

**KRI International Teacher Training Level 1 Certification Program**  
**Malaysia 2010 Course**  
**220 Hour Course Requirements**

**Requirements**

- attendance of the 4 course modules (36 sessions)
- completion of 4 assignments:
- viewing 2 videos of Yogi Bhajan
- satisfactory presentation and facilitation skills during practice sessions
- satisfactory participation in home tasks discussions
- 40-day home practice of given set and meditation
- ongoing home practice
- records of class and home practice experience
- attendance of workshops with Sunder Singh Khalsa (40 workshop hrs)
- attendance of all sadhanas during workshops
- attendance of White Tantric Yoga (1 day)
- attending 20 classes in a regular Kundalini Yoga programme  
(classes before / after / during taking part in the level 1 course)
- teaching at least 5 Kundalini Yoga classes outside the level 1 course setting
- completion of take-home final examination before being allowed to attend the final exam
- completion of the final written exam