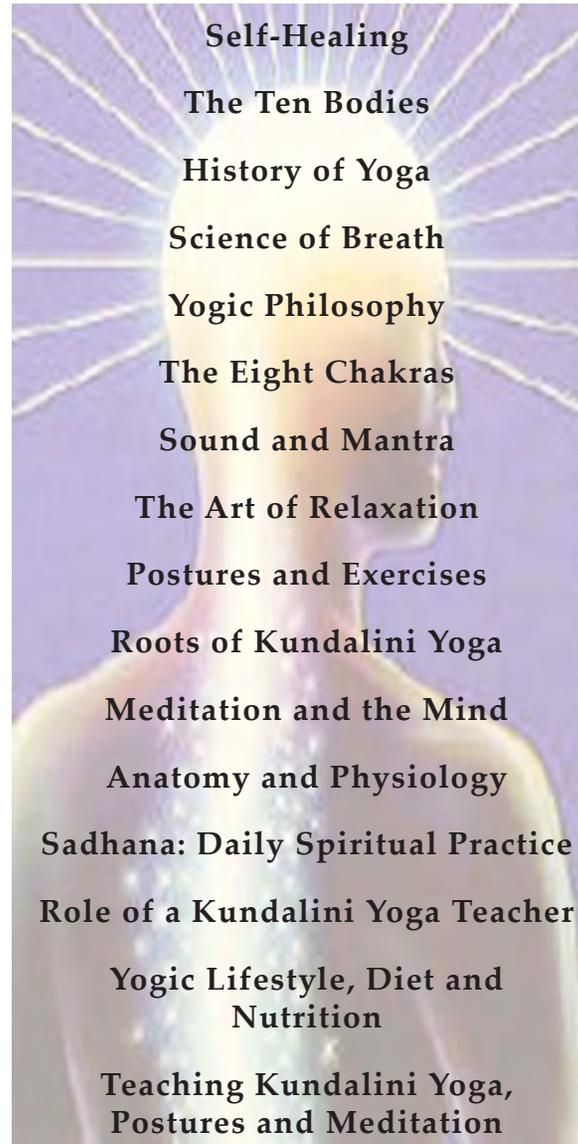
Kundalini Yoga in the Loop - Chicago, IL USA  
(312) 922-4699 [www.ShaktaKaur.com](http://www.ShaktaKaur.com)



KRI Certified  
Yoga Alliance Registered



## Course Curriculum



Self-Healing

The Ten Bodies

History of Yoga

Science of Breath

Yogic Philosophy

The Eight Chakras

Sound and Mantra

The Art of Relaxation

Postures and Exercises

Roots of Kundalini Yoga

Meditation and the Mind

Anatomy and Physiology

Sadhana: Daily Spiritual Practice

Role of a Kundalini Yoga Teacher

Yogic Lifestyle, Diet and  
Nutrition

Teaching Kundalini Yoga,  
Postures and Meditation

### YOGA ALLIANCE

This Teacher Training program in Kundalini Yoga as Taught by Yogi Bhajan® fulfills Yoga Alliance's 200-hour national standard for a Registered Yoga Teacher (RYT).

## COURSE DESCRIPTION

This is a 220-hour course taught over ten week-ends, from October through May. The course fee includes 180 hours of classroom instruction, required text books, five morning sadhanas, practica and evaluation. Homework for the course includes reading assignments, a 40-day personal sadhana, participation in a one-day White Tantric Yoga® course and 20 required Kundalini yoga classes. One year membership in the International Kundalini Yoga Teachers Association (IKYTA) is also included in the fee.

## COURSE DATES

### 2009

October 23-25

November 13-15

December 4-6

#### Class Times

Friday: 6 to 9 PM

Saturday: 8 AM to 6 PM

Sunday: 8 AM to 5 PM

Sadhana: 4 to 6 AM

### 2010

January 8-10

January 29-31

February 26-28

March 19-21

April 9-11

May 1-2

May 22-23

## COURSE LOCATION



### Abundance Wellness Center

325 John Knox Road

Building T

Tallahassee, FL 32303

[www.awc-tallahassee.com](http://www.awc-tallahassee.com)

## Internationally Acclaimed Teacher Training Team

### SHAKTA KAUR, E-RYT



is the owner of Kundalini Yoga in the Loop and the Professional Trainer for this Kundalini Yoga Teacher Training course as taught by Yogi Bhajan. She teaches Kundalini Yoga internationally and is also certified to train Breathwalk

Instructors (walking meditation). In 1987 she founded Women in Franchising, Inc. (WIF); in 1993 she founded the American Franchisee Association (AFA); from 2004-2008 she served in multiple capacities representing 3HO on the Board of Directors of Yoga Alliance (YA) including Secretary, Chair of the Board and Interim President/CEO.

