

Yoga Lifestyle Studio presents:

Kundalini Yoga Teacher Training level 1

by Gurumarka Singh Khalsa



Start September 2010

Training Program

This International Kundalini Yoga Teacher Training Program is for anyone who wants to:

- **become a certified yoga teacher**
- **deepen your personal experience of Kundalini Yoga**
- **learn and integrate new skills into your profession**

The program is designed to give you a deep connection to your inner self; providing you the theory, practice and experience needed to become a well trained yoga practitioner and successful teacher.

The course is taught over 5 weekends, 1 full week and the test weekend. The weekends begin at 19.00 on Friday and end at 17.00 on Sunday. Each day begins with sadhana; morning discipline to clean the subconscious mind and to give you strength so you cannot be defeated. This is followed by theory classes, yoga, meditations, assignments and outside activities. During the breaks we serve tasty and healthy vegetarian meals.

International Level 1 Kundalini Yoga Teacher Training

Topics

What is Yoga
Breath
Kriya
Mantra
Sadhana
Meditation
Relaxation
Postures
Anatomy
Chakras
Ten Bodies
The Mind
Humanology
Aquarian Age
Golden Chain
Yogi Bhajan
Role of a Teacher
Yogic Diet
Yogic Lifestyle

Yoga Teacher training level I

The Week

The full week is a unique opportunity to go deep into the experience of who you truly are. Daily sadhana and a healthy yogic cleansing diet gives a safe and healing environment that allows you to look at your relationship to food, emotions, stress and family patterns. We will do longer meditations, experience the power of group consciousness, do group activities in nature, and some surprises. Past participants have commented at the truly life transforming effect of this week.

Extras

You will have personal interviews during the year to support your personal development process and changes that naturally occur during the training. In addition, certified teachers will join us to offer their support, wisdom, experience, inspiration and guidance.

Location

The training takes place in a beautiful seminar house with bright rooms, heated floors, comfortable 2 person bedrooms and surrounded by country side and forest. The house provides us with a quiet, warm and safe atmosphere to be together and do our work.

Material

Training manuals include: The Aquarian Teacher, The Master's Touch, Self Knowledge, Yogi's World, Sadhana cd and Japji booklet.

Certification

The course is certified by the KRI Kundalini Researche Institute, and you will receive a Level 1 International Teaching certificate.

Requirements include:

- attendance at all classes
- course assignments
- 40-day sadhana
- full payment
- examination weekend

You can register with the national or international teachers associations. The benefits of which include: being listed in printed and online teacher directories; discounts for yogi products, books and music; access to yoga library; and discounts at yoga events.

*“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



Trainers and mentors

Gurumarka Singh

lived for 14 years at the ashram in New Mexico studying with Yogi Bhajan (master in Kundalini Yoga). Gurumarka has been teaching Kundalini Yoga since 1972. He has been living in Europe since 1995 where he has been teaching and training teachers. He is the founder of Naad Yoga Center in Heidelberg. Gurumarka also offers: Level 2 and Children's Yoga Teacher Training, LifeMAP Strategic Planning for Personal Success, Business Yoga and Individual Therapy.



Gobinde Singh

teaches yoga since 1991 with a deep knowledge of Hatha and Kundalini Yoga. Gobinde is currently completing his training as a natural healing doctor and is going on to train in ayurveda massage and autogenes. He specializes in teaching the beauty, grace and power of the postures.

Team

A team approach assures the best learning environment. Guest teachers and trainees will offer their many years of experience on subjects they are most familiar with. This offers you a chance to experience different teaching styles from long-time successful teachers.

All trainers are KRI/IKYTA certified.

Location

Meeuwenveen Accommodations
Meeuwenveenweg 1-3
Havelte / 0521-341289
www.meeuwenveen.nl

Pre-interview

A pre-interview helps us better understand your needs for the course. This can be done in person or on the phone.

Dates: 2010/2011

September	24 - 26
October	29 - 31
December	17 - 19
January	16 - 23 - week
February	25 - 27
April	01 - 03
May	06 - 08 - test weekend

Weekends start at 19:00 h on Friday.
1 or 2 weekends can be made up if missed.

Costs

From € 3000 which includes:
- course fee
- registration deposit
- seminar house
- tasty vegetarian meals
- examination and certification fee

€ 150 - 250 extra:
Training Manual, Books and CD's

Payment options*

€ 3000 (payment before 15th of June)
€ 3150 (payment before 31th of August)
€ 3250 (10 Payment option - the deposit of
€ 500 and 10 monthly payments of € 275)
(*This information may change.)

Registration

- 1) Fill out the online registration form on our website: www.lifestylestudio.nl by opening the level 1 page, and pressing the 'registrate here' button.
- 2) Send a deposit of € 500 (non-refundable) Limited to 25 students.

Bank: Rabobank Rek.nr. 1281.30.369
Please specify: TTL1 + your name

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