

The Aquarian Teacher®

International Kundalini Yoga Teacher Training Level 1 in Kundalini Yoga as Taught by Yogi Bhajan© **ESTONIA 2025**

16th generation of teachers in Estonia (since 2010)
Training starts in April 2025 and ends in December 2025



Program Certified by the Kundalini Research Institute (USA) and Organized in partnership with:

The International Karam Kriya School

Dharamsaal School of Kundalini Yoga and Humanology

Guru Ram Das Institute & Ashram

at Rajamaa in Estonia



The Aquarian Teacher®

KUNDALINI YOGA TEACHER TRAINING LEVEL 1

Estonia



Something is missing in our modern lives. A voice inside calling to listen to our Souls. In the dawning of the Aquarian Age, the world is calling for a **new kind of leadership**—rooted in wisdom, compassion, and consciousness. The challenges we face with overwhelming information and constant distractions are profound, **yet so are the opportunities for transformation. We need leaders to help others reconnect with their highest potential. We are all invited to step into that role.**

Siri Singh Sahib Yogi Bhajan, the master of Kundalini Yoga who brought this technology to the West in 1969, saw this moment as one when humanity would need powerful teachers to guide us through the shifting tides of change.

We want to **train people** who have a **powerful intuition**, who are centered in their higher consciousness with a balanced nervous system, and a **profound connection to their body, mind, and soul**. Leaders and Teachers with a **strong Radiant Body**, who can hold space with clarity and compassion for others to **elevate their consciousness and experience their True Identity**.

THAT PATH STARTS HERE.

This training will give you the tools to become that teacher—not through instruction alone, but through your own inner experience and practice, by developing a balance between your **Shakti (power)** and your **Bhakti (devotion)**.

As an Aquarian Teacher, our prayer is that you become more than a guide; **a beacon of light in a world that desperately needs it**. By stepping into the role of Teacher, you will **not only transform your own life but also become part of the Global Shift** toward greater Consciousness and Unity.

Your commitment to **YOURSELF** has the power to heal, uplift, and awaken others—and **that is the most profound service you can offer in this Age of Awakening**.



OBJECTIVES OF THE TRAINING

- ★ To understand the Fundamental nature, Technologies and Concepts of Kundalini Yoga as taught by Yogi Bhajan©
- ★ To have a transformational experience through the practice of these Teachings in order to be able to deliver them with the Caliber and Radiance that is needed
- ★ To develop the skills, confidence and consciousness required to teach Kundalini Yoga
 - ★ To create and experience a deep sense of community with the training group and Kundalini Yoga Teachers worldwide
 - ★ To create Prosperity and Upliftment in your life and those around you
 - ★ To develop an attitude of service to those who come across your path.



“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”

-Siri Singh Sahib Yogi Bhajan

KRI 2016 Outstanding Achievement Award granted to Sukhdev Kaur for her service in Estonia since 2004



TRAINERS

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

Sukhdev Kaur (Mexico / Estonia)

Foundations, Yogic Lifestyle, Asana, Humanology, Completion and Community

Sukhdev Kaur Khalsa, originally from Mexico, is a dynamic and inspiring teacher who has pioneered the spread of Kundalini Yoga and Sikh Dharma in the Baltics since the early 2000s. As the leader of the Guru Ram Das Ashram in Estonia and a globetrotting Lead Trainer for Kundalini Yoga Levels 1, 2, and 3 across Europe, Mexico, and India, Sukhdev Kaur empowers her students to discover balance and deepen their spiritual growth. As Chair of the European Khalsa Council and a Sikh Dharma International board member and Director of the Continuing Education department at Miri Piri Academy in Amritsar, India, she's a passionate advocate for spiritual community and leadership.



Mata Mandir Singh (Italy/Germany/USA)

Sound and Mantra, Shabd Guru, Yogic Philosophy

Mata Mandir Singh Khalsa is an internationally renowned teacher of Naad Yoga (Sound Current), Kundalini Yoga and Gatka (Shakti Yoga). He learnt Kundalini yoga under the guidance of Yogi Bhajan for many years and served in many of his projects. He is a gifted musician, pioneer of mantra music, who has recorded over 28 CD-s and cassettes from the 1970s to this day. He is the author of the book Naad Yoga: The Yoga of Sound Workbook. Mata Mandir teaches and plays his music all over the world, mostly in the USA, Canada, Mexico, Europe, India and China. For many years, he lived in Amsterdam where he worked as the owner of the Golden Temple Restaurant while pursuing his multifold musical activities. Today, he lives in Italy and serves as Musical Director at Guru Ram Das Aquarian Academy in Germany.



