

# W elcome to New Hampshire Kundalini Teacher Training

Please be sure to read through the application first before you begin writing. There are various forms of payment and payment schedules to be aware of and dates of the program to confirm. When you begin to fill out the forms, please write as clearly as possible, we have highlighted the places that require your signature and date.

The page titled **Student Certification Requirements** has valuable information regarding the certification. We will be going over these requirements in the phone interview and would like to make sure you are clear on the criteria.

The **Certificate Name Form** is the form used to fill out your training certificate, so please fill it out as you would like to see it on your wall. If you are interested in acquiring a spiritual name, please contact Sarah for this information.

Please feel free to contact Sarah with questions at [swbrassard@gmail.com](mailto:swbrassard@gmail.com)

If you are paying by *check*, please make it out to **ACCESS SHUNIYA** and mail it to *Sarah Brassard, 47 Dow Rd., Hollis, New Hampshire 03049*

Blessings and have a peaceful day.

**The Aquarian Teacher™**  
**KRI International Teacher Training Certification Level I**  
**Registration and Release Form**

Name of KRI Licensee/ City/State: Hari Kirin Kaur Khalsa, Hollis, New Hampshire

Legal Name (print): \_\_\_\_\_  
(Last) (First) (Middle)

Spiritual Name (print): \_\_\_\_\_  
If applicable. You can apply for a spiritual name at 3HO.org.

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_

Postal Code/Zip Code: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cellular Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Release**

I am aware that the Kundalini Yoga Teacher Training Program is here to serve me by sharing knowledge of Kundalini Yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Program.

In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program.

I agree to indemnify and hold harmless the Program; KRI; Harbhajan Singh Khalsa Yogiji, a.k.a. Yogi Bhajan; YB Teachings, LLC; 3HO Foundation; Sikh Dharma; Humanology, Health Science Incorporated; and any affiliations and/or subordinate corporations not stated herein, their officers, directors, employees, agents, or volunteer staff from and against all claims, actions, demands, proceedings, liabilities, cost and expenses, including reasonable attorney's fees, which they may have ascertained against or incurred by them arising as a result of my participation in the Program.

I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue or make any claims of any kind whatsoever against the Program or any of the aforementioned parties for any injury, property damage/loss, or death caused by their negligence or other acts.

The Undersigned agrees that they have read, understand, and agree to all the Release information stated herein and that all the Registration information provided is correct to the best of their knowledge:

Signature (Legal Name): \_\_\_\_\_ Date: \_\_\_\_\_

# Student Certification Requirements

## The Aquarian Teacher: KRI Level 1 International Kundalini Yoga Teacher Training Certification Program

*Dear Student,*

*Please read, sign, and return this form to your Teacher Trainer. The boxes need to be checked by your Teacher Trainer as you complete your training.*

The KRI Teacher Training team reserves the right to grant KRI Level 1 Certification based solely on their discretion and evaluation of each student's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting the KRI Teacher Training course requirements including, but not limited to:

- q Attendance at all classes and full payment of course fee
- q Completion of 20 Kundalini Yoga Classes during or after the completion of Teacher Training
- q Satisfactory performance in practicum
- q Passing grade of 75% or better on the KRI Exam
- q Creation of two yoga course curricula
- q Completion of the assigned 40-day yoga set/meditation
- q Participation in five full morning sadhanas
- q Completion of a Confidential Evaluation Form for each KRI Teacher Trainer
- q Attendance at a one day White Tantric Yoga course (attach copy of receipt)
- q Acknowledgement that Student has read, understood, and signed the  
*Code of Professional Standards for Kundalini Yoga Teachers.*

I, the undersigned, have read, understood and agree to abide by the *KRI Certification Requirements*. If I am not granted certification, I understand that I have the right of appeal to KRI, whose decision shall be final.

**\* Late Fee:** Students who for any reason do not complete all of the requirements for certification, as listed above, by the last day of the course are required to pay a \$26 per month (\$20 US in Canada) late fee (with the exception of 20 Kundalini Yoga classes and one day of White Tantric). All requirements including the accrued late fee(s) must be sent by the Trainer with this completed form no later than one year from the end of the program. All those who do not complete the requirements for the course and submit the late fee within this timeframe must take another KRI Level 1 Teacher Training program, if they wish to become KRI Certified.

