

<b>East Valley Metro Phoenix</b>		<b>KRI LEVEL 1 TEACHER TRAINING 2024</b>		Dates: Jan 27 - July 28, 2024 Graduation: July 28, 2024, 3pm 6 months, 27 classes	<b>LOCATION: Sacred Space Home Studio</b> <b>3918 E. Decatur St, Mesa, AZ 85205</b>  (Just East of Val Vista, Just North of University; Park on 39th Way)	
		216 classroom contact hours		Entrance, Mid term, and Exit interviews with Lead Trainer by Appt.		
		200 hr "Instructor" Certification Course				
				All registrants must arrange 1:1 interview day and time		Prior Grads -- Arrange days to join as refresher!
				Level1 Office hrs with Jaap Kaur by appointment email: jaap.kaur@cox.net 602-410-4782 cell / text		
<b>Count</b>	<b>Day</b>	<b>Date</b>	<b>Time / Teaching</b>	<b>Chapter(# pages)</b>	<b>Subjects</b>	<b>Trainers</b>
Various				29, 30,31 (117 pgs)	Kriya (Yoga Sets) and Meditations from Training Manuals ·Experiential, Used Throughout Course and Teach in Groups and Practicums	Various
Various				Some Master's Touch Lectures	Master's Touch Manual ·Used throughout with Yogi Bhajan videos (Some Yogi Bhajan Videos in Class/White Tantric Yoga /Retreat)	Various
WTY	Sat	3-Feb	Phoenix Opportunity	White Tantric Yoga	Guided meditations with Yogi Bhajan videos and White Tantric Yoga facilitator or 1st journey of 21 Stages of Meditaition with Level 2 Lead Trainer.	WTY facilitator
1	Sat	27-Jan	<u>All Class Saturdays:</u>		Introductions, Why this course, 10 questions; <b>Cert req'mts/Registration</b>	Jaap Kaur, meet trainers
			8:00am -5:30pm	1 (6 pgs)	Aquarian Age of Awakening	
			Lunch 1 hour	2 (17 pgs)	Roots of Kundalini Yoga,what is it?	
			8 hr class time	6 (8 pgs)	Golden Chain, Spiritual Teacher, Yogi Bhajan	
2	Sun	28-Jan	30 minutes of breaks	8 (8 pgs)	Breath -- Basics & Mechanics	Jaap Kaur
			<u>All Class Sundays:</u>	9 (13 pgs)	Awakening the Consciousness - - Asana, Mudra, Bhandas	
			9:30am - 6:45pm	10 (3 pgs)	Awakening the Consciousness - - Relaxation & Artful Transitions	
3	Sat	17-Feb	Lunch 45 min	27 (14 pgs)	WTY Debrief, Basic Postures & 13 principles of Yoga Motion	Jaap Kaur
			8 hr class time	28 (7 pgs)	<b>Kriya, Form &amp; Alignment; "Cert Pkg discussion"</b>	
4	Sun	18-Feb	30 minutes of breaks	14 (8 pgs)	Yogic Anatomy -- Vayus, Basic Foundation	Jaap Kaur
				15 (14 pgs)	Yogic Anatomy-- Chakras; <b>White Tantric Yoga Briefing</b>	
5	Sat	2-Mar	Share Personal Sadhana elements	20 (5 pgs) & 5 (2 pgs)	Humanology --Yogic Life Style; Kundalini Yoga & Sikh Dharma chp 5	Tera Kaur
				21 (6 pgs)	Humanology --Yogic Diet	Jaap Kaur
6	Sun	3-Mar	Share Personal Sadhana elements	12 (10pgs)	Awakening the Consciousness - -Sadhana (Part of the Yogic Lifestyle)	Jaap Kaur
				7 (3pgs)	Japji Pgs 79-81 of chp 7, Akand Path, Field Trip	
7	Sat	16-Mar	Share Personal Sadhana elements	3 (5 pgs)	Roots of Kundalini Yoga ·Varieties of Yoga	Siri Atma Singh/Nam Kaur
				4 (8 pgs)	Roots of Kundalini Yoga ·History & Patanjali's Sutras	
				17 (9 pgs)	Yogic Philosophy Basics (Maya, Tattvas, Gunas, Dharma, Cause & Effect)	
8	Sun	17-Mar	Share Personal Sadhana	16 (5 pgs)	Yogic Anatomy -- Ten Energy Bodies	Siri Atma Singh/Nam Kaur
