The Aquarian Teacher™ KRI™ Level One
Student's CERTIFICATION DOCUMENTS

Instructions:

- ➔ There are the THREE documents that KRI needs to have in the **Student's Packet**, regarding each one's certification.
- ➔ In order to simplify the L1 administration process we have created a **compilation of the three documents in the Student's packets.**
- ➔ This current document can be sent for the student to fill out.
- ➔ **This is a View only document, you won't have permission to EDIT.**
- ➔ Please **DOWNLOAD it** or **make a copy on google drive** to have a fillable version for the students to be able to fill out with their personal information.
- ➔ The LEAD Trainer MUST receive this PDF and SIGN the CERTIFICATION REQUIREMENT FORM.
- ➔ After completed, SAVE this document as a PDF.
    - ◆ Use a student's LEGAL NAME and SPIRITUAL NAME (optional) on the title.

KRI Level One Registration and Release Form

Name of Licensee / Program Number / Location:_____

Registrant's Legal Name: _____

Registrant's Spiritual Name (optional):_____

Mailing Address: _____

City:_____ State:_____ Country_____

Postal Code/Zip Code_____ Date of Birth: _____

Phone:_____ E-mail:_____

Release, Waiver, and Indemnity

I am aware that the Kundalini Yoga as taught by Yogi Bhajan® Teacher Training Program in which I am hereby registering (the "Program") exists to serve me by sharing knowledge of Kundalini Yoga and health. I recognize that yoga is physically and mentally challenging and may cause physical injury and intense psychological or emotional experiences and side effects. I am fully aware of and assume the risks and hazards involved. I understand that it is my responsibility to consult with my healthcare providers prior to my participation in the Program regarding any specific medical, emotional, or psychological issues or concerns. I acknowledge that I am fully responsible for my self-care both during and after participating in the Program. I represent and warrant that I am physically fit and I have no physical, mental, or psychological condition or illness that would prevent my full participation in the Program or increase my risks of negative mental or physical health outcomes.

In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program. I freely and voluntarily choose to participate in the program.

I hereby agree to indemnify, defend, and hold harmless the Program; Kundalini Research Institute; Harbhajan Singh Khalsa Yogiji, a.k.a. Yogi Bhajan; YB Teachings, LLC; 3HO Foundation; Sikh Dharma International; Humanology & Health Science Inc.; Siri Singh Sahib Corporation; their affiliates, subsidiaries, and related entities; and their officers, directors, employees, agents, or volunteers (collectively, the "Indemnified Parties") from and against all lawsuits, claims, actions, demands, proceedings, liabilities, damages, judgments, settlements, costs, and expenses, including reasonable attorney's fees, now or hereafter known or arising in any jurisdiction in the world, attributable or relating in any manner to my participation in the Program.

On behalf of myself, my heirs, assigns, and legal representatives, I hereby forever release, waive, discharge, and covenant not to sue or make any claims of any kind whatsoever against the Program, the Indemnified Parties, or their heirs or assigns for any damage, loss, or injury, including but not limited to damage, loss, or injury of a financial, personal, emotional, psychological, or medical nature, or otherwise, or death, sustained or caused by reason of or arising out of my participation in the Program .

I hereby acknowledge that I have read, fully understand, and agree to each of the foregoing provisions of this agreement. I understand that I have given up substantial rights by signing this agreement. I enter into this agreement freely and voluntarily. I declare that my registration information provided above is true and correct.

By typing my name below, I am electronically signing this form and agree with the above.

Signature (Legal Name):_____ Date:_____

The Aquarian Teacher™ KRI™ Level One
CERTIFICATION REQUIREMENTS FORM

To be signed by Lead Trainer when the student certifies:
Please check each box to indicate the student has fulfilled all requirements.

- ❑ Attended (or successfully made up) all Teacher Training classes – minimum 180 classroom hours.
- ❑ Received a passing grade of _____on the exam(s).
- ❑ Completed 20 Kundalini Yoga Classes during or after the completion of Teacher Training.

(Each class must be a minimum of 1 hour each and be taught by a KRI Certified Instructor)

- ❑ Performed satisfactorily in the student practicum.
- ❑ Created two acceptable yoga course curricula.
- ❑ Completed the assigned 40-day yoga set/meditation *(11-minute minimum).*
- ❑ Participated in at least five full morning Aquarian Sadhanas *(2½ hours each).*
- ❑ An intensive day or days of group KY meditation led by a KRI licensed teacher trainer (with exceptions being permitted with the lead trainer's approval) - such as one day of White Tantric Yoga, 5 rebirthing videos (no more than 2 in a day), a day of 21 Stages of Meditation, a Japa course, Sat Nam Rasayan intensive course.
- ❑ _____
  (Additional reasonable certification requirement(s) set by the Lead Trainer)
- ❑ Read, understood, and signed the Code of Ethics and Professional Standards, and be in good standing with the Office of Ethics and Professional Standards.

I recommend this trainee be certified as a KRI Level One Instructor of Kundalini Yoga as taught by Yogi Bhajan®.
By typing my name below, I am electronically signing this form and agree with the above:

_____ _____
SIGNATURE Lead Trainer Today's Date

_____ _____
PRINT Name of Lead Trainer **Program NUMBER** and Course Location (City, Country)

To be read and signed by the student before the program begins:
I, the undersigned, agree to the following:

1. KRI and the KRI Teacher Training team reserve the right to grant KRI Level One certification based solely on their discretion and evaluation of each student's readiness to be a Kundalini Yoga Instructor. This evaluation is based on successfully meeting the program requirements including, but not limited to those listed in this document.
2. I understand that I am strongly encouraged to submit my certification requirements within 6 weeks after the end date of the course. All requirements must be completed and submitted no later than 12 months after the conclusion of the program. If for any reason I do not complete the requirements for the course within this timeframe, I will not be certified.
3. If I am not granted certification, I understand that I have the right to appeal to KRI, whose decision shall be final.

