

KRI Aquarian Teacher Level One  
Certification 220 hours

"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.



## Kundalini Yoga Teacher Training - Malaysia

Embark on an adventure to your higher self. Awaken your potential through the life changing technology of Kundalini Yoga as taught by Yogi Bhajan.

This is a unique and experiential yoga certification program. It is suitable for everyone, whether you would like to become a certified teacher or simply wish to deepen your personal experience through Kundalini Yoga in a conscious and spiritually supportive environment.

### Open to your Destiny

Come share with us and grow with the knowledge, merit and wisdom of Kundalini Yoga as taught by Yogi Bhajan. Experience the happiness, challenges and fun of working through mental, physical and spiritual blocks. Enjoy learning the consciousness of the yogic lifestyle with like minded people seeking a life transcending experience.

*"Absorb this ancient wisdom technology that elevates and enlightens. Learn to be you."*  
Yogi Bhajan, Master of Kundalini Yoga



Yogi Bhajan arrived in the USA from India in 1969 with a stated purpose "I have come to create teachers, not to gather disciples". He then founded 3HO - the Healthy, Happy Holy Organisation based

on the first principle: "Happiness is Your Birthright". Over the years Yogi Bhajan travelled the world teaching Kundalini Yoga, The Yoga of Awareness, to hundreds of thousands of people. In 1994 he founded the International Kundalini Yoga Teachers Association (IKYTA), which works to spread these priceless teachings worldwide. As a certified teacher you will be part of a global international Teaching Team.

### Course Dates 2011

15-17 July (3 days)

27-30 Aug (4 days)

5-7 Nov (3 days)

5-8 January (4 days)

In addition to these dates you are required to attend 40 hours (4 days) in workshops with Sunder Singh Khalsa or designated senior KRI teacher.

White Tantric is equivalent to 2 days of workshop and will be held on 15 October in Thailand.

Kundalini Yoga Asia festival held in October in Bangkok satisfies this requirement. For information visit [www.kundaliniyogaasia.org](http://www.kundaliniyogaasia.org)



Chayo studio is dedicated to bringing the very best trainers - experts in their style, for a fulfilling and varied experience. We frequently have exciting workshops with overseas teachers on yoga, healthy lifestyle and healing.

Address: 50 - 2 Kelana Mall, Jalan SS6/14 Kelana Jaya (opp Giant), Petaling Jaya  
Phone: 03 780 62035 [www.chayostudio.com.my](http://www.chayostudio.com.my)

# Teacher Training Details

## Course Curriculum

You will learn the foundational teachings of Kundalini Yoga including:

- Yogic philosophy
- History of yoga
- Roots of kundalini yoga
- Anatomy & physiology
- Asana, mudra & bandha
- Science of breath
- Sound & mantra
- Meditation & the mind
- Humanology & yogic lifestyle
- Yogic Diet & Nutrition
- Conscious Relationships
- Deep relaxation
- The eight chakras & ten bodies
- Sadhana: Daily spiritual practice
- Role of a kundalini yoga teacher
- Teaching kundalini yoga &

meditation

## Certification

The complete training for KRI Level 1 (Instructor) Certification consists of 220 hours of instruction, personal practice and yoga classes and workshops that will develop skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching in a practicum setting, participate in early morning Sadhana (spiritual practice), and experience the powerful transformational energy of this ancient technology. Homework includes reading assignments, written assignments, a 40 day personal sadhana and independent study.

## Fees

Non-refundable registration fee	1005RM
Course textbook and materials fee	540RM
Module 1	1009RM
Module 2	1009RM
Module 3	1009RM
Module 4	1009RM
<b>Total</b>	<b>5579RM</b>

The total course fee includes all classroom instruction, breakfasts and lunches and course handouts.

The course fee does NOT include, 20 Kundalini Yoga classes outside training class time, or the 40 hours of mandatory workshops with Sunder Singh Khalsa or an appointed KRI Certified Teacher Trainer.

Partial scholarships are available can be awarded subject to KRI Director of Training in Asia approval.

Please contact us if you require accommodation in KL for the non residential weekends.

## How to register

Please register your interest so you can be kept up with any updates.

Please contact Chayo Studio to register for teacher training.

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Phone: 03 780 62035

Email: [info@chayostudio.com.my](mailto:info@chayostudio.com.my)  
[www.chayostudio.com.my](http://www.chayostudio.com.my)



Sunder Singh Khalsa is the coordinator of this program. He was born in Taiwan to a Chinese family and moved to the US when he was a young man. From a young age, he was interested in spirituality. In 1971 he met and began studying under Yogi Bhajan, the Master of Kundalini Yoga and trained diligently under him. Sunder has been teaching for over 30 years, and he teaches all over the world. He is the KRI (Kundalini Research Institute) Director of Teacher Training in Asia, and is also a successful businessman based in Virginia, USA. He travels to Asia two-three times a year to teach intensives and KRI Level 1 & 2 Teacher Certification programs in Thailand, Singapore, Malaysia, China, Cambodia, and Japan. Over the past 8 years, he has taught across the Asian region. You will be required to attend his workshops in addition of this program.

## Teaching Team

**Mr. Tonie Nooyens** As certified Kundalini Yoga teacher he is active teachers and practitioners within the community, travelling regularly throughout Asia. He practices and teaches meditation and healing techniques since 2002 including Vipassana, Zen and Tibetan Buddhist meditation.

As from January 2007, Tonie has been based in Cambodia, conducting a Yoga and Meditation training programme for Cambodians, and setting up stress and trauma relief activities, as well as communication and personal capacity training for vulnerable groups.

**Christine Plaud** After only taking 2 classes, Christine immediately signed up for teacher's training in Thailand in 2002 and began teaching in 2003. She is an Ayurvedic massage therapist and has been offering massage, detoxification programs, and yoga and meditation classes since 2003. Her approach to teaching is joyful and spirited and she loves giving attention to the different elements of Kundalini Yoga such posture and breathing. She started Inner Keys, Pty Ltd in 2005 in Singapore.

**Rajveer Singh Khalsa** began to study the ancient science of Kundalini yoga, meditation and self mastery from a young age under the guidance of Yogi Bhajan in the United States of America. Since 1998, he has been teaching in Singapore and has dedicated his life to teaching this sacred science to South-east Asians.

**Dharamjot Kaur** from Melbourne has taught Kundalini Yoga and played the Gong across Australia and Malaysia. She brings her own rich experience as a counselor, marketing executive and Kundalini Yoga teacher to each of her classes. Dharamjot loves to share the ancient wisdom of Kundalini Yoga as taught by Yogi Bhajan to empower people to be the best that they can be. Dharamjot loves teaching children and is certified conscious pregnancy teacher.

**Guru Jaswant Kaur** moved to Singapore from the US in 2001. From birth, she was raised in a spiritual community in New Mexico, USA, where yoga, meditation and a healthy lifestyle was promoted. She studied directly under Yogi Bhajan all her life until he passed away in 2004. Guru Jaswant attended a boarding school in India for 7 years, from grade school through high school, where she learnt yoga as a fun activity. As she grew older she found it a wonderful connection for her body and spirit. She has been teaching Kundalini Yoga for over 8 years, and also teaching Bhangra dance. She is passionate about dance and especially bhangra, and trained with Ravi Kaur and performed with Izzat of Punjab in the US before she moved to Singapore. She is committed to teaching fun, wholesome classes of Kundalini Yoga and bhangra aerobics, to elevate the body, mind and spirit