Amrit Atma Kaur (Estonia)

Roles and Responsibilities, Mind and Meditation

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



TRAINING SCHEDULE 2025

Module	Topics	Date and Place
Module 1: Weekend	Introduction, Kundalini yoga basics, 7 steps to happiness, Code of Ethics	12-13 April 2025 (2 days) Urban Yogini Õnnelabor, Tallinn
Module 2: Weekend	Body map: Western and Yogic Anatomy	3-4 May 2025 (2 days) Guru Ram Das Ashram @ Rajamaa
Module 3-4: Ashram Experience	Sound and Mantra, Pranayama, Yogic Lifestyle and Yogic Diet	5-9 June (5 days) Guru Ram Das Ashram @ Rajamaa
Module 5-6: Ashram Experience	Asana and Kriya, Mind and Meditation, Intensive Meditation Day	17-21 July (5 days) Guru Ram Das Ashram @ Rajamaa
Module 7: Weekend	Humanology: The art of being Human	13-14 September (2 days) Guru Ram Das Ashram @ Rajamaa
Module 8: Weekend	Roles and Responsibilities of a Teacher	25-26 October (2 days) Urban Yogini Õnnelabor, Tallinn
Module 9-10: Final Module	Yogic Philosophy, Death and Dying, Completion and Continuity and Exam	4-7 December 2025 Riga, Latvia (4 days) (together with Latvia L1 group)

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

** Ashram experience modules and final module: arrival one day before and ending on the last day of the module by 17.00 hrs. Weekend modules beginning Saturday 9.00 am and ending Sunday 17.00 hrs

VENUE:

Guru Ram Das Institute & Ashram:

Located 25 km from Tallinn, the Ashram is a community established in 2012 as the home of Kundalini Yoga and Sikh Dharma in Estonia
www.dharamsaal.ee/rajamaa

DAILY SCHEDULE

5:00 Aquarian Sadhana (morning yoga)
8:00 Breakfast
9:00 Training time
13:00 Lunch and rest
14:30 Training time
18:30 End of the training day



CURRICULUM

MODULE 1: FOUNDATIONS OF KUNDALINI YOGA:

What is Yoga, its origins and Lineage of our tradition. Transition into the Aquarian Age. Types of Yoga. Kundalini Yoga basics., 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 the locks.

MODULE 2: BODY 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. Sadhana: The importance and value of daily discipline of exercise and meditation.

MODULE 3-4: SOUND AND MANTRA. YOGIC LIFESTYLE, DIET, PRANAYAMA AND AYURVEDA

Quantum Shabd Guru: The 4 yugas, Kali Yug and Naam as the supreme yoga of Kali Yug. Transition between Piscean and Aquarian era. Sensory human. Mantra: the meanings, effect, and how to chant the mantras of Kundalini Yoga. Pranayama: Body – breath – brain – consciousness. Nature, importance, anatomy, & techniques of breath. Yogic Lifestyle: Guidelines, wisdom and tips for all aspects of life. Waking up, hydrotherapy, diet, times of day, getting the best sleep. Addiction and how yoga helps. Cautions and pitfalls.

MODULE 5-6: ASANA, KRIYA, MIND & MEDITATION

Asana (posture): angles, triangles, rhythm. Effects/benefits/cautions. Variations, principles, guidelines

for practice. Kriya: concept and practice. Training the mind. How does the mind work. The 3 functional minds and the 3 impersonal minds. Meditation techniques, types, effects, stages. Patanjali: Pratyahar, Darana, Dhyana, Samadhi.

MODULE 7: HUMANOLOGY

We are Spirits here for a 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 and space in class. Yogi Bhajan

MODULE 9-10: YOGIC PHILOSOPHY, DEATH & DYING. COMMUNITY AND CONTINUITY

Key terms and concepts in Yogic Philosophy. Sutras of Patanjali. Yamas and Niyamas. From pranayama to Samadhi. Maya and the cycle of manifestation & the ladder of subtlety. Death & Dying: What happens when we die and after we die. The stages, the issues, the opportunity, and the technology. Dead/Liberated while Alive. Ten Spiritual Bodies; Applied Science of Spiritual Numerology [Karam Kriya]. Kundalini Yoga and Sikh Dharma. Resources for the teacher, Including Community and continuity.

"A Teacher keeps up and uplifts, keeps up and uplifts.

A Teacher is like a philosopher's stone: any metal he touches becomes gold." - Siri Singh Sahib Yogi Bhajan



CONDITIONS FOR COMPLETION OF THE COURSE

Hours: (students must attend all training days)

- * 220 hours of classroom instruction and practice in person during 22 days of the training.
- * 40 day meditation and yoga practice (31 min med)
- * 20 hours of reading plus pre-recorded video
- * Attendance at a minimum of 15 sadhanas/morning meditations (on the training days).

If a student misses a day/weekend, they have to catch up to 1.5 years from the start of training.

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

Additional classes: Students are required to attend a minimum of 20 Kundalini Yoga classes during the period of, or after the training. Students can choose a teacher in their own town. These must be taught by a KRI certified Kundalini Yoga instructor.

