

**KRI International  
Kundalini Yoga  
Teacher Training  
Level 1 2024 Latvia**



*Yogi Bhajan*

*"The purpose of life is to find out the  
truth, the reality,  
and spread it and give it to others  
and uplift their spirit with truth  
so that they can live happy"  
-Yogi Bhajan*



**KRI 2016 OUTSTANDING ACHIEVEMENT AWARD** granted to Sukhdev Kaur for her service in Estonia since 2004



Kundalini jogas skolotāju asociācija (Kundalini Yoga Teachers Association – KYTA)  
Sadarbībā ar Guru Ram Das institūtu Igaunijā

Kundalini jogas kolotāju apmācības 1.līmenis  
Reģistrēts Starptautiskajā Kundalini izpētes institūtā ASV



## KRI Level I International Kundalini Yoga Teacher Training

Kundalini Yoga as taught by Yogi Bhajan©  
Training begins April 2024



The Siri Singh Sahib Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969. Through the 3HO (Healthy, Happy and Holy Organization), the Kundalini Research Institute (KRI) and the International Kundalini Yoga Teachers Association, (IKYTA), Yogi Bhajan trained thousands of Kundalini Yoga Teachers worldwide.

**His mission:**

"I have come to create Teachers, not to gather students."

**His principle:**

"Happiness is your birthright."

**His motto:**

"If you cannot see God in all, you cannot see God at all"

**His legacy:**

If you want to know a thing, read it.  
If you want to learn a thing, write it.  
And if you want to master a thing, teach it.  
If you do not know how to raise the consciousness of another person, you can never raise your own consciousness. Period.  
You may know the whole world, the entire knowledge of the universe be with you, but that will not make any effectiveness

### Objectives of the training:

- Understand the fundamental nature, technologies and concepts of Kundalini Yoga Have a transformational experience through the practice of these teachings
- Develop the skills, confidence and consciousness required to teach Kundalini Yoga
- Develop a lifestyle of consciousness
- Create and experience a deep sense of community with the training group, local teachers and 3HO worldwide
- Develop a link to the Golden Chain through the teachings of the master -Yogi Bhajan.
- Create prosperity and upliftment in your life and in all of those who come across your path.



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## TRAINERS:

### **Sukhdev Kaur (Mexico/Estonia)**

Sukhdev Kaur pioneered to Estonia from her homeland of Mexico in 2004, on her own and alone but fully equipped with her courage, faith, and adventurous spirit, teaching Kundalini Yoga. She has taught in a wide number of facilities, institutions, and companies since then. In 2014 Sukhdev founded Dharamsaal – School of Kundalini Yoga and Humanology in Tallinn, Estonia and in 2015 the Guru Ram Das Institute and Ashram in Raasiku vald. She is an architect, urbanist, doula, Conscious Pregnancy teacher trainer and placenta specialist. She developed a program called Conscious Parenting for integrating yoga awareness into conscious family living. She is in the process of opening an elementary school in the Ashram grounds based on principles of forest schooling and democratic, dharmic education

### **Dharampal Kaur (USA/Sweden/Latvia)**

Dharampal Kaur (Inga Strante-Grinbergs) is one of the most experienced Latvian-speaking teachers of kundalini yoga, who has been teaching yoga in the USA, Sweden, Latvia and other European countries for more than 20 years. To share his knowledge, Dharampal Kaur has been involved in educating future kundalini yoga teachers. In addition to adult yoga, she has also studied children's yoga (Radiant Child yoga and Childplay yoga)

### **Siri Sadhana Kaur (UK)**

Siri Sadhana Kaur is a touring UK mantra recording artist, dancer and a Lead KRI Kundalini yoga teacher trainer. Her love of embodying the sacred through movement, melody and rhythm, led to her to record an eclectic mix of 9 music mantra albums. She runs a teacher in London and has been back in the studio releasing new singles. All her music is available as downloads.  
[www.sirisadhana.com](http://www.sirisadhana.com)

### **Angad Kaur (UK)**

Angad Kaur is a KRI Professional Trainer, teaching internationally and running Level 1 Aquarian Teacher courses in London and the Midlands. She spent a number of years travelling extensively with her spiritual teacher, Shiv Charan Singh, studying to become a Karam Kriya Consultant and Trainer – working with the universal intelligence of numbers and the power of the word to create healing conversations and support meaningful life transitions. Since 2008, she has worked with the Guru Ram Das Project bringing Kundalini Yoga to individuals and communities most in need, alongside working as a Sikh Chaplain. Angad regularly runs retreats and workshops exploring life themes through the guidance of numbers and the teachings in Gurbani, alongside offering one-to-one Yoga Therapy.

