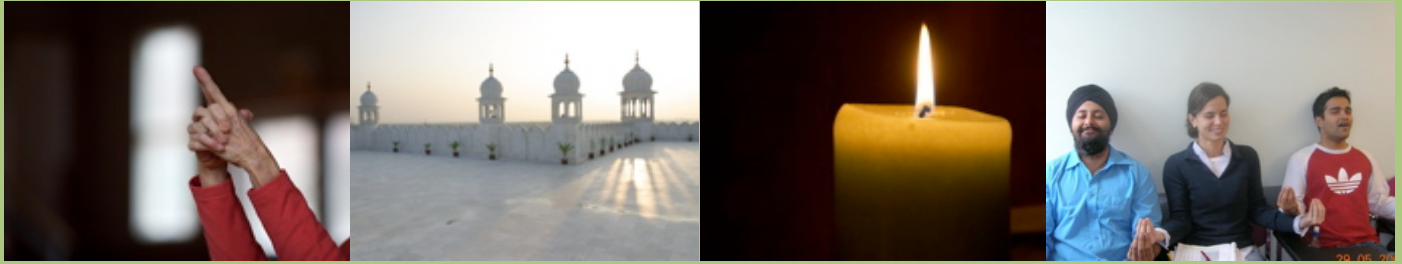


The Aquarian Teacher



Kundalini Yoga Teacher Training, a 200-hour accreditation program in yoga and meditation.
September 2007 - May 2008 on the Oakland University campus, Rochester, Michigan

Why Take Kundalini Yoga Teacher Training?

"The Age of Aquarius is on us whether we feel it, know it, understand it or not. The past is going to be obsolete, and teachers of the Age of Aquarius are going to help humanity. How to grow, to glow. How to serve, to be." --Yogi Bhajan



For one weekend a month for nine months, you will learn how to function and lead within these changing times. You will learn basic care and operation of the

human sensory system, including how to

- maintain your glandular and nervous systems so they function at an optimal level,
- develop the sensitivity you will need to enter into this new age,
- deepen your relationship with your mind, and
- work effectively with others in community.

We live in a culture that encourages short-term solutions and prescription drugs, and ignores the needs of the whole being. In kundalini yoga we have the technology to conquer the subconscious mind, to

reach our full potential. These are essential teachings for this time.

The first student you will have as a teacher is yourself. As the light of one candle can light thousands of candles, you must first illuminate your own consciousness. Awaken your own awareness, then you can help others. You can serve. You can contribute. You can do your part to help humanity enter this new age and make the dream of world peace a reality.

Aquarian Leadership Training is about cultivating the confidence, commitment and character to become a leader of Aquarian consciousness.

We invite you to join this golden chain of teachers. Take a deep breath. Listen to your soul. You deserve this, and many await your help.

Call 248 346-2014 or email dale@ckick.com for more information. Space is limited. A \$200 deposit is due upon acceptance in the program.

Testimonials

[From students at Yoga West in Vancouver, British Columbia]

☐ “Throughout this course I have developed a sensitive ear to the sound of my breath; I hear it now as the essence of my power, as my true guide. Meditation and my yogic practice have replaced fear with the calmness of knowing my true identity and the integrity of the words ‘Sat Nam.’ We are blessed to have received these teachings, and I bow every day in gratitude for them.” – Bhakti Kaur, graduate 2005-06

☐ “The course helped to open me to the blessings of each experience in life, while encouraging me to examine reactions to these experiences. I feel that the teacher training goes beyond simply learning how to teach kundalini yoga. it provides the tools to be a leader of consciousness for the coming age.” – Erin Hogan, graduate 2005-06

☐ “Teacher Training is like taking an eight month working vacation - with yourself as your best mate. Take a spiritual voyage into uncharted waters of your own soul via a sturdy vessel (yogic teachings), a dependable crew (your classmates) and first rate captains (your teachers) then step back onto shore a veteran seafarer. Master yourself and discover your potential!” – Bart Sullivan, graduate 2005-06

☐ “Through the rigors of kundalini yoga teacher training my ego was sandblasted to reveal a

purity and innocence which is my only true power. I faced many squares in my life and came out victorious each time - there were tears, laughter, and of course chanting. During the course I received a deeper understanding and experience of the teachings of Yogi Bhajan. I would recommend this experience to anyone looking for peace of mind in an increasingly high stress world.” – Hari Bhajan Singh, graduate 2004-05

☐ “The past eight months have delivered me both emotionally and spiritually. I address the future with more courage and grace. Thank you for the purity of the teachings and the integrity of the teachers. I am forever grateful for this personal transformation.” – Colleen, graduate 2004-05

Working Schedule

[Approximately 8am - 7pm Saturdays and 8am - 5pm Sundays]

- ☐ 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
- ☐ Mar 15-16: Yogic Philosophy / Yogic Lifestyle
- ☐ Apr 19-20: Yogic & Western Anatomy
- ☐ May 17-18: Practicum
- ☐ July: Graduation!

