

Level 2 Teacher Training Course 2011

Authentic Relationships

Two Weekends

Friday, September 30th—Sunday October 2nd

Friday, November 18th—Sunday, November 20th

8:30 AM—6:00 PM

About this course: Everything in Life is done in relationship. From relationship you succeed and fall; love and learn; excel and experience. To be authentic and to experience unconditional love you must cultivate the neutral mind to embrace your identity and unmask the false core established by fears, imagination and ego.

Lead Teachers: Dr. Shanti Shanti Kaur Khalsa and Sevak Singh Khalsa



Cost: Course fee includes vegetarian lunch

Early bird registration by August 15th: \$1,045

Registration after August 15th: \$1,245

Special Rate for Ashram Teachers & Members: \$995

This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. *The Aquarian Teacher* program is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification:

KRI Level One: Foundations and Awakening – Instructor

KRI Level Two: Transformation - Practitioner

KRI Level Three: Realization - Teacher

In order to participate in a Level 2 course, you must be a KRI Level One certified instructor.

The Aquarian Teacher Certification program is open both to yoga students ready to become teachers and those who wish to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan.

"The other person is you."

—Yogi Bhajan



The trainers for this Level 2 Module: *Authentic Relationships* are uniquely qualified with experience and technologies for managing life and relationships.



Shanti Shanti Kaur Khalsa, PhD

has taught Kundalini Yoga since 1971, specializing since 1986 in teaching people with chronic or life threatening illness and their family members, under the direction of Yogi Bhanan. At his request she founded Guru Ram Das Center for Medicine and Humanology, to address the influence of stress effects on health outcomes. The Center provides direct client services, professional training and conducts outcome studies on the medical effects of yoga practice. She is a medical family therapist, a KRI Certified Kundalini Yoga teacher trainer, a RYT 500, and a charter member of the International Association of Yoga Therapists. Dr. Khalsa trains yoga teachers and health professionals to incorporate Kundalini Yoga and Meditation in the psychological, spiritual and behavioral aspects of health recovery. Learn more:

GRDcenter.org



**Sevak Singh Khalsa,
Executive Director of 3HO of Arizona**

Sevak Singh has studied, practiced and taught Kundalini Yoga and Meditation for thirty years. He is a KRI certified Lead Professional Teacher Trainer, a spiritual coach and co-founder of *The Elevation Institute*. Sevak is the Executive Director of the 3HO Foundation of Arizona. He teaches internationally, guiding students through the process of spiritual self discovery and renewal. As a husband, father, grandfather and professional artist he brings experience, wisdom, humor and creativity to his teaching style. A personal student of Yogi Bhanan's since 1973, Sevak Singh feels the blessing and obligation of sharing these life-giving technologies with the world. His message is, "It's your birthright to be happy so smile and lighten-up, be enlightened!" Learn more about him at:

TheElevationInstitute.com

The KRI Level Two Module is a **Transformational** one and is comprised of five modules required for KRI International Level Two Certification. The five modules are: Conscious Communication; Mind & Meditation; Authentic Relationships; LifeCycles & LifeStyles; and Vitality & Stress.

Fifty hours of classroom time and twelve hours of home study to be completed after the classroom part of the course are required. KRI requires that participants attend all classes, pass the exam and complete the home study assignments which take place over a 90-day period after the course.