\_\_\_\_\_  
Signature (Legal Name) Date

\_\_\_\_\_  
Print (Legal Name)

\_\_\_\_\_  
Hollis, NH

\_\_\_\_\_  
Course location (city)

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I recommend this trainee to be certified as a KRI Level 1 Instructor of Kundalini Yoga as taught by Yogi Bhajan.

\_\_\_\_\_  
KRI Teacher Trainer

\_\_\_\_\_  
Date

## Code of Professional Standards for Kundalini Yoga Teachers

The following reflects the consciousness and conduct of a Kundalini Yoga Teacher as represented by the 3HO International Kundalini Yoga Teachers Association (IKYTA), and the Kundalini Research Institute (KRI). This Code reflects the highest standards for Kundalini Yoga Teachers to enhance our link in the sacred Golden Chain.

### Teacher /Student Relationship

It is the responsibility of the teacher to maintain a professional relationship with students. This also applies to anyone assisting the teacher or engaged in any related activities.

1. A teacher recognizes the trust placed in, and unique power of the student-teacher relationship. A teacher avoids any relationship with a student that could impair his or her professional judgment. He or she does not use the relationship for personal gain.
2. All forms of sexual involvement with students are unethical, even when a student invites or consents to such behavior. Sexual behavior includes, but is not limited to, all forms of overt and covert seductive speech, gestures, and behavior.
3. A teacher does not engage in harassment, abusive words or actions, or coercion of students or former students.
4. A teacher shows sensitive regard for the moral, social, and religious standards of students, and avoids imposing his or her personal beliefs on others.
5. A teacher realizes that he or she is a vehicle for these teachings, never their source.
6. A teacher strives to build the students' connection to the teachings and to their own souls, rather than to a personality. The teacher never considers him or herself a "guru," nor initiates anyone as a disciple.
7. A teacher does not abandon or neglect students. If unable to continue a professional relationship, every reasonable effort is made to arrange continued instruction with another teacher.
8. A teacher makes only realistic statements regarding the benefits of yoga.
9. A teacher recognizes that the student-teacher relationship may involve a power imbalance, even with a student no longer studying with the teacher. Therefore, the teacher will use caution when entering into a personal relationship with a current or former student.

### Confidentiality

1. A teacher treats all communications with students with professional confidentiality.

### Class Structure

1. A teacher teaches a class as it was taught by Yogi Bhajan, with the exception of reducing the timing of postures, or providing variations of postures when necessary to accommodate limitations of students.
2. A teacher does not create or invent postures or incorporate other teachings into a Kundalini Yoga class.
3. Acknowledging that we are part of the Golden Chain of teachers, a teacher begins class by chanting 'Ong Namō Guru Dev Namō' at least three times, and ends with the 'Long Time Sun Shine' song.
4. In class, a teacher wears appropriate, modest, clean, white clothing.
5. Yogi Bhajan strongly encourages teachers to wear a white head covering of natural fabric while teaching class, for

his or her personal protection and upliftment when handling the powerful energies involved with teaching a Kundalini Yoga class.

6. A teacher will always arrive prepared to teach the class, and avoid being late.

7. A teacher recognizes the tradition that respects the sacredness of yogic teachings, and encourages students to make an offering for each class.

### Advertising and Promotion

The following guidelines are recommended to uphold the quality of the teachings and how they are represented, as well to protect against legal allegations arising from our actions, comments, or printed material:

1. A teacher does not misrepresent his or her professional qualifications, affiliations, or falsely imply sponsorship or certification by any organization.
2. Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should not include exaggerated claims about the effects of yoga.
3. A teacher does not make public statements which contain any false, fraudulent, misleading, deceptive, or unfair statements or any statements intended or likely to exploit a student's fears, anxieties, or emotions.
4. A teacher will represent him or herself, IKYTA, 3HO, and Yogi Bhajan, truthfully and accurately in all public relations, following the guidelines set from time to time by IKYTA, KRI, 3HO or Yogi Bhajan for advertising that will correctly reflect the organization's mission.

