

Tentative Course Schedule		
Dates	Topic	Topic
Sep 15-16	Kundalini Yoga's Roots	Breath
Oct 20-21	Kriyas	Relaxation
Nov 17-18	Sound & Mantra	Postures & Exercises
Dec 15-16	Mind & Meditation	About Sadhana
Jan 19-20	Masters Touch Videos	Chapter Conversation
Feb 16-17	The Role of a Teacher	The Role of a Teacher
Mar 15-16	Yogic Philosophy	Yogic Lifestyle
Apr 19-20	Anatomy	Anatomy
May 17-18	Practicum	Practicum
June 21	GRADUATION!	

**Tuition is approximately \$2,800**  
**For more information contact**  
**Valerie Weir or Dale Prentiss at**  
**248 346-2014 or**  
**248 545-6545 or**  
**dalep@core.com**



### Yogi Bhanan

Yogi Bhanan, master of kundalini yoga, arrived in the United States in 1969 with a stated purpose: "I have come to create teachers, not to gather disciples." For over 30 years, he traveled internationally teaching kundalini yoga, the yoga of awareness. In 1969 Yogi Bhanan founded 3HO, the Happy, Healthy, Holy Organization, based on his first principle, "Happiness is your birthright."

Through the Aquarian Teacher Program, Yogi Bhanan has trained thousands of KRI certified kundalini yoga teachers. In 1994, the International Kundalini Yoga Teachers Association (IKYTA) was formed to further spread these priceless teachings through the united efforts of kundalini yoga teachers worldwide.

Call 248 346-2014 or email dalep@core.com to request an application and information about payment arrangements. Space is limited. A \$200 deposit is due upon acceptance in the program.

# The Aquarian Teacher

The Kundalini Research Institute, in conjunction with Oakland University, presents Level I Teacher Training, a 200-hour accreditation program in yoga and meditation.

September 2007 - May 2008



*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.*

Yogj Bhanan



# SURF YOUR CONSCIOUSNESS

## Dr. Mahan Rishi Singh Khalsa and Nirbhe Kaur Khalsa, Lead Teachers

Dr. Khalsa (above left) graduated from New York Chiropractic College in 1988. Together with his wife Nirbhe Kaur Khalsa (above right), Mahan Rishi has taught for over 25 years in the fields of kundalini yoga and holistic health care. "We want people to get in touch with their innate wisdom, because the body knows how to heal itself," says Dr. Khalsa. They approach their work as a lifestyle, where the benefits of meditation and yoga are building blocks for creating a more vital and connected world.

Oakland University in Rochester, MI, our training site.



Nirbhe and Mahan Rishi have both dedicated their lives to the practice and teaching of kundalini yoga as a way to enhance deeper states of compassion, awareness, and universality. They have been traveling, teaching, and sharing in various parts of the world since the mid-seventies. In exploring the practices of numerous traditions, they bring a broad spectrum of collective knowledge to their teacher training courses. The direct guidance of Yogi Bhajan for 25 years gave them the opportunity to practice under conditions that have challenged them to their fullest. Transformed by these experiences, they have committed their lives to bringing the ancient teachings of kundalini yoga into everyday life.

## Pritpal Kaur & Pritpal Singh

Pritpal Kaur Khalsa, RYT-500, has been a teacher of kundalini yoga, meditation and spiritual awareness for over 30 years. She also is a teacher trainer in the area of posture and alignment.

Her husband Pritpal Singh Khalsa, a highly regarded teacher of kundalini yoga, is also a recording artist, and an expert on meditation, mantra and the yoga of sound. They have a yoga studio in Santa Fe, NM.

## Hari Kaur Khalsa

Hari Kaur Khalsa (below) directs and teaches kundalini yoga classes and teacher trainings in the US and abroad. Hari is a caring, inspiring, and down-to-earth teacher, making these powerful and healing teachings accessible to students of all levels. Inspired by years of study with Yogi Bhajan, Hari continues to serve everyone she meets with smiles and spirit. She is married to jazz musician Dave Frank. They make their home in New York City, bringing music and yoga to uplift the urban spirit. Hari is co-author of *A Woman's Book of Yoga* (Penguin 2002) and author of *A Woman's Book of Meditation* (Penguin 2006).