*"Our days immersed into the teachings of Yogi Bhajan were picture perfect. We had the opportunity to share and integrate what we'd learned into our daily lives. Quite frankly, my world will never look the same way again!"*

### GURUDASS KAUR KHALSA



Gurudass Kaur has taught Kundalini yoga students and trained teachers worldwide for over 22 years. She has the ability to transmit and explain the most profound of spiritual concepts; then takes these teachings and elevates them to another level, giving voice to the power of sacred sound. Gurudass is an accomplished musician, singer and songwriter, having recorded six CDs of Kundalini Yoga mantras, a "Mantras in Motion" DVD, and "Kundalini Mantra Instruction" CD. Gurudass Kaur is also the creator of the "Childplay Yoga" program which she teaches internationally.

## Your Faculty 80+ Years of Experience

### HARI SIMRAN SINGH KHALSA, D.C.

Dr. Khalsa has taught Kundalini yoga and meditation for over 25 years, as well as directing Kundalini Yoga Teacher Training programs in Berkeley and Santa Rosa, CA and Phoenix, AZ. He is an advisory board member of KRI. He has pioneered therapeutic applications of Kundalini yoga and meditation in clinical settings. He is a faculty member at Life Chiropractic College West and the International Holistic Institute. He is a healer utilizing Kundalini Yoga, Chiropractic and Sat Nam Rasayan in his clinical practice.



### DEBORAH McFATTER, RYT

Our host, Deborah McFatter (also known as Gian Kaur), was certified in Kundalini Yoga when she attended the 200-hour Level 1 'Master's Touch' course in Espanola, New Mexico. At that course she was blessed to study with teachers taught directly by Yogi Bhajan, and, with Yogi Bhajan himself. She continues her education through advanced "Level 2" trainings in Anadpur Sahib, India, and in Chicago. In 2009 Gian Kaur was selected as Tallahassee's 'Serenity Teacher of the Year.' She looks forward to building a thriving Kundalini Yoga community in northern Florida as a result of hosting this course in Tallahassee.



**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 traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO — the Healthy, Happy, Holy Organization, based on his first principle "Happiness is your birthright." Founded upon the teachings of Yogi Bhajan the Aquarian Teacher Program has trained thousands of KRI certified Kundalini Yoga Instructors. In 1994, the International Kundalini Yoga Teachers Association was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

**"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**



*"I take with me a feeling of home ... in the fellowship of these magnificent people ... and a feeling of home within myself. And the miraculous discovery is that it is within this internal sense of home that I experience the sacred ... which is what I came looking for in the first place."*

Dear Student of Yoga,

'I will never be the same again,' is what we often hear from those who have taken Teacher Training in Kundalini Yoga as taught by Yogi Bhajan® – myself included!

My initial motivation to take teacher training was to deepen my personal yoga and meditation practice. This course did that, but it also did so much more. In truth, I had no intention of teaching Kundalini Yoga. I already had an undergraduate degree in music education and had taught public school music for several years. I really thought that my teaching days were over!

It wasn't long, however, before I found myself informally sharing the techniques I'd learned during Teacher Training not only with my friends and family, but, with the loan officer at our bank and other business associates. I laughed out loud when I realized that I was, in fact, 'teaching,' Kundalini Yoga and Meditation after all! Today my husband and I own Kundalini Yoga in the Loop (KYL), located in downtown Chicago, Illinois, USA. I teach Kundalini Yoga and Meditation both in the US and internationally. This is certainly quite a different path than the one I initially set out upon!

Whatever draws you to this amazing course, know that the end result will be perfect for you even while it might also be totally different than what you initially expected. Along the way your mental, physical and emotional growth will be enhanced in a supportive and cozy environment. You will learn the tools to not only deepen your own personal practice, but you will also gain the knowledge and self-confidence to uplift yourself and others into a more peaceful, powerful space.

I look forward to our journey together,

- Shakta Kaur, E-RYT

*"I will take with me the remembrance of monthly weekends spent with my 'siblings of destiny' ... friends who always supported me on my journey of self-discovery."*

## TUITION & REQUIREMENTS

To enroll, Kundalini Yoga in the Loop must receive your down payment along with a completed "Teacher Training Registration Form and Payment Contract."

### Tuition

(a) \$3,000 - if paid in full by October 23; *or*

(b) \$3,300 - if paid in six installments.

- \$100 discount if enrolled by October 2.
- \$500 down payment due at enrollment.
- 3% finance charge on credit card payments.

The Registration Form has additional details regarding payments, refunds, and withdrawals from the course.

### Requirements

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 instructor. Evaluation is based on the student's successful completion of the KRI Teacher Training course requirements including, but not limited to:

Attendance and participation at all classes.

Timely and full payment of all course fees.

Satisfactory practicum assessment.

Passing grade on KRI exam.

Completion of 20 Kundalini Yoga classes during the Teacher Training program.

Attendance at a White Tantric Yoga® Course.

Participation in five group sadhanas.

Completion of 40-day personal sadhana.

Successful completion of all homework.

Completion of confidential evaluation form.

Proper representation of the Code of Professional Standards.

Faculty, schedule and fees are subject to change.  
March 2009