



# CHERDI KALA – THE ART OF UPLIFTMENT

Kundalini Yoga: Teacher Training, Classes & Workshops  
Karam Kriya: Training in Karam Kriya Consultancy & Applied Numerology,  
Workshops and Consultancy

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## **AQUARIAN TEACHER 2015 Morocco, Spain**

**Training starts 21 November 2015 (arrival 20 November)**

KRI Level I International program in Kundalini Yoga as taught by Yogi Bhajan

**Lead Trainer: Shiv Charan Singh - [www.karamkriya.com](http://www.karamkriya.com)**

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Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated mission: "I have come to create Teachers, not to gather disciples." Since then he has travelled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO — the Happy, Healthy, Holy organization, based on his first principle "Happiness is your birthright." Through 3HO and the Kundalini Research Institute (KRI), Yogi Bhajan trained thousands of Kundalini Yoga Teachers. In 1994, 3HO founded the International Kundalini Yoga Teachers Association, (IKYTA), to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

### **COURSE GOALS:**

- o Understand the fundamental nature, technologies and concepts of Kundalini Yoga
- o Have a transformational experience through the practice of these teachings
- o Develop the skills, confidence and consciousness required to teach Kundalini Yoga
- o Develop a lifestyle of consciousness
- o Experience a sense of community with other participants, local teachers and 3HO worldwide
- o Develop a link to the Golden Chain through the teaching of the master -Yogi Bhajan.

### **COURSE FEES:**

**The cost of the full course is 2.555,- Euro (for tuition, teacher training manual, administration & general services, examination fee & full board 26 days residential). 2.666,- euro if registered after 1st of October 2015.**

**Deposit:** A non-returnable deposit of 755 Euro is required with your application to secure a place. Exceptions are possible under extraordinary circumstances and will be dealt with individually.

**Payment:** Students must then pay the first instalment ( 600 Euro) six weeks prior to the start date. Two subsequent payments of 600 Euro to be made six weeks prior to each module. Alternatively, you can pay the whole course at once when making the deposit.

**Equal Opportunities Policy:** While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Cherdi Kala reserves the right to refuse entry to any students on grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.

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**CONDITIONS FOR COMPLETION OF THE COURSE:**

STUDENTS MUST FULFIL THE FOLLOWING CRITERIA TO COMPLETE THE COURSE AND RECEIVE CERTIFICATION:

**Fee:** Full payment of all fees.

**Attendance:** Students must attend all the 23 days that will be taught during the course in 2015 and 2016. Exceptional or special circumstances may result in a student completing the course by attendance at future KY teacher training programmes. Note: maximum length of training is 2 years from the starting date.

**White Tantra:** In addition to the hours described below the student is required to attend (or have previously attended) at least one day of White Tantra Yoga.

**Hours:** The course will be at least 200hrs [and additional time for exam, written course work and one day White Tantra]

- o 180hrs classroom instruction and practice [23 residential days]
- o 40 day meditation and yoga practice. [i.e. 31 mins a day — in student's own time]
- o 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)]
- o Attendance at minimum of 12 sadhanas/morning meditations [on the training days]
- o Included in this time will be the viewing of at least two video classes by Yogi Bhajan. Reading: essential reading: The Course Manual and two chapters from "The Master's Touch" by Yogi Bhajan. Recommended reading: Pantajalis Sutras, other Kundalini Yoga Manuals, any book on charkas. Additional classes: students are required to attend a minimum of 20 Kundalini Yoga classes either during or after the training. These must be taught by an KRI certified instructor.

Evaluation Of The Student: **The final evaluation of the student for completion of the course will be based on completion of the above criteria as well as the Tutors' general evaluation of:**

- o The student's involvement with the course [including leading yoga sessions on the course]
- o Their general grasp of the practical material
- o Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*
- o Satisfactory completion of exam and course work [see below]

Where appropriate the evaluation will include an interview between the student and two Tutors.

**Exam and Course work:**

- o Maintain a journal of experience and progress, [in particular — recording the experience of 40 day practice]
- o Pass a satisfactory grade in the written exam [take-home].
- o Design two separate course curricula.

**Evaluation Of Tutors:** The student is required to complete a brief confidential evaluation form for each of the KRI Tutors on the course. These will be submitted to the head office of the Kundalini Research Institute (KRI).

**On completion:** The student will obtain the KRI level I Kundalini Yoga Instructors Certificate for teaching Kundalini Yoga as taught by Yogi Bhajan. This course is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of Kundalini Yoga Netherlands (KYN) and the International Kundalini Yoga Teachers Association (IKYTA), which include internet listings and other professional benefits.

## THE TUTORS:

**LEAD TRAINER: Shiv Charan Singh** is a renowned teacher of KY and Applied Numerology throughout the world since the early 80's. He travels extensively every week teaching Karam Kriya. Author of 'Let the Numbers Guide You' he has written five books, including a poetry book. He is the founder of the Karam Kriya School/Kriya Centre and sees people daily in his practice as a counsellor.

