

East Valley Metro Phoenix		KRI LEVEL 1 TEACHER TRAINING	Dates: Jan 18-July 20, 2025 Graduation: July 20 6 months, 27 classes	LOCATION: Sacred Space Home Studio 3918 E. Decatur St, Mesa, AZ 85205 (Just East of Val Vista, Just North of University; Park on 39th Way)		Original 9/1/24
		216 classroom contact hours (180 reqd)		Entrance, Mid term, and Exit interviews with Lead Trainer by Appt.		
		200 hr "Instructor" Certification Course				
				All registrants must arrange 1:1 interview day and time		Prior Grads -- Arrange days to join as refresher!
				Level1 Office hrs with Jaap Kaur by appointment email: jaap.kaur@cox.net 602-410-4782 cell / text		
Count	Day	Date	Time/Teaching	Chapter(# pages)	Subjects	Trainers
Various				29, 30,31 (117 pgs)	Kriya (Yoga Sets) and Meditations from Training Manuals ·Experiential, Used Throughout Course and Teach in Groups and Practicums	Various
Various				Some Master's Touch Lectures	Master's Touch Manual·Used throughout with Yogi Bhajan videos (Some Yogi Bhajan Videos in Class/White Tantric Yoga /Retreat)	Various
WTY	Sat	1-Feb	Phoenix Opportunity	White Tantric Yoga	Guided meditations with Yogi Bhajan videos and White Tantric Yoga facilitator OR By Speial Exception Only: 1st journey of 21 Stages of Meditaiton with Level 2 Lead Trainer. Date TBD if required.	WTY facilitator Jaap Kaur
1	Sat	18-Jan	All Class Saturdays & Sundays		Introductions, Why this course, 10 questions; Cert req'mts/Registration	Jaap Kaur, meet trainers
			8:00am - 5:30pm	1 (6 pgs)	Aquarian Age of Awakening	
			Lunch 1 hr	2 (17 pgs)	Roots of Kundalini Yoga,what is it?	
			8 hr class	6 (8 pgs)	Golden Chain, Spiritual Teacher, Yogi Bhajan	Nam Kaur/Siri Atma S.
2	Sun	19-Jan	30 minutes of breaks	8 (8 pgs)	Breath -- Basics & Mechanics	Jaap Kaur
				9 (13 pgs)	Awakening the Consciousness · - Asana, Mudra, Bhandas	
				10 (3 pgs)	Relaxation & Artful Transitions; White Tantric Yoga Briefing	
3	Sat	8-Feb		27 (14 pgs)	WTY Debrief. Basic Postures & 13 principles of Yoga Motion	Jaap Kaur
				28 (7 pgs)	Kriya, Form & Alignment; "Cert Pkg discussion"	
4	Sun	9-Feb		14 (8 pgs)	Yogic Anatomy -- Vayus, Basic Foundation	Jaap Kaur
				15 (14 pgs)	Yogic Anatomy-- Chakras	
5	Sat	22-Feb	Share Personal Sadhana elements	16 (5 pgs)	Yogic Anatomy -- Ten Energy Bodies Introduction	Jaap Kaur
6	Sun	23-Feb	Share Personal Sadhana elements	17 (9 pgs) 16 (5 pgs)	Yogic Philosophy Basics (Maya, Tattvas, Gunas, Dharma, Cause & Effect, Liberation, Cosmic Cycles) Ten Energy Bodies Integration	Siri Atma Singh/Nam K.
7	Sat	8-Mar	Share Personal Sadhana elements	3 (5 pgs)	Roots of Kundalini Yoga·Varieties of Yoga	Siri Atma Singh/Nam Kaur
				4 (8 pgs)	Roots of Kundalini Yoga ·History & Patanjali's Sutras	
8	Sun	9-Mar	Share Personal Sadhana elements	11 (22 pgs)	Sevak pg 123-124 charts animated Awakening the Consciousness-- Mind & Meditation, Why Meditations Work, Experiencing Silence, Chanting	Guest Teacher Sevak S. Siri Atma Singh/Nam K.
