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The Aquarian Teacher™ KRI™ Level One
PARTICIPATION IN A DAY OF INTENSIVE GROUP KUNDALINI YOGA MEDITATION

Without denying the power, uniqueness, and potency of White Tantric Yoga, the requirement to participate in a day of White Tantric Yoga in order to qualify as a Level One certified Instructor is the participation in a day of intensive group Kundalini Yoga meditation. **READ DETAILED POLICY HERE.**

KRI still strongly recommends that all students participate in a day of White Tantric Yoga, if possible.

The day of intensive group meditation will be fulfilled by a group Kundalini Meditation course or workshop that meets the following criteria:

- Contains at least 6 hours of meditation practice within a 24-hour period (study, lecture, discussions, etc. do not count towards the 'meditation' time).
- Are within the tradition and teachings of Kundalini Yoga as Taught by Yogi Bhajan,
- Is led by a KRI licensed teacher trainer (with exceptions being permitted with the lead trainer's approval)

Select the type of intensive day of meditation:

☐ **White Tantric Yoga**

☐ **Five Rebirthing kriyas** (for this particular choice, please **do NOT** teach all in one day, but spread out over at least 5 days)

☐ **One Full Day of Group Kundalini Yoga-Based Meditation**

Description: _____

READ DETAILED POLICY HERE.

Date of Intensive day of Meditation: _____

Location: _____

I CONFIRM that this trainee has completed a DAY OF INTENSIVE GROUP KUNDALINI YOGA MEDITATION as part of his/her completion requirements to be certified as a KRI Level One Instructor of Kundalini Yoga as taught by Yogi Bhajan®.

_____ L1 Trainee's NAME (Legal and Spiritual (optional))

_____ L1 Trainee's Email address

_____ Name of KRI Trainer/WTY Facilitator

_____ SIGNATURE KRI Trainer/WTY Facilitator

_____ Today's Date

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