### **Seva Kaur**

Student of life. Lived in London for 5 years where she was trained as a Kundalini Yoga Teacher, Personal Counsellor and Karam Kriya teacher. There she met her spiritual teacher, Shiv Charan Singh. Her biggest inspiration is to make these teachings reach to everyone who wants them, keeping its purity and integrity. They are secrets that were revealed by great yogis ages ago. Today, they are practices available for the daily life that directs you towards a healthy, happy life towards the excellence of the human being.

### **Ardaas Singh**

Born on Mallorca, living in Barcelona, Ardaas is a profound teacher in both Kundalini Yoga and Karam Kriya. A student of Shiv Charan Singh since 2003, and a student of experience all his life. He is organising several Karam Kriya trainings and events in both Spain and South America, and organising a Teacher Training Level 1 in mainland Spain. His devotion, clarity and sense of humour make him share the teachings in an accessible and uplifting manner.

**Bachitar Kaur** is co-founder of the International Kundalini Yoga and Karam Kriya School Cherdikala. She has been practicing yoga since 2001 and teaching Kundalini Yoga since 2004. Being a Kundalini Yoga Trainer as well as a Karam Kriya Trainer and Mother of two, she co-created the Karam Kriya and Kundalini Yoga Pregnancy Teacher Training "Divine Woman Divine Mother" to share these priceless teachings with other women. She teaches on Trainings throughout Europe and also gives workshops on Conscious Parenting and Womanhood.

**Hari Krishan Singh** is co-founder of the International Kundalini and Karam Kriya School Cherdikala. He has been teaching Kundalini Yoga since 2003 and is a qualified Karam Kriya teacher and consultant. He will be hosting this training. He teaches Level 1 and Level 2 Kundalini Yoga Teacher Trainings around Europe.

All the tutors on the training look forward to sharing with you the technology that conquers the ego-mind and opens the heart.

## WEEK SCHEDULE AND DATES:

### DAILY SCHEDULE FOR EACH WEEK

5am	Sadhana
8am	Breakfast
9am	Morning session
1.00pm	Lunch
2.30pm	Afternoon session
6.30pm	Dinner
8pm	Evening Session (sometimes)
9.30pm	End

### COURSE DATES 2015

(ARRIVE 1 DAY EARLY, DEPART 1 DAY LATER)

Week 1	21 Nov-29 Nov 2015	Ait Ben Haddou, Morocco
Week 2	18 Feb-22 Feb 2016	Tafraoute, Morocco
Week 3	23 April-01 May 2016	Ait Ben Haddou, Morocco

There will be also private time during the training weeks.

**Please note:** Trading or promotion of goods or services, by trainees, during the scheduled weekends is not permitted without prior consent from the School directors.

### **LOCATION:**

**1<sup>st</sup> week in Ait Ben Haddou - Arriving to Marrakech (Menara Airport), at 4h driving crossing the Atlas Mountains.**

**2<sup>nd</sup> week in Tafraoute - Arriving to Agadir, 2h driving from Agadir Airport.**

**3<sup>rd</sup> week Ait Ben Haddou - Arriving to Marrakech (Menara Airport), at 4h driving crossing the Atlas Mountains.**

Please direct any enquiries to: Hari Krishan Singh - [info@cherdikala.eu](mailto:info@cherdikala.eu)

### **Accommodation:**

Accommodation is in shared rooms. For a private room inform for possible options.

**Important note:**

Please take into consideration that this is an intensive training, which mostly is spread out over 8 weekends and a residential week. You will be confronted with a lot of material, exercises and philosophy to digest per week. Allow yourself some time to integrate your experiences after each week.

A part of the training is also to do seva (selfless service, or Karma Yoga) during the weeks, which might consist of helping prepare or cook food, cleaning up and perhaps some light cleaning at the accommodation.

There will be time off during the week during which you can choose to go on a day trip with (part of) the group, or rest on your own. There won't be an evening program every evening, so there is time to yourself and rest when needed.

You are required to attend at least 12 sadhana's (but encouraged to join all of them of course ;-).

## **Week themes**

### **(These sessions will be divided over the three weeks)**

#### **Session 1: Yoga Origins, Types, Lineage and Becoming a Teacher**

**What is Yoga:** it's origins and history up to present. baba sri chand, guru ramdas, [shakti/Bhakti].

**Types of Yoga:** traditional and modern. Kundalini Yoga as the mother of all yogas, householders dharma.

**Golden chain.** Adi mantra & basic class structure

**Code of ethics** – Professional Code & 16 Facets of the Teacher. 7 steps to happiness.

#### **Session 2: Shabd, Mantra & Sadhana**

**Quantum Shabd Guru:**

The 4 yugas, kali Yug and Naam as the supreme yoga of Kali Yug.

The nature of the age we live in. [the grey transition between Piscean and Aquarian era.

The changes and challenges of the times, and what is needed.

