



Jaap Kaur



Nam Kaur



Siri Atma Singh



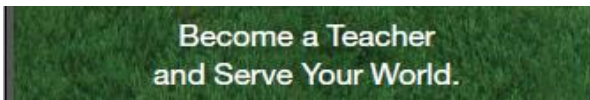
Tera Kaur

Jaap Kaur Khalsa (Kitty Pope) – Lead Trainer, Mesa, AZ (email jaap.kaur@cox.net, Text 602 410 4782). Began Kundalini Yoga 2001, India yatra, Masters Touch Immersion Level 1 Teacher Training with Yogi Bhajan 2002 & other courses until his 2004 passing. Level 2 cert 2009 and Level 3 cert 2018. Teaches Kundalini Yoga classes, workshops, gong events, retreats, Levels 1 & 2 Teacher Training, and 21 Stages of Meditation. Philosophy is come from the heart and let the Divine & Golden Chain be your guide. Serves the teachings with grace, gratitude and humility. Inspires & supports all to drop non-promoting judgements and self-limitations, to focus on promoting thoughts and behaviors to grow and deliver prosperity on all levels. Monitors & supports all students to grow from where they are & open horizons to more options of joy as they serve from the overflow. Will deliver majority of course as Licensing Lead Trainer.

Nam Kaur Khalsa, Professional Trainer, Santa Barbara, CA She had the blessing to teach with Yogi Bhajan in the Masters Touch immersion in 1996. She is an authentic Yogini who has been living the Kundalini Yoga practice and lifestyle since 1974. Her primary goal is to deliver the teachings with purity and help new teachers become confident in doing so. She enjoys sharing stories about her time working closely with the Master to found IKYTA and standardize international Kundalini Yoga Teacher Training.

Siri Atma Singh Khalsa, Professional Trainer, Santa Barbara, CA He served as Yogi Bhajan's personal physician for last eight years. Yogi Bhajan called him a medical intuitive and pure healer. Dr. Siri Atma began practicing Kundalini Yoga in 1979. He loves to teach what he has experienced from decades of personal practice. His philosophy is that listening to the voice of your soul and living purely brings authentic healing, and the knowledge innate in you is the voice of your soul. Every moment you live your truth you create a wave of enlightenment that serves to inspire others.

Tera Kaur Khalsa, Professional Trainer, Santa Cruz, NM She considers herself a legacy student of Yogi Bhajan, an avid and consistent yogic practitioner, a devoted Sikh and Level 2 certified & Level 3 Teacher in process. Her joy is to share her experience and wisdom from having practiced Kundalini yoga teachings for most of her lifetime. Her philosophy is Kundalini yoga is the science that gifts us the fulfillment and experience of our highest and true Self through intuition, awareness and hearing and trusting Guru's guidance, our innate guide. She enjoys teaching asana, deep meditation and in-depth training on various aspects of yogic practice and experience.



"This was, by far, the best thing I have ever done for myself, in my life! It changed my vibration, and I started healing from the core of my being. Becoming a teacher is secondary to the amazing personal spiritual growth. The more I teach, the more I heal! I can only say – do not delay, do it now. You deserve it!" Graduate Margareth Quote

East Valley Metro Phoenix Kundalini Yoga Level 1 Teacher Training Jan 27, 2024 – July 28, 2024 Deliver Yourself to Yourself!

Comprehensive Program of Engagement

12 Weekends: 216 contact hours

(10 weeks group teaching, 2 practicums)

Sat 8am-5:30pm, Lunch 1 hr.

Sun 9:30am-6:45pm, Lunch 45 min

Jan 27,28. Feb 17, 18. March 2,3, 16,17. April 6,7, 20,21.

May 4,5, 18,19. Jun 15,16, 29,30. July 13,14, 27,28.

