

A Course in Self-Awakening

220-hour KRI Teacher Certification Course in Kundalini Yoga & Meditation - Level 1 in Toronto: September 2010 to June 2011

Taught by: Gurutej Kaur (of Los Angeles)
Siri Bandhu Kaur (of Ottawa)
assisted by Guru Fatha Singh

- Learn the science of Kundalini Yoga, “the Yoga of Awareness” as taught by Yogi Bhajan.
- Experience first-hand the effects of Kundalini Yoga practice under the guidance of longtime instructors.
- Develop a practice that can help enhance your health and happiness, thereby improving the creative experience of your life and work.
- Explore a life discipline designed to help you gain meaningful insights about yourself and to realize your true potential.
- If you desire to become a teacher, you will be given the knowledge and experience to become a well-rounded, competent and confident Teacher of Kundalini Yoga.

For all students of Kundalini Yoga

This Teacher Training Program is for everyone, whether you desire to become a certified teacher or simply wish to deepen your personal experience of Kundalini Yoga. New students to Kundalini Yoga will gain a strong foundation to begin a lasting practice in this ancient technology and longtime practitioners can deepen their experience, gain new skills, and challenge themselves by really delving deep into the technology of Kundalini Yoga.

Students and teachers of other types of yoga will also benefit from learning and practicing Kundalini Yoga and giving themselves a chance to experience why Kundalini Yoga is called the “Yoga of Awareness.” The course will give you a life-long foundation for a successful yoga practice.

If you want to deepen your relationship with your spirit and you are ready to begin a process of positive change in your life, then this course is for you.

Join our family of Kundalini Yogis in Toronto

An invaluable part of your study will be the personal direction, counselling and care you receive from Gurutej Kaur and Siri Bandhu Kaur, and Teacher Training administrator and intern Guru Fatha Singh. They are known and recognized as experts and leaders in the international community of Kundalini Yoga teachers. Together, they bring more than 75 years of teaching experience to this training program.

As an adjunct to the International Kundalini Yoga Teachers Association (IKYTA), the Toronto community serves to support teachers and students locally. The Toronto Kundalini Yoga Teachers Association (TKYTA) each year celebrates the first arrival of Yogi Bhajan here in Toronto, his first foothold in the West, back in 1968. Members are able to find and list classes, community events and services on our web-site: www.torontokundaliniyoga.com.

The crown jewel of our community is our teacher training centre, Guru Ram Das Ashram located near the Annex in downtown Toronto. Purchased and renovated in 1976, it serves as the venue for classes, workshops and all kinds of celebrations.

The Curriculum includes:

- Fundamentals of Kundalini Yoga
- Western & Yogic Anatomy
- Postures for Strength & Healing
- The Science of Mind & Meditation
- Using Sound & Mantra for Elevation & Integration
- Yogic Breathing for Empowerment & Elevation
- Relaxation & Stress Relief
- The Chakras & Ten Bodies
- Self-healing Through Yogic Diet & Nutrition
- Yoga History & Philosophy
- Development of a Daily Yoga Practice (Sadhana)
- The Role of the Kundalini Yoga Teacher
- The Structure of a Kundalini Yoga Class
- Teaching Kundalini Yoga Postures, Kriyas & Meditations
- Practice Teaching in a Supportive Environment
- An Experience of White Tantric Yoga

Course dates:

Classes meet monthly over 10 weekends: Fridays from 6 to 9 pm, Saturdays & Sundays from 9 am to 6 pm. Home base for the course will be the Multi Faith Centre of the University of Toronto, located on the second floor at 569 Spadina Avenue, north of College Street. The November weekend will be held at a beautiful centre one hour's drive from Toronto. May 14 is the White Tantric Yoga course held at the Church of the Holy Trinity. The cost of this course is included in your tuition. There will also be an optional graduation day.

- September 17, 18, 19 - 2010
- October 15, 16, 17
- November 12, 13, 14
- December 3, 4, 5
- January 21, 22, 23 - 2011
- February 25, 26, 27
- March 25, 26, 27
- April 15, 16, 17
- May 13, 14, 15
- June 10, 11, 12

Your Teachers:

Gurutej Kaur has been teaching people how to connect to their higher consciousness through yoga, chanting, meditation and healing for over 40 years. Her name means “the one who brings you from darkness into light at the speed of light.” Based in Los Angeles, Gurutej has started Kundalini Yoga centres in Canada and the USA. www.gurutej.com

Testimonials: “I so appreciate your ability to step out of yourself and give to others unselfishly. You have helped me to see my fullest potential beyond the fears that stand in my way. I admire your dedication to bringing positive change to the world and helping others live up to their greatest promise.” – Marla Maples, actress/dedicated seeker

