

18 - 24
November

VITALITY AND STRESS

The Aquarian Teacher™ KRI Level Two Teacher Training Program

KRI Level Two Certification program in Kundalini Yoga as taught by Yogi Bhajan®

Level Two Teacher Training builds on the foundations of Level One, and is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher.

Level 1 certification is a pre-requisite for participation. Level 1 certification is required to qualify for completion credit of Level 2 modules.



7 DAY WORKSHOP

PERSONAL TRANSFORMATION

The course is a 62-hour program of which fifty hours are classroom time and twelve hours are part of home study assignments and activities to be completed after the classroom segment.

Participants are required to attend all classes, pass the exam and complete the home study requirements which span the 90-day period after the course.

"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

The five modules required for KRI Level Two Practitioner Certification are: Conscious Communication, Mind & Meditation, Authentic Relationships, LifeCycles & LifeStyles. The five modules are to be taken over no less than a two-year period. The recommendation is to take no more than one module every 6 months.

YOGI BHAJAN

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

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. 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 make available these priceless teachings through networks of Kundalini Yoga teachers worldwide.

AQUARIAN TEACHER PROGRAM STRUCTURE

The Aquarian Teacher™ program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan® and is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification: KRI Level One: Instructor - Foundations KRI Level Two: Practitioner - Transformation KRI Level Three: Teacher - Realization and Vitality & Stress.



DATES: 18 - 24 November 2018

VENUE: Seminarhaus Taubenblau
Lunow-Stolzenhagen, Germany
<https://www.seminarhaus-stolzenhagen.de/ueberdastaubenblau.html>

COURSE FEE: 550€

EARLY BIRD: 500€ (until 31 August)

EXAM FEE: 30€ per module

COMPLETE LEVEL 2: 2550€ (fee for all 5 modules including exam)

FOOD AND LODGING: 450 - 570€ per week

BOOK: E-mail Bibi Nanaki at nanaki@snafu.de

TEACHER TRAINER

BIBI NANAKI KAUR

The teachings of Kundalini Yoga found me in 1997 and have changed my life since then. I started teaching Kundalini Yoga in 2000. As a KRI Lead Trainer for Levels 1, 2 and the 21 Stages of Meditation I have been training teachers since 2003 internationally. I was blessed to study the art of the Gong with 3 outstanding Gong Masters. I was very fortunate to meet Yogi Bhajan at different occasions in both Europe and New Mexico. Since then, he sits in my heart and keeps nurturing my love for these precious teachings. I also dedicate myself to work as an internationally renowned freelance conference interpreter for Spanish and English.



Bibi Nanaki Kaur's experience

I see it as my mission to share the timeless wisdom of Kundalini Yoga with people from all over the world. Based on my own personal experience, I am deeply convinced that the teachings Yogi Bhajan shared with us are a unique and powerful tool to heal yourself and to become a conscious human being. So that the courage of your heart and the clarity of your mind allow you to shine your own inner light and become a Lighthouse for the Age of Aquarius.

Go Shining! Be the answer, not the question. Sat Nam.

TEACHER TRAINER

RAVI KAUR

Ravis is a KRI certified Professional trainer and is an international teacher, teaching her own, as well as KRI courses. She guides individuals and groups to dynamic healing and growth through a unique combination of **Kundalini Yoga therapy, mindfulness and meditation practice, psychological counselling, group process and constellation workshops,** all underpinned by powerful experience and wisdom.



Ravi's experience

Ravi Kaur is a certified Yoga therapist with IAYT and is on the teaching faculty of Guru Ram Das Institute of Medicine and Humanology. She is also a family constellations facilitator, and works with people from all over the world in her healing practice.

Ravi Kaur is the founder member of AKYTSA, a Southern African teacher training organisation that focuses on training Kundalini Yoga teachers the skills to teach very diverse population groups, and how to spread KY into marginalised communities.