



Yogi Bhajan, Ph.D., 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."

Salt Lake City Training Team: Karta Purkh Kaur, Khushbir Singh, Guruprasad Singh, Dan Retuta, and Sat Mandir Singh Khalsa. This program is based on the comprehensive science of Kundalini Yoga as Taught by Yogi Bhajan. There are 3 levels of certification: KRI Level 1: Foundations and Awakening—Instructor; KRI Level 2: Transformation—Practitioner; KRI Level 3: Realization— Teacher.

This comprehensive 220 hour training includes:
The Origins of Kundalini Yoga
Awakening the Consciousness through Sound, Meditation, and Breath. Yogic Philosophy and Yogic Lifestyle, Posture and Kriya, Western and Yogic Anatomy.



The Aquarian Teacher Program is the KRI Level 1 Certification program in Kundalini Yoga as taught by Yogi Bhajan. It is a journey in your development as a Kundalini Yoga Teacher. In Level 1 you will become an Instructor and learn the fundamental principles and practices of Kundalini Yoga. This is a 220-hour course, which includes 180 hours of classroom instruction in a well-defined curriculum.

The Aquarian Teacher KRI Level 1 Teacher Training Program Oct. 2018-June 2019 Salt Lake City

"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."

Course Fee: \$3200
Early-bird
Paid by Aug. 31st: \$3000
**For further information or to register: www.3HOUtah.org or
(801) 450-3732**
Course held at:
Dancing Cranes Imports,
673 East Simpson Ave.,
Salt Lake City, UT
Payment plans available
2017-2018 Course Dates:
Oct 5-7, Nov 2-4, Dec 7-9,
Jan 4-6, Feb 1-3, March 1-3,
April 5-7, May 3-5, May 31-June 2