Teaching Team

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

Dr. Khalsa graduated from New York Chiropractic College in 1988. Together with his wife Nirbhe Kaur Khalsa, 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. 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.

Other licensed teacher trainers are also invited to teach in their area of expertise.

Registration Application Fall 2007
The Aquarian Teacher Kundalini Yoga Teacher Training Course
Michigan Kundalini Yoga - 1403 N. Blair Ave. - Royal Oak, MI 48067-1439

Name _____

Spiritual name, if you have one _____

Address _____

City _____ State _____ Zip _____

Home/Work Phone _____ Cell Phone _____

E-mail _____ Birthdate _____ (required by KRI)

Do your friends and family support your desire to take this training? yes no

What do you hope to receive from this course? _____

[you can continue on a clean sheet of paper]

Course Dates

2007 Sep 15-16, Oct 20-21, Nov 17-18, Dec 15-16

2008 Jan 19-20, Feb 16-17, Mar 15-16, Apr 19-20, May 17-18, July graduation

Payment Options

Pay in full up-front \$2,800 Pay in three installments \$3,000

Payment Instructions

Non-refundable down payment due with registration: \$200 [check to "Michigan Kundalini Yoga"]

Pay In Full Option

Submit this form, signed, with down payment. Balance is due on the first day of class. If the balance is not paid then, you will automatically move in the Pay By Installments option.

Pay By Installments Option

Submit this form, signed, with down payment and 3 post-dated checks (\$1,000, \$1,000, and \$800). Balance is spread over these 3 payments, beginning September 2007.

Refunds & Withdrawal from Course

Refunds Prior to First Day of Class

Fees paid are returned less the nonrefundable \$200 registration fee. Refund will be issued within ten business days.

Refunds After First Day of Class

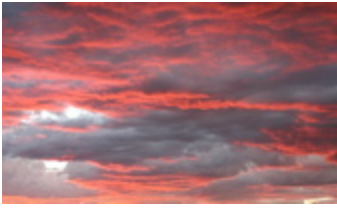
Refund will be total fees already paid less the \$200 registration fee and \$375 per weekend attended (no reduction for partial attendance).

Signature & Guarantee

My signature below affirms that I have read, understood, and agree to the terms and conditions of this contract. I agree to hold harmless and make no claims against Michigan Kundalini Yoga, its teachers, agents, or affiliated entities.

Signature of Registrant

Date



A New Day

The Aquarian Age is dawning and marks the transition into new ways of “being” within the

evolution of humanity.

The vibrational frequency of the planet has been steadily increasing and we are currently on the cusp leaving the Piscean Age behind. It has been predicted that we will be fully in the Aquarian Age by 2012.

The Piscean Age was ruled by machines, hierarchies and ego, and characterized by power, control, fear and manipulation. The new Aquarian Age will be ruled by awareness, intuition, wisdom (lived knowledge) and experience, and characterized by healing, peace and prosperity.

The mind is changing its sensitivity, its basic frequency and functioning. Our life is changing its sense of time, space, and reality. To help with these vast changes ahead we are fortunate to have the powerful technology of kundalini yoga at our disposal.

Course Requirements



- Attend all classes
- Attend a minimum of twenty kundalini yoga classes
- Complete a 40-day meditation
- Complete regular homework assignments
- Complete five group sadhanas (early morning yoga practice) and one White Tantric workshop
- and for Teacher Certification:**
- Satisfactory performance in one supervised practicum
- Passing grade on the oral and written final exams
- Acceptable representation of the Kundalini Yoga Code of Professional Standards and readiness to be a kundalini yoga teacher as determined by the teacher training team

Course Curriculum



- Postures (asanas), sets (kriyas), sound (mantra) and breath (pranayam)
- Yogic & Western anatomy
- Humanology & yogic lifestyle
- Chakra system
- Healing foods, herbs and food preparation
- Yogi Bhajan lecture & meditation videos
- Understanding the mind
- Mantra & sacred sound
- Yogic history, philosophy & psychology
- Role of a teacher
- How to prepare & teach Kundalini yoga classes
- How to market your class and present yourself professionally as a teacher

Course Opportunities



- Gain a solid understanding of the powerful technology of kundalini yoga
- Transform yourself and your life
- Cultivate the skills, confidence and consciousness to be a teacher of kundalini yoga and Leader of the Aquarian Age
- Develop a spiritual discipline (Sadhana) to live a life of higher consciousness
- Develop a meditative mind for calmness and clarity
- Expand into your excellence
- Create life-long relationships and deep bonds of trust to fulfill the longing of the soul for fellowship and spiritual community.