<b>March 29-31 Easter Break</b>					<b>May 24-27 Memorial Day Break July 4-7 Independence Day Break</b>	
9	Sat	6-Apr	Share Personal Sadhana elements	11 (22 pgs)	Awakening the Consciousness- - Mind & Meditation, Why Meditations Work, Experiencing Silence, Chanting	Siri Atma Singh/Nam Kaur

Count	Day	Date	Practice Teaching	Chapter(# pages)	Subjects	Trainers
10	Sun	7-Apr	Share Personal Sadhana elements	7 (17 pgs)	Awakening the Consciousness • Sound & Mantra, Celestial Communication <b>Cert Package Progress Check</b>	Jaap Kaur
11	Sat	20-Apr	Group teaching	13 ( 16 pgs)	Western Anatomy-- Systems and body effects from Yoga and Meditation, Anatomy, Kundalini Yoga Integration, & Yoga Therapy; <b>Cert Pkg Mid-Point Progress Review, Followup Topics &amp; Retreat planning</b>	Nithem Kaur, Physical Therapist; Jaap Kaur
12	Sun	21-Apr	Group teaching	13 ( 16 pgs) & Hue-Man Book	Western Anatomy-- Systems and body effects from Yoga and Meditation Bhoj Kriya	Jaap Kaur
13	Sat	4-May	Group teaching	22 (10 pgs)	Becoming a Teacher --Identity of KY Teacher & Code of Ethics (pg 266-267)	Jaap Kaur
				23 (9 pgs)	Becoming a Teacher -- Role & Responsibility in Class	
14	Sun	5-May	Group teaching	25 (5 pgs)	Business Ethics-- Teaching Specialized groups & settings, Curriculum Development	Jaap Kaur
15	Sat	18-May	Group teaching	24 (4 pgs)	Business Ethics -- Role & Responsibility Outside Class; Practice choose/teach 10 bodies & chakra support items	Jaap Kaur
16	Sun	19-May	Group teaching	25 (5 pgs)	Business Ethics-- Teacher Challenges; <b>Cert Package Progress Review</b> <b>Preparing for Retreat</b>	Jaap Kaur
17/18	Fri 4pm / Sat	31 May, 1 Jun	Fri 4pm through Sunday 4pm	Immersion -- Ashram Lifestyle Retreat	Experience Yogic Lifestyle & Diet, Self Assessment, Silence & Inner Reflection, Journaling Yogi Bhajan videos, Variety of Meditation experiences, Group Sadhanas	Jaap Kaur & staff
19	Sun depart 4pm	2-Jun				
20	Sat	15-Jun	4 Practicums	26 (3 pgs)	Reflecting on Retreat; Business Ethics-- Teacher Resources: Code of Excellence Review, Community Development & Support (IKTYA, 3HO, KRI), Books/CDs/DVDs	Jaap Kaur
21	Sun	16-Jun	4 Practicums	19 (3 pgs)	Humanology -- Communications, Prosperity, Success (pg 241-243) Subhag Kriya, Gyan Chakra Kriya,	Jaap Kaur
22	Sat	29-Jun	2 Practicums	19 (13 pgs)	Humanology --Birth, Life Cycles, Death & Dying	Siri Atma Singh/Nam Kaur
23	Sun	30-Jun	4 Practicums	19 (13 pgs)	Humanology - Relationships	Jaap Kaur
24	Sat	13-Jul	4 Practicums	18 (7 pgs)	Yogic Philosophy-- Spiritual Development, Stages on the Path to Wisdom, Group Consciousness, Balancing the Infinite & Finite	Jaap Kaur
25	Sun	14-Jul	4 Practicums		Lifestyle of a modern yogi, Strengthening Arc Line, Trap of New	Jaap Kaur
					Continued Study -- Level 2 & 21 Stages of Meditation; <b>Cert pkgs due</b>	
26	Sat	27-Jul	2 Practicum contingency		2.5 hr Long Ek Morning Call, Reflecting - Journaling, Soul Walk; Special topics	Jaap Kaur
27	Sun	28-Jul	1 Practicum contingency		Revisiting 10 questions -- comparing the shift, Next steps to serve	Jaap Kaur
					3pm Graduation & Appreciation	All