“Our greatest Gift after studying with Gurutej for 10 years is potential. We have received so much strength, compassion, endurance and awareness. This has helped our expansion in our family, our religious community, and our three restaurants.” – Tom & Emily Kaplan, Hugo’s West Hollywood, Studio City & Highland Grounds

“Gurutej is the breath I dream of and the spiritual force for which I strive. The combined energy of both embodies a very special and powerful woman.” – Victoria Jackson, Victoria Jackson Cosmetics

Siri Bandhu Kaur, RMT has served as personal healer to both Yogi Bhajan and his wife, Bibji. Siri Bandhu has taught at Ottawa University, 3HO Summer and Winter Solstices, the Ottawa-Carleton Board of Education, and the London College of Acupuncture in England. She currently serves as a moderator of the Yahoo Kundalini Yoga Group and teaches at the PranaShanti Yoga Centre in Ottawa. With her husband, Siri Bandhu owns a wonderful spa and bed & breakfast. www.downtownbb.com

Tuition and enrollment

The cost of the course includes course materials, the White Tantric Yoga course, food & accommodations at the November retreat centre, but does not cover the mandatory 20 Kundalini Yoga classes taught by any certified instructor of your choice. To ensure receipt of course materials, a \$200 deposit is required before August 11. Late registrants may be delayed in receipt of these materials.

Full Payment

Paid on or before July 2	\$2,695 (materials included)
Paid on or before August 20	\$2,725 (\$200 by August 11)

Payment Plan

\$2,960 in total	\$1,000 + four payments
	<ul style="list-style-type: none">• \$490 due September 17• \$490 due October 17• \$490 due November 17• \$490 due December 17

All payments must be made by post-dated cheques with your registration application. Make cheques payable to Guru Fatha Singh, and send to: Guru Fatha Singh, 348 Palmerston Boulevard, Toronto ON M6G 2N6.

For registration and further information, contact Guru Fatha Singh today at 416.888.8535 or email gurufathasingh@gmail.com.

Certification requirements

To fulfill the requirements for KRI Level 1 Certification, you must:

- Complete all assignments.
- Receive a satisfactory practicum assessment & passing grade on the written examination
- Complete an assigned 40-day yoga set/meditation.
- Take 20 Kundalini Yoga classes with an instructor of the student's choice in the duration of the course. (These classes are not covered in the tuition for the course.)
- Participate in 5 early morning Sadhanas.
- Attend one full day White Tantric Yoga course.
- Properly represent the Code of Professional Standards for Kundalini Yoga Teachers.
- Attend all scheduled weekend sessions.
- Pay course fees in full.

This program includes Associate Membership in the International Kundalini Yoga Teachers Association (IKYTA). Once you have completed the Teacher Training course and have received your KRI Level 1 Certificate, you may upgrade (for a small fee) to Full Professional Membership. This program also meets the standards for the 200 hour Yoga Teacher Certification set by Yoga Alliance, a broad-based US standards organization.

Yogi Bhajan

Yogi Bhajan, Master of Kundalini Yoga, arrived in the West in 1968 with the intention of sharing a technology, a wisdom, and a way of life whereby all people might realize their birthright to be happy. With this end in mind, he formed 3HO – the Healthy, Happy, Holy Organization – and set out on a mission travelling the world introducing hundreds of thousands of people to Kundalini Yoga, the Yoga of Awareness.

International Kundalini Yoga Teachers Association (IKYTA)

In 1994, Yogi Bhajan founded the International Kundalini Yoga Teachers Association (IKYTA), which works to spread these priceless teachings around the planet. It is the professional organization of certified Kundalini Yoga Teachers. Members receive such benefits as education programs opportunities and product discounts. Full Members are listed on the IKYTA site: www.kundaliniyoga.com.

Kundalini Research Institute (KRI)

The Kundalini Research Institute is, and has been engaged in original scientific research on the effects of yoga since 1973. It also administers the certification standards of Kundalini Yoga Teachers, and publishes and reviews media and products developed to support the teachings of Kundalini Yoga. www.kriteachings.org

Administration of the Toronto course

[Guru Fatha Singh](#) will serve as administrator and intern of this course. He is a thoughtful and inspiring teacher dedicated to the progress of his students. He is also a biographer of Yogi Bhajan and founder of the Toronto Kundalini Yoga Teachers Association.

You can phone Guru Fatha Singh at 416.888.8535

or email gurufathasingh@gmail.com

for more information about the course.