The Aquarian Teachero

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



















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
- igstar 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











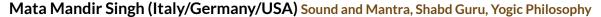


TRAINERS

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

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

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

VENUE:

Budas muiža, Riga:

Pampāļu iela 1, Rīga, LV-1058

https://www.buddas.lv/

Guru Ram Das Institute & Ashram:

Located 25 km from Tallinn

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

www.dharamsaal.ee/rajamaa

 st^* 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











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 MODULE 8: ROLES AND RESPONSIBILITIES 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 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.

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 <u>Code of Ethics and Professional</u> <u>Standards for Kundalini Yoga Teachers</u>
- * 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 Latvian 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 <u>not</u> included in the training fee. The food will be arranged in place at an extra price.

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 Budas muiža in Riga is 20 euros per night and you need to bring your own sleeping equipment.

Do you have more questions?
Send an email to Mara Majore: dzaipalkaur@gmail.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 31st of January 2026. 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.

* For personal payment plans and / or work exchange discounts to those who are financially struggling. Email us: dzaipalkaur@gmail.com

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 Latvian and Latvian translation to English (if needed

Do you have more questions?
Send an email to Mara Majore: dzaipalkaur@gmail.com

YOUR INVESTMENT (EUR)	DEPOSIT	1st installment	2nd installment	3rd installment	4th installment	5th installment	
	Payment deadline:	01.04.2026	01.06.2026	15.07.2026	01.09.2026	15.10.2026	
One-time payment (total 2500)	2500 (deadline 31.01.2026)						
Early bird plan (total 2500)	500 (deadline 31.01.2026)	410	410	410	410	410	
Installment plan (total 2650)	600 (deadline 28.02.2026)	410	410	410	410	410	
Late plan (total 2800)	750 (deadline 11.04.2026)	410 (deadline 11.04)	410	410	410	410	

TO REGISTER:

1) Fill up the application form here2) Make your payment to the account (see right)

See you at the Training!

LV28HABA0551052796031
Name of company - Guru Ramdas Nivas
Address - SLOKLEJAS, TUMES PAGASTS, TUKUMA
NOVADS LV3139, Latvia
Register nr. 40008316267