+ **Bonus Retreat:** Fri May 31 4pm- Sun June 2 4pm
Ashram Style Living Remote 300-acre Ranch
Beautiful views, 2 canyons, running creek

+ **White Tantric Yoga:** Feb 3, 8am to 6pm
Or 21 Stages Journey (Student chooses)

Priced Low for Economical Benefit! Includes:

24 classes, Course/Matl, 3-day retreat, 1-day White Tantric Yoga
**Early Bird Advantages! Sign Up Early To Receive Monthly
Readiness Support Packages Prior to Jan 27.**

Price: \$3700 216 hr Course, Materials & Retreat

\$200 WTY OR 21 Stages Journey (Cert Rqd)

\$3900 Cash, Check, or Zelle

Or \$4017 Credit Card via PayPal (3% fee)

(Note PayPal Offers 6 mo. same as cash)

**Make \$\$ -- Inspire Others to Join You! Each Person you Refer
that completes the course you get \$100 refund!**



Location: Sacred Space Home Studio

3918 E. Decatur St, Mesa, AZ 85205

Yoga-4all-Az.com

(University & Val Vista, NE Mesa)

Registration Info & Questions:

Text Jaap Kaur 602-410-4782 c



THE AQUARIAN TEACHER™

"There is nothing outside of you—just be You."

~ Yogi Bhajan

The Aquarian Teacher Training Program is an international program available in more than 12 languages in 46 countries around the globe. There are three levels of training:

LEVEL 1 FOUNDATIONS - Instructor

The KRI Level One Foundations Course is a professional program in the theory and practice of Kundalini Yoga as taught by Yogi Bhajan® including a minimum of 180 hours of classroom instruction and practicum. In addition there are 40 hours of independent study, White Tantric Yoga and a 40-day meditation.

- History and Philosophy of Kundalini Yoga as taught by Yogi Bhajan®
- The Concept of Kriya: Asana, Mudra & Meditation
- Developing a Meditative Mind
- The Role of a Kundalini Yoga Teacher
- Pranayam: Awakening the Breath
- Divine Alignment: Asana and the Human Form
- Mantra and Sacred Sound
- Yogic and Functional Anatomy
- Sadhana: Establishing a Daily Practice of Yoga and Meditation
- Yamas and Niyamas: The Lifestyle Choices of a Yogi
- Kundalini Yoga in Applied Settings: The Business and Ethics of a Yoga Teacher
- The Master's Touch: Video Courses with Yogi Bhajan
- Practicum: Teaching from Day One



Kundalini Research Institute

Home of The Yogi Bhajan Library of Teachings

Training * Research * Publishing * Resources

PO Box 1819, Santa Cruz, NM 87567 505-629-4407

www.kundaliniresearchinstitute.org www.yogibhajan.org

Ashram Living Retreat

Cold showers, tongue scraping, Aquarian Sadhana, leading elements. Help prepare Yogi breakfast, Lunch, and Dinner from training manual with access to class lecture and Yogi Bhajan 1st Master's Touch 1996 videos, Deep Celestial meditation, journaling, Soul Walk & Talk. Creating and sharing Celestial Communication with meditations. Breath walk, Tratakum meditations, yogic foot massage. Yoga for rising and sleep, Golden Milk. Special topics, Silence as processing negative, positive & neutral minds. Integration of experience & taking it home. Private Time to Reflect & Process Experiences. Explore 2 canyons. Labyrinth. Starry Nights

Secluded 300-acre Ranch -- Aravaipa Canyon Ranch & Retreat Ctr, 10 miles off State Rd, 20 miles from Winkelman, AZ (2 hrs from Mesa)

Online Participants can get rides from airports with Phoenix area students.



All KRI Intl Level 1 Teacher Training grads are eligible to register RYT 200 in Yoga Alliance. Level 2 RYT 500hrs. No Level 3 in Yoga Alliance. 



Hybrid Course: Some Students may be 100% On-Line

On-Line specialized Support: All materials and a 1 hour minimum preview of the weekend on Fridays, 2 hrs minimum post review on Mondays to ensure understanding & check postures & modifications, mudras, breath, mantras and meditations, key learning points. Online students will be integrated into the larger group, participate in breakout sessions and report back to larger group, Group sadhana and community connections will be researched for introductions. Whole group of students will have Facebook private group. Planned accommodations will be reviewed with online students prior to course starting & as course proceeds any issues that may arise will be accommodated.

On-line & In Person students will receive individual support and Entrance, Mid-Point and Exit Interviews to ensure needs are being met. There are Periodic cert pkg review check points. Lots of practice teaching.

