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The Aquarian Teacher™ KRI™ Level One Promotional Requirements

FOR ALL PRINT AND WEBSITE MATERIALS
SOCIAL MEDIA: must link to a website that meets these PR requirements.

PART 1: Required Content

❖ **Graphics** → See full packet HERE

1. Approved → KRI Logo — **required**
2. Yogi Bhajan photo — optional, if used, → **choose at least one from selection provided**
3. Optional: → **Blue Level One seal/emblem**

❖ **Required Program Title**

Include this text as header or within body of PR material:

- KRI™ Level One Yoga Teacher Training Program
- Can optionally use the following trademark – Kundalini Yoga as taught by Yogi Bhajan®

❖ **Training Team –** List or feature the names of all the Aquarian Trainer Academy trainers who are on the team. Trainer designations are optional (Lead, Professional, Associate, Intern).

PART 2: Text Guidelines

❖ **Text Guidelines**

1. Refer to Level 1 or Level One *(do not use Roman numerals such as Level I)*
2. Graduates are certified as KRI Level One Instructors. Both terms Instructor(s) and Teacher(s) may be used for variety, but do not use the term Teachers exclusively.
3. Do not include curriculum topics that are not part of the Level One Aquarian Teacher manual.
4. If conveying trainer credentials, use descriptive language in their bios, and/or reference their standing in the Academy. Use of the terms “Senior” or “Master” is not appropriate.

5. Avoid promises, claims or guarantees such as: *You will master Kundalini Yoga; You will become a Kundalini Yoga Master; You will be totally transformed; You will achieve enlightenment*, or similar. Instead, use student testimonials. They are a great way to convey the impact the Level One program can have on peoples' lives.
6. If trainer photos are included, use an image with a head cover *(like when teaching)*.

PART 3: Optional Content

1. **Yogi Bhajan Bio:**

   Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: "I have come to create Teachers, not to gather disciples." For over 30 years, he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to make available these priceless teachings through networks of Kundalini Yoga teachers worldwide. Through The Aquarian Teacher™ program, the legacy of Yogi Bhajan continues to train thousands of KRI Certified Kundalini Yoga Teachers every year.

2. **Summary of the Three Levels:**

   The Aquarian Teacher™ program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan® and is a journey of your development as a Kundalini Yoga Teacher. There are three levels of certification:

   a. KRI Level One: Instructor — Foundations
   b. KRI Level Two: Practitioner — Transformation
   c. KRI Level Three: Teacher — Realization.

   In Level One, you will become an Instructor and learn the fundamental principles and practices of Kundalini Yoga. This is a 220-hour course, which includes 180 hours of classroom instruction in a well-defined curriculum.

3. **Statement:**

   The Aquarian Teacher™ certification program is open both to yoga students ready to become teachers, and those who wish just to immerse themselves in the science of Kundalini Yoga as taught by Yogi Bhajan®.

4. **A Yogi Bhajan quote** on teaching, such as: "If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it."

5. **Statement:**

   In 1969 Yogi Bhajan founded 3HO -- the Happy, Healthy, Holy Organization, based on his first principle "Happiness is your birthright."

6. **Statement:**

"You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations as taught by Yogi Bhajan. You will practice teaching Kundalini Yoga in a practicum setting, participate in early morning Sadhana (spiritual practice), and as part of the non-classroom course requirements, experience the powerful transformational energy of a day of intensive group mediation, such as the White Tantric Yoga."

7. Course content:

The course curriculum will include these topics and more:

a. **The Roots of Kundalini Yoga**
b. **Awakening the Consciousness**
c. **Yogic & Functional Western Anatomy**
d. **Yogic Philosophy & The Origin of Kundalini Yoga**
e. **Humanology & Yogic Lifestyle**
f. **Role of a Kundalini Yoga Teacher**
g. **Kundalini Yoga Kriyas & Meditations**