L1 Meditation day: It is required to attend a 6 hr meditation day, which we have included as part of the training days during the July Ashram Experience

Evaluation Of The Student: Based on completion of the above criteria and general evaluation of:

- * The student's involvement with the course (including leading two yoga practicums)
- * Their general grasp of the practical material
- * Agreement to the [Code of Ethics and Professional Standards for Kundalini Yoga Teachers](#)
- * Satisfactory completion of course exam.
- * Maintain a journal of their 40 day practice
- * Design two separate course curricula.

On completion of all of the above: The student will obtain the Level 1 Kundalini Yoga Teacher Training Instructor Certificate on Kundalini Yoga as taught by Yogi Bhajan® from the Kundalini Research Institute (KRI). This qualifies you for registration as a member of the Estonian Kundalini Yoga Teachers Association and/or the International Kundalini Yoga Teachers Association (IKYTA).

OTHER ORGANIZATIONAL DETAILS

Training Manuals: The Aquarian Teacher Manuals are included in the course price.

Karma Yoga: The participants of the course take turns in work during the training like chopping, preparing, breakfast, lunch or dinner and cleaning.

Food: Food is not included in the training fee. The food will be arranged in place at an extra price. The food served is the yogic lacto-vegetarian diet.

Accommodation: Accommodation in the Ashram is included in the price (shared cabins or own tent). For an additional price and upon availability, students may choose single or family rooms. Sleeping at the yoga studio in Riga is 15 euros per night.

*Do you have more questions?
Book a 15-min call or send an email to:
sukhdevkaur@khalsa.com*

*"The Teacher opens the door but you must enter yourself"
- Chinese Proverb*



TRAINING FEES:

The cost of the training is 2500 EUR (registering and paying deposit before the end of 2024. Please see detailed table below)

The cost includes: tuition, teacher training manuals, administration, exam and certification. A non-refundable deposit is required with your application to secure a place (please see below)

Additional costs: food, 20 kundalini yoga classes with a teacher of your choice.

*** We offer personal payment plans and / or work exchange discounts to those who are financially struggling. Email us: sukhdevkaur@khalsa.com**

Training center details, quality control and refund policy are found here:

www.dharamsaal.ee/dokumendid

Equal Opportunities Policy: While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity, the organizer 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 English with translation into Estonian and/or Estonian with translation to English (if needed). For a translation into Russian please inquire.

YOUR INVESTMENT (EUR)	DEPOSIT	1st installment	2nd installment	3rd installment	4th installment	5th installment
	Payment deadline:	01.04.2025	01.06.2025	15.07.2024	01.09.2024	15.10.2024
One-time payment (total 2500)	2500 (deadline 31.12.2024)					
Early bird plan (total 2500)	500 (deadline 31.12.2024)	410	410	410	410	410
Installment plan (total 2650)	600 (deadline 15.02.2025)	410	410	410	410	410
Late plan (total 2800)	750 (deadline 11.04.2025)	410 (deadline 11.04)	410	410	410	410





LEVEL 1 KUNDALINI YOGA TEACHER TRAINING - REGISTRATION FORM - 2025

I hereby apply to participate in the KRI Level 1 Kundalini Yoga Teacher Training in Estonia. I have read and agree to the conditions for completion of the course. I have understood and agreed that my non-refundable deposit is the guarantee that I will have a place in the training, and that I need to pay according to the payment plan.

By signing this document I agree to the course and the Training center conditions, quality control and refund policy.

*** You can fill this form digitally and send over email ***

Deposit and payments to the account:

Urban Dharma OÜ

EE137700771002081453

Please specify "Level 1 Kundalini yoga teacher training 2025", and your name, payment description. By paying your deposit you are booking a place in the training. When we receive your registration we will send you an invoice for the remaining payments.

Name:			Spiritual name (if any):	
Date of birth:			Phone nr:	
Address:				
E-mail:			Occupation:	
Paying as: (chose one)	Private person	Company	Name of Company:	
Previous experience in Yoga and/or Kundalini Yoga:				
Physical or mental restrictions or conditions we should be aware of:				
Do you consume psychedelic substances? If so, which ones and how regular?				
Explain your motivation in participating in this Training:				
Where did you find out about the training?				

* **Examples of restrictions or conditions:** Physical: articulation problems, heart or circulation problems, lung problems (asthma, chronic bronchitis etc), diabetes, thyroid problems, back / column problems (neck or discs etc), operations etc. Mental conditions: such as psychiatric conditions (depression, anxiety, psychosis, disorders, etc).

Disclaimer: To the best of my knowledge I do not have any mental or physical conditions that would prevent me from participating in the training. I understand that the teachings in this course do not replace medical advice. . Please note that you are responsible for your health and any of your conditions at all times during this Training.

SIGNATURE(original or Estonian ID digital signature) Date

Please send the digitally signed document to:
Sukhdev Kaur Khalsa sukhdevkaur@khalsa.com