By typing my name below, I am electronically signing this form and agree with the above:

_____ _____
Signature (Legal Name) Date

_____ _____
PRINT (Legal Name) PRINT (Spiritual Name)

KRI Code of Ethics & Professional Conduct

https://kundaliniresearchinstitute.org/en/code-of-ethics/

Being a Teacher of Kundalini Yoga is a sacred calling. It is more than just teaching postures and kriyas; it is standing as a beacon of hope and a neutral servant of each student's soul journey. It is a beautiful and deeply fulfilling calling.

Especially because a Kundalini Yoga Teacher may be interacting with students who are in a vulnerable state, it is critical for the entire profession of Kundalini Yoga Teachers to have a strong, enforceable Code of Ethics. This protects both students and teachers, and ensures that the powerful, positive transformations teachers can facilitate in students' lives can be done professionally and safely.

Therefore, teachers of Kundalini Yoga as taught by Yogi Bhajan® must be committed to applying strong ethical principles in their professional and personal lives, and this should be understood as intrinsic to their practice and teaching of yoga. This Code of Ethics & Professional Conduct (the Code) sets out prohibited behaviors and acceptable, recommended and required professional and ethical behaviors by which Teachers agree to conduct themselves. It is based upon core values intrinsic to the practice of yoga. A Teacher is responsible to be in compliance with the most current version of this Code found at epsweb.org, kriteachings.org and ikyta.org.

The Office of Ethics and Professional Standards and Conscious Conflict Resolution (EPS) receives and addresses complaints regarding breaches of this Code. To learn more about EPS and how it serves our communities see: www.epsweb.org. For details about how EPS addresses complaints, see the EPS Complaint Procedure.

Code Principle 1 — Adhere to Applicable Law

Code Principle 1 requires adherence to applicable law. Kundalini Yoga teachers, trainers, and trainees (hereafter collectively referred to as "Teachers") must abide by all local, state, provincial, federal, national, and international laws and regulations applicable in their location(s). Depending on the nature of the alleged criminal behavior, a Teacher charged with a criminal offense may be placed on Suspension pending the outcome.

Code Principle 2 — Teach within Scope

Under Code Principle 2, Kundalini Yoga Teachers must follow the KRI Scope of Practice policy. The Scope of Practice sets out standards of acceptable, recommended, required, and prohibited practices within a Kundalini Yoga teaching environment or event.

Code Principle 3 — Do No Harm

Under Code Principle 3, Kundalini Yoga Teachers must do no harm. Teachers will take reasonable steps to do no harm and will not intentionally or negligently cause harm to students, employees, peers, other teachers, or members of the public through any action or inaction.

Code Principle 4 — Respect Student-Teacher Relationships

Under Code Principle 4, Kundalini Yoga Teachers must follow the KRI Respectful Student-Teacher Relationships Policy. A Teacher recognizes that the student-teacher relationship has an inherent power imbalance and consciously avoids any relationship with a student that may be exploitative of this power dynamic in any way.

Code Principle 5 — Do Not Harass or Retaliate Against Anyone
Under Code Principle 5, all Kundalini Yoga Teachers must follow the KRI Anti-Harassment and Non Retaliation Policy. The policy prohibits harassment of any kind by a Teacher of any person, in person, through online activities, or by any other means. This policy also prohibits retaliation by a Teacher against anyone believed to be a participant, whether as a complainant or witness, in an EPS Complaint Procedure regarding a Teacher's breach of this Code.

Code Principle 6 — Do Not Engage in Sexual Misconduct
Under Code Principle 6, Kundalini Yoga Teachers must follow the KRI Sexual Misconduct Policy. Teachers must NOT intentionally or unintentionally cause harm via sexual misconduct — verbally, physically, or otherwise — to students, employees, peers, other teachers, or members of the public through any action.

Code Principle 7 — Actively Include All Individuals
Under Code Principle 7, Kundalini Yoga Teachers must follow the KRI Inclusion Policy. Teachers must not discriminate against *anyone*, and should actively include all individuals.

Code Principle 8 — Maintain Honesty and Integrity in Communications
Under Code Principle 8, Kundalini Yoga Teachers must follow the KRI Communication Policy, and maintain honesty and integrity in communications. This principle includes a duty to both refrain from certain activities and to proactively and affirmatively make certain disclosures. This would include reporting a serious ethical violation of this Code to EPS.

ACKNOWLEDGMENT

I have read and understand the "KRI Code of Ethics and Professional Conduct" and the policies referenced therein: KRI Scope of Practice, KRI Anti-Harassment and Non-Retaliation Policy, KRI Sexual Misconduct Policy, KRI Inclusion Policy, KRI Respectful Student-Teacher Relationships Policy, and the KRI Communication Policy. I understand that a Teacher in breach of this Code may be subject to review by the Office of Ethics and Professional Standards. Violations of the Code can, depending upon severity, result in consequences, including prohibition from representing 3HO, IKYTA, KRI, and Kundalini Yoga as taught by Yogi Bhajan® in any capacity as a Kundalini Yoga Teacher, termination of KRI Teacher Trainer status, and Termination of IKYTA Membership (Good Standing). By signing below, I attest to the above, and to understanding and agreeing to the policy that any final Decision involving a Suspension or Revocation will be a public document.

By typing my name below, I am electronically signing this form and agree with the above,

_____

Date

_____

(Printed) Full Name – Spiritual name (optional)