Sensory human: The body as a communication system;

**Mantra:** the meanings, effect, and how to chant the mantras of Kundalini Yoga.

**Sadhana:** The importance and value of daily discipline of exercise and meditation.

Building your sadhana slowly and steadily

#### **Session 3: The map - Yogic and western anatomy.**

**Western anatomy:** body systems and specific organs. How yoga and diet help

**The yoga process;** concept of energetics rejuvenation /balance/ elimination [G.O.D.]

Yogic anatomy of Gunas, Tattwas, Chakras, Nadis, Vayus, prana and apana.

The path of the Kundalini and the 3 locks/bhandas.

#### **Session 4: Breathing & Living**

**Pranayama:** Body – breath – brain - consciousness

What, how, why of the breath. Its nature, importance, variations & effects.

**Yogic Lifestyle:** Guidelines, wisdom and tips for all aspects of life.

How to awake, hydrotherapy, diet, times of day, getting the best sleep.

Addiction and how yoga helps. Cautions and pitfalls. Power/money/sex.

#### **Session 5: The Technology of the Times; Posture**

**Asana :** Kriyas and asanas, (angles, triangles, rhythm). The effects/benefits/cautions.

**Session 6; Meditation:**

The techniques, types, effects over time, stages.  
Patanjali: Pratyahar, Darana, Dhyana, Samadh.  
The 3 minds; training the mind.

**Session 7; Humanology:**

We are Spirits here for the Human Experience.  
The possible Hu-man Be-ing, soul's choice, soul's journey, birth, 120 days, the mother.  
Being fe/male, growing up, Moon Points, Lifecycles. Meditations for Wo/men.  
Relationships –the highest yoga. Venus Kriyas. Tips for Communication.

**Session 8: Roles And Responsibilities :**

In and out of the class setting.  
The Art of being a student; 5 steps to wisdom, the 4 errors, 2 laws - keep up and deliver.  
The nature and art of a teacher - Teacher's Oath. 16 Facets.  
Teaching in different spaces, different levels, and different groups.  
Before, during and after the class.  
Message, market & media. Preparing yourself, preparing the class,  
Managing the time, the space, the ambience & the people.  
The relation between Kundalini Yoga and Sikh dharma.

**Session 9: Yogic Philosophy, Death & Dying**

**Philosophy:** Key terms and concepts in Yogic Philosophy. Sutras of Patanjali. Concentration.  
The cycle of manifestation & the ladder of subtly.  
**Death & Dying:** What happens when we die and after we die. The stages, the issues, the opportunity, and the technology. Dead/Liberated while Alive.

**Session 10: Completion & Continuity**

Ten Spiritual Bodies;  
Applied Science of Spiritual Numerology [Karam Kriya].  
Relaxation — its importance, different techniques.  
Resources for the teacher.[Including Community and continuity.]  
Answer & questions. Preparation for exam.

**PRACTICUMS:**

Viewing and experiencing Yogi Bhajan through videos.  
exploring the master's words – Book: The Master's Touch  
Personal check in. Improving teaching skills.

**CONTRACT FOR LEVEL I TRAINING - KUNDALINI YOGA INSTRUCTOR:**

I hereby apply for participation on the Kundalini Yoga Instructor's course as detailed below.

I have read and understood the conditions for completion of the course.

I transferred 755,00 Euro non-refundable deposit to the following bank account:

Cherdi Kala – The Art of Upliftment

Bank transfer: **IBAN: NL50INGB0003456006 BIC: INGBNL2A**

I understand the cost of the full course is €2.555,00 (€2.666,00 if registered before 1st of October 2015) and that I must pay 600 Euro six weeks prior to starting the course on the **21 November 2015** as well as two subsequent payments of 600 Euro six weeks prior to each module (= beginning of residential weeks).

**I attach a letter stating the reason why I wish to attend this course, detailing my yoga experience to date.**

Date of Birth.....  
 Name.....  
 Address.....  
 .....  
 .....  
 ..... Post code .....  
 Telephone..... Mobile.....  
 E-mail.....

<b>Fee bank transferred</b>	Please tick one
755 Euro non-refundable deposit	<input type="checkbox"/>
600 Euro first instalment	<input type="checkbox"/>
EUR ..... Other (specify)	<input type="checkbox"/>
Please specify KYTT Lev1 Morocco 201516 with the payment.	

Full payment of the first instalment entitles the student to collect his/her copy of the Training Manual from the School.

**In emergency contact**

Name..... Relation to you .....  
 Telephone..... Mobile.....  
 Address.....

**Disclaimer**

To the best of my knowledge there is no physical or mental medical reason why I should not do this course.

I understand that the teachings of Yogi Bhajan do not constitute medical advice.

SIGNED (by applicant)..... Date .....

**For more information contact Hari Krishan Singh on:**

[info@cherdikala.eu](mailto:info@cherdikala.eu)

**Now send the content of this form along with your letter to:**

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[info@cherdikala.eu](mailto:info@cherdikala.eu)