

**KRI****ATA**AQUARIAN
TRAINER
ACADEMY

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Professional Candidate – Instructions

Dear Professional Candidate,

Congratulations on your decision to apply to become a Professional Trainer. You have worked hard as an Associate in serving both the needs of the Level One Program and of the students. Before you complete the application process, please make sure that you have met and submitted all the requirements. This allows your application to be more quickly reviewed.

Professional Candidate Requirements:

- ☐ You continue to teach Kundalini Yoga outside the Teacher Training setting.
- ☐ You are Level Two certified – Completed all five modules – ([Request L2 certificate](#)).
- ☐ You live and abide by the [KRI Code of Ethics and Teacher Policies](#).
- ☐ You have qualified for a minimum of 50% of the 100 total Content Credits.
- ☐ You have effectively taught an additional 15 hours of “bench time” in Teacher Training for a minimum of 25 accumulative hours as Intern and Associate. These “bench hours” must be from at least 3 different Units of Study.
- ☐ You have taught solo for a 4 consecutive hour session or ½ day.
- ☐ You have “held the Trainer’s space” for a minimum of 16 consecutive program hours, or for a full weekend in one session.
- ☐ You have attended a Trainer Forum or an ATA Global Summit at least once every 2 years.
- ☐ You have attended at least one KRI, Sikh Dharma, or 3HO Event every year for the past three years. (Including but not limited to Solstice, Teacher’s Conference, any Kundalini Yoga Festival, Women’s Camp, Jaap Sahib, Level Two Training, Trainer Forum, White Tantric Yoga, all day meditation workshop).
- ☐ You are a current member of IKYTA or National Teacher’s Association.

Professional Candidate Process:

The process involved in becoming recognized as a Professional Trainer is as follows:

- Submit your **online application** to KRI by logging into your **Trainer Portal**.
- Your application also includes:
 - Professional Candidate – [Self Evaluation](#)
 - Professional Candidate – [Mentor’s Evaluation Form](#)
 - [Units of Study Content Credit Form](#) – completed and then discussed and agreed with your Mentor – a minimum of 50 content credits (50% of total credits) and 25 hours of effective “bench time” required.
 - [Individual Development Plan\(s\) IDPs](#) signed by your mentor. Normally done yearly, so you may have multiple IDPs.
 - [Professional Competency Evaluation Form \(CEF\)](#) – You can attach it in the same area you attach your IDPs.

Schedule an Interview:

Once your application has been completed and reviewed by the ATA Regional Administrator, KRI will assign interviewers for an online interview. Remember, the interviewers make a “recommendation” and the Certification Committee will grant the final approval to your application process. You can [READ the Orientation for Professional Interviews](#).

Professional Responsibilities:

If you are approved as a Professional Trainer, you will be eligible to deliver content areas which you have already qualified for and can participate in any KRI Teacher Training Program. The Professional can teach up to 80% of a program as part of a team under the supervision of a Lead Trainer. If interested in proceeding to Lead, you will need to deliver effectively ALL content credits on the L1 curriculum. In addition to meeting the qualifications for a Professional Trainer and demonstrating broad command of course content, the Professional Trainer has the following additional requirements:

- As a Level One Professional Trainer, you will continue to work under the guidance and direction of a Mentor.
- Your roles, responsibilities, duties, and opportunities are different than they were while you were an Associate. Please make sure to carefully read and understand the [Professional Role Description](#).
- Understands all Level One Program Requirements outlined in the [KRI Licensing Contract](#), including [student requirements](#) for program completion. [L1 Program Admin checklist](#).
- Demonstrates excellence in various teaching methodologies and balances these in the program design to accommodate different learning styles.
- Demonstrates multifaceted communication skills including attentive listening, story-telling with a point, and coaching skills.
- Exhibits an integrated understanding of the Teachings while answering questions.
- Ability to maintain a conscious presence and to keep students engaged during a long training day.
- Awareness of group and individuals' state and the capacity to respond and adjust to this at the moment in order to deliver the material most effectively.
- Skillful management of the teaching environment to maximize student-teachers' experience.
- Ability to operate with a true sense of teamwork to enhance the effective presence of the team.

It is important to be aware that as a Professional Trainer, you will be:

- Required to renew your Trainer license by June 30th every year to remain eligible to teach in KRI Aquarian Teacher Training Programs.
- Required to attend one ATA Trainer event, as a Trainer's Forum, Regional meeting, ATA Global Summit or Local Online Gatherings every 2 years.