### **Hari Krishan Singh**

Hari Krishan Singh, Dutch but resident in Germany, is co-founder of Cherdī Kala International Kundalini Yoga and Karam Kriya School along with his wife Bachitar Kaur. He travels and teaches internationally as a Lead Level 1 & 2 and 21 Stages of Meditation Kundalini Yoga Teacher Trainer and is a Karam Kriya Consultant, Karam Kriya Yoga Coach and Trainer. He is responsible for establishing many training programs around the world, often in cooperation with the Karam Kriya School and Shiv Charan Singh. He lives with his family in South-Germany in Yogahouse Prasaad, their retreat center near Lake Constance.  
[www.yogafamily.one](http://www.yogafamily.one)

### **Amrit Atma Kaur (Estonia)**

Amrit Atma Kaur is a Kundalini yoga teacher. Passionate about sharing wisdom and empowering individuals on their spiritual journeys, she is committed to developing as teacher trainer in the Aquarian Trainer Academy. Her experience of spiritual sciences extends also to the sacred art of Karam Kriya, that she has studied under the guidance of Shiv Charan Singh. As a Karam Kriya consultant, she offers insights and guidance using the ancient science of numerology. She has also background in Sat Nam Rasayan, Meditative healing, and Gong meditation.

All trainers are KRI certified and active members of the Aquarian Trainer Academy.



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### SCHEDULE:

M1	13.-14.April 2024	Sukhdev Kaur	Riga
M2	4.-5. May 2024	Siri Sadhana Kaur	Riga
M3-M4	30.05.-3.June 2024 (also working days)	Dharampal Kaur and Sukhdev Kaur	Guru Ram Das ashram with Estonian group
M5-M6	11.-15. July 2024 (also working days)	Sukhdev Kaur	Guru Ram Das ashram with Estonian group
M7	14.-15.september 2024	Angad Kaur	Riga
M8	19.-20. Oktober 2024	Dharampal Kaur	Riga
M9	30.11.-1. December 2024	Hari Krishan Singh	Riga
M10	11.-12. January 2025	Sukhdev Kaur	Riga
Practicum and exam	8.-9. February 2025	Jaipal Kaur/Devta Hari Kaur	Riga

*\*\*In the Riga modules, the participants can stay overnight in the studio.*

*\* The organizers reserve the rights to change dates until the beginning of the course.*

### DAILY SCHEDULE:

5:00 Sadhana ( morning yoga)  
8:00 Breakfast and seva time  
9:00 Morning teaching session  
13:00 Lunch  
14:30 Afternoon teaching session  
18:30 End (approximate)

### LOCATION:

**Rīgā:** The venue will be specified and announced to the participants

**Estonia (Ashram Experience):** Guru Ram Das ashram Rajamaa, Kalesi kūla, Raasiku vald, Igaunija, [www.dharamsaal.ee/rajamaa](http://www.dharamsaal.ee/rajamaa)





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## CURRICULUM:

**MODULE 1: FOUNDATIONS OF KUNDALINI YOGA: Yoga Origins, Types, Lineage and Becoming a Teacher** What is Yoga; it's origins and history up to present. Relevance for the transition into Aquarian Age.

Types of Yoga: traditional and modern. Kundalini Yoga as the mother of all yogas, Householders dharma. Shakti/Bhakti. Golden chain. Adi mantra & basic class structure. Baba Sri Chand, Guru Ram Das, Yogi Bhajan. Code of ethics – Professional Code & 16 Facets of the Teacher. 7 steps to happiness. Basics of KY, including the locks.

**MODULE 2: ANATOMY: The map - Yogic and western anatomy.**

Western anatomy: body systems and specific organs. How stress and lifestyle can affect and 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.

**MODULE 3: YOGIC LIFESTYLE AND PRANAYAMA: 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. Relaxation – its importance, different techniques.

**MODULE 4: TECHNOLOGY OF MANTRA AND SOUND: 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. [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

**MODULE 5: ASANA: (POSTURE) Technology of the Times** Asana: angles, triangles, rhythm. Effects/benefits/cautions. Variations, principles, guidelines for practice. Kriya: concept and practice.

**MODULE 6: MIND AND MEDITATION**

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

**MODULE 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.

**MODULE 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 (reminder of pitfalls, power/money/sex). Message, market & media. Preparing yourself, preparing the class, Managing the time, the space, the ambience & the people. More about Yogi Bhajan

**MODULE 9: YOGIC PHILOSOPHY, DEATH & DYING**

Philosophy: Key terms and concepts in Yogic Philosophy. Sutras of Patanjali. The importance of concentration. Yamas and Niyamas. From pranayama to Samadhi. Maya and 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.

**MODULE 10: COMPLETION, COMMUNITY AND CONTINUITY**

Ten Spiritual Bodies; Applied Science of Spiritual Numerology [Karam Kriya]. Kundalini Yoga and Sikh Dharma, differences and similarities. Resources for the teacher, Including Community and continuity.