April 19-20 Easter Break			May 24-26 Memorial Day Break Summer Solstice Break June 15-22 July 4-6 Independence Day Break			
9	Sat	22-Mar	Share Personal Sadhana elements	7 (17 pgs)	Awakening the Consciousness · Sound & Mantra, Celestial Communication Cert Package Progress Check	Jaap Kaur

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10	Sun	23-Mar	Share Personal Sadhana elements	20 (5 pgs) 5(2 pgs)	Humanology --Yogic Life Style, Diet, Sadhana	Jaap Kaur
				12 (10pgs) 21 (6 pgs)	Humanology --Yogic Kundalini Yoga & Sikh Dharma chp 5	Guest Trainer Video JGS
				7 (3pgs)	Japji Pgs 79-81 of chp 7, Akand Path, Field Trip	Jaap Kaur
11	Sat	5-Apr	Group teaching	13 (16 pgs)	Western Anatomy-- Systems and body effects from Yoga and Meditation, Anatomy, Kundalini Yoga Integration, & Yoga Therapy; Cert Pkg Mid-Point Progress Review , Followup Topics	Nitnem Kaur,Physical Therapist; Michelle Gorman, LMT; Jaap Kaur
12	Sun	6-Apr	Group teaching	13 (16 pgs) & Hue-Man Book	Western Anatomy-- Systems and body effects from Yoga and Meditation; Bhoj Kriya; Kundalini Yoga Medical Research	Siri Atma Singh Jaap Kaur
13	Sat	3-May	Group teaching	22 (10 pgs)	Becoming a Teacher --Identity of KY Teacher & Code of Ethics (pg 266-267)	Jaap Kaur
				23 (9 pgs)	Becoming a Teacher -- Role & Responsibility in Class	
14	Sun	4-May	Group teaching	25 (5 pgs)	Business Ethics-- Teaching Specialized groups & settings, Curriculum Development; Retreat planning	Jaap Kaur
15/16	Fri 4pm / Sat	9 May, 10 May	Fri 4pm through Sunday 4pm	Immersion -- Ashram Lifestyle Retreat	Experience Yogic Lifestyle & Diet, Self Assessment, Silence & Inner Reflection, Journaling Yogi Bhajan videos, Variety of Meditation experiences, Group Sadhanas	Jaap Kaur & staff
17	Sun depart by 4pm	5/11/2025 Mother's Day				
18	Sat	31-May	Group teaching	24 (4 pgs)	Retreat Debrief Business Ethics -- Role & Responsibility Outside Class; Practice choose/teach 10 bodies & chakra support items	Jaap Kaur
19	Sun	1-Jun	Group teaching	25 (5 pgs)	Business Ethics-- Teacher Challenges; Cert Package Progress Review	Jaap Kaur
20	Sat	7-Jun	Group Teaching	26 (3 pgs)	Reflecting on Retreat; Business Ethics-- Teacher Resources: Code of Excellence Review, Community Development & Support (IKTYA, 3HO, KRI), Books/CDs/DVDs	Jaap Kaur
21	Sun	8-Jun	Group Teaching	19 (3 pgs)	Humanology -- Communications, Prosperity, Success (pg 241-243) Subhag Kriya, Gyan Chakra Kriya	Jaap Kaur Guest Teacher
22	Sat	28-Jun	3 Practicums	19 (13 pgs)	Humanology --Birth, Life Cycles, Relationships, Death & Dying "Intro"	Jaap Kaur
23	Sun	29-Jun	4 Practicums	19 (13 pgs)	Humanology --Birth, Life Cycles, Relationships, Death & Dying "Integration"	Siri Atma Singh/Nam Kaur
24	Sat	12-Jul	4 Practicums	18 (7 pgs)	Yogic Philosophy-- Spiritual Development, Stages on the Path to Wisdom, Group Consciousness,Balancing the Infinite & Finite	Jaap Kaur
25	Sun	13-Jul	3 Practicums		Lifestyle of a modern yogi, Strengthening Arc Line, Trap of New	Jaap Kaur
					Continued Study -- Level 2 & 21 Stages of Meditation; Cert pkgs due	
26	Sat	19-Jul	2 Practicum contingency		2.5 hr Long Ek Morning Call, Reflecting - Journaling, Soul Walk; Special topics	Jaap Kaur; Guest Trainer Jugat Guru Singh
27	Sun	20-Jul	1 Practicum contingency		Revisiting 10 questions -- comparing the shift, Next steps to serve	Jaap Kaur
					3pm Graduation & Appreciation	All