### Professional Competence

1. A teacher recognizes his or her individual boundaries of competence and is forthcoming about professional experience, qualifications, and credentials.
2. A teacher is committed to the improvement of his or her professional knowledge and skills in order that his or her performance will better serve others. A teacher continues to actively practice Kundalini Yoga and update his or her skills, particularly as recommended by or required from time to time by IKYTA.
3. A teacher is committed to his or her personal spiritual development, and so will have a regular, daily spiritual practice.
4. A teacher abstains from taking alcohol, tobacco, or drugs (except for medical purposes).
5. A teacher practices the yogic tradition of eating a vegetarian diet.

(Please Print Eligibly)

Legal Name: \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# Certificate Name Form

## The Aquarian Teacher: KRI Level 1 International Kundalini Yoga Teacher Training Certification Program

Students who complete all requirements of the KRI Aquarian Teacher Training Level 1 Instruction Program, and are approved by the Teacher Training Team, will receive a certificate from the Kundalini Research Institute.

Your legal name is required on your certificate. However, you may also have a spiritual name on your certificate. Certificates are printed legal name first, dash, then spiritual name. (Example: John D. Smith – Guru Singh)

Please leave the spiritual name field blank if you would like **only your legal name** to appear on the certificate.

**Your Name(s): *please print very neatly!***

My legal name is \_\_\_\_\_

My spiritual name is \_\_\_\_\_

Note: leave spiritual name field blank if you would like **only your legal name** printed on the certificate.

### **Graduation Date (or last day of program)**

This will be the date on the certificate. November 8, 2009

I understand that there is a charge of \$25 if I ask KRI to reprint my certificate.  
This covers the reprinting and the mailing.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

# PAYMENT & COURSE INFORMATION

Full Name: \_\_\_\_\_

## Terms and Conditions Between Participants and Access Shuniya

### Payment

Payable by cash, check, money order, Master Card, Visa, or Amex.

If registering with the Payment Plan, the participant agrees to pay fully for the course according to the agreed upon plan. If you miss a session of the course you are still responsible for all installments. *If you miss a payment, you will not be allowed to participate in the following weekend until the payment has been made.*

\_\_\_\_\_ **Initial**

**DEPOSIT:**  
\$1200.00 to hold your space  
in the training ( unless you  
are on payment plan)  
**initial**

**FULL**  
**PAYMENT: \$2950.00 ( or**  
**1750.00 after initial**  
**deposit)**

To withdraw from the course before it begins we must receive your request in writing before March 15, 2009. You will be eligible for a refund minus a nonrefundable

\$500.00. No refunds for requests received after March 20, 2009 \_\_\_\_\_ **Initial**

### Nature of Course

The Kundalini Yoga Teachers Training Course is dedicated to excellence in training teachers of Kundalini Yoga as taught by Yogi Bhajan, given under the auspices of KRI. The course is not a registered school or college.

**Details and Changes** (Details in the Information sheet are subject to change.)

*I agree to the above terms and conditions for registration and participation in the Access Shuniya Kundalini Yoga Teacher's Training Course.*

Signature (Legal Name): \_\_\_\_\_ **Date:** \_\_\_\_\_

Print Name: \_\_\_\_\_

## MONTHLY PAYMENT AUTHORIZATION FORM:

Name \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**You MUST use a credit card for the payment plan!**

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVC Code: \_\_\_\_\_

Signature: \_\_\_\_\_

If registering with the Payment Plan, you agree to pay fully for the course according to the agreed upon plan. The course must be paid in full by November 1, 2009.

**If you miss a session of the course you are still responsible for all installments. If you miss a payment, you will not be allowed to participate in the following weekend until the payment has been made. \_\_\_\_\_ Initial**

**12 month payment plan: The first of each month, there is an automatic withdrawal of \$283.00 from your credit card. The total amount for the training with this payment plan is \$3396.00**

*Office Notes:*

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**KRI Certification Requirements**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Date: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_

Please have your instructor complete one line upon completion of each Kundalini Yoga class.

Please follow the example provided.

R Completed:(Date) 11/11/2011 (Instructor Signature): *John Doe*

**20 Kundalini Yoga Classes**

|                    |               |
|--------------------|---------------|
| q Completed: _____ | Signed: _____ |
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**One Day White Tantric Yoga**

Date Completed \_\_\_\_\_

Verified by KRI Teacher Trainer: (Please Print)

**TEACHER FILLS OUT INFORMATION BELOW!!**

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_