

# The Aquarian Teacher®

International Kundalini Yoga Teacher Training Level 1 in  
Kundalini Yoga as Taught by Yogi Bhajan©  
**LATVIA 2026**

Training starts in April 2026 and ends in December 2026



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

### *Latvia*



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**.







## TRAINERS

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

### **Sukhdev Kaur (Mexico / Estonia) Foundations, Yogic Lifestyle, Asana, Meditation.**

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 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, Sikh Dharma International board member and Director of Continuing Education 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 from Yogi Bhajan 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 and author of the book Naad Yoga: The Yoga of Sound Workbook. Mata Mandir teaches and plays music all over the world, mostly in the USA, Canada, Mexico, Europe, India and China. For many years he lived in Amsterdam as 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.



### **Dharampal Kaur (Latvia / Sweden) Humanology, Yogic and Western Anatomy**

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)



### **Hari Krishan Singh (Nederland/Germany) Roles and Responsibilities of a Yoga Teacher**

Hari Krishan Singh, Dutch but resident in Germany, is co-founder of Cherdi 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.





## TRAINING SCHEDULE 2026

Module	Topics	Date and Place
Module 1: Weekend	Introduction, Kundalini yoga basics, 7 steps to happiness, Code of Ethics	18-19 April 2026 (2 days) Riga
Module 2: Weekend	Body map: Western and Yogic Anatomy	16-17 May 2026 (2 days) Riga
Module 3-4: Ashram Experience	Sound and Mantra, Pranayama, Yogic Lifestyle and Yogic Diet	11-15 June (5 days) Guru Ram Das Ashram @ Rajamaa
Module 5-6: Ashram Experience	Asana and Kriya, Mind and Meditation, Intensive Meditation Day	16-20 July (5 days) Guru Ram Das Ashram @ Rajamaa
Module 7: Weekend	Humanology: The art of being Human	12-13 September 2026 (2 days) Riga
Module 8: Weekend	Roles and Responsibilities of a Teacher	3-4 October 2026 (2 days) Riga
Module 9-10: Final Module	Yogic Philosophy, Death and Dying, Completion and Continuity and Exam	3-6 December 2026 (4 days) Riga

\* 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:

**Budas muiža, Riga:**  
Pampāļu iela 1, Rīga, LV-1058  
<https://www.buddas.lv/>

### Guru Ram Das Institute & Ashram:

Located 25 km from Tallinn  
[www.dharamsaal.ee/rajamaa](http://www.dharamsaal.ee/rajamaa)

### DAILY SCHEDULE

5:30 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: Pratyahaar, Darana, Dhyana, Samadhi.

### MODULE 7: HUMANOLOGY

We are Spirits here for a Human Experience. The possible Human Being, soul's choice, soul's journey, birth, 120 days, the mother. Being female/male, growing up, Moon Points, Lifecycles. Meditations for Women. 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*