**ASHRAM EXPERIENCE AND PRACTICUM: Time for being together and digest all previous themes**

Life of Yogi Bhajan. More on the history of Yoga. Yogi Bhajan videos and his life. exploring Book: The Master's Touch. Cooking together. Preparation for Exam, time for discussion, 62 min meditation. Personal check in. Teaching skills. Do's and Don't of teaching





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## **CONDITIONS FOR COMPLETION OF THE COURSE:**

### **Hours:**

- \* **240hrs** classroom instruction and practice
  - \* 40 day meditation and yoga practice. [min. 31 mins a day – in student's own time]
  - \* 12hrs reading [see essential reading (focus on knowing and understanding the technology and its effects)] \*
- Attendance at a minimum of 10 sadhanas/morning meditations (12.5hrs) [on the training days] \* Included in this time will be the viewing of video classes by Yogi Bhajan.  
\* Prepare and/or deliver a seva project where you apply the teachings of Kundalini Yoga

**Fee:** Full payment of all fees by the 8th weekend.

**Attendance:** Students must attend all the modules. If a student misses a day/weekend, they have the opportunity to catch up on missed weekends during two years from the start of training.

**Meditation day on the July module:** it is required to attend a 6 hr meditation day, which we have included as part of the training days.

**Reading:** essential reading: The Aquarian Teacher Manual (included in the course price) and two chapters from "The Master's Touch" by Yogi Bhajan. Recommended reading: Patanjali Sutras, other Kundalini Yoga Manuals, any book on chakras.

**Seva:** In groups, the participants of the course alternate in making sure the practical issues of the training space and the flow of the course. This includes preparing, serving breakfast and lunch, and also cleaning after.

**Lunch:** Lunch will be served as part of the course fee

**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 a Kundalini Yoga instructor registered with IKYTA.

**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:

- \* The student's involvement with the course [including leading yoga sessions on the course]\* Their general grasp of the practical material\* Commitment to the *3HO Code of Professional Standards for Kundalini Yoga Teachers*\* Satisfactory completion of exam and course work [see below]\* Preparing a seva project –serving others with the technology and spirit of Kundalini Yoga. This must be done prior to the exam, and documented and presented with all the documents.
- \* Where appropriate the evaluation may include an interview.

**Exam and Course work:**\* Maintain a journal of experience and progress, [in particular – recording the experience of 40 day practice]\* Pass a satisfactory grade in the written exam.\* 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 training is approved by the Kundalini Research Institute [KRI] and qualifies the teacher for registration as member of the Latvia Kundalini Yoga Teachers Association and the International Kundalini Yoga Teachers Association (IKYTA).

**Registration with National or International IKYTA:** During the training all trainees have the possibility to register themselves as members of their national association (already during the training year students can apply).

**More information:** Jaipal Kaur +37126223346 vai [dzaipalkaur@gmail.com](mailto:dzaipalkaur@gmail.com)





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## TRAINING FEES:

The cost of the training is 2050 EUR (early bird price registering by 01.03.2024. For other options please see detailed table below) The cost includes: tuition, teacher training textbook and yoga manual, breakfast during training days, lunch, accommodation during Rajamaa modules (camping in own tent or shared dorm), teachings, administration & general services, exam and certification.

Additional to this cost are: transportation costs to Ashram Experience in Estonia

Deposit: A non-returnable deposit is required with your application to secure a place (please see table for details)

**Equal Opportunities Policy:** While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity, the organizers 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.

The course will be imparted in Latvian or English with translation into Latvian. For a translation into Russian please inquiry

Payment plan	Deposit	1.installment	2.installment	3.installment	4.installment	5.installment	6.installment
EUR	Pay till:	10.04.2024	10.05.2024	10.06.2024	10.07.2024	10.9.2024	10.10.2024
<b>Early bird (installments) total EUR 2050</b>	EUR 400 (till 01.03.2024.)	EUR 300	EUR 300	EUR 250	EUR 250	EUR 250	EUR 300
<b>Early bird total EUR 2050</b>	EUR 2050 pay till 01.03.2024.						
<b>Later registrations total EUR 2200</b>	EUR 400 (līdz 10.04.2024.)	EUR 300	EUR 300	EUR 300	EUR 300	EUR 300	EUR 300

\* In special cases, it is possible to arrange a different personal payment plan, please inquiry. [dzaipalkaur@gmail.com](mailto:dzaipalkaur@gmail.com)

### TO REGISTER :

Please fill in the application form here: [www.dharamsaal.ee/latvia](http://www.dharamsaal.ee/latvia)

Company name: " GURU RAMDAS NIVAS"

Registration nr: 40008316267

Bank: Swedbank

Account Nr. LV28HABA0551052796031

Specify in your payment: Payment order - participant's name, surname, I level teacher training 2023, installment nr

**More information: Jaipal Kaur +37126223346 vai [dzaipalkaur@gmail.com](mailto:dzaipalkaur@gmail.com)**

3HO (Healthy, Happy, Holy Organization) [www.3ho.org](http://www.3ho.org)  
3HO Europe [www.3ho-europe.com](http://www.3ho-europe.com)  
Kundalini Research Institute [www.kriteachings.org](http://www.kriteachings.org)  
Karam Kriya School [www.karamkriya.org](http://www.karamkriya.org)

