KRI Level 1 Bridging Process
Guidelines for Lead Trainers

Purpose

These guidelines are intended to support KRI-Certified Lead Trainers in assessing and guiding Applicants through the **Bridging to a KRI TTL1: Introduction, Procedure & Application_ENGLISH**

Your role is essential in ensuring that all Applicants meet KRI standards while being supported with clarity, fairness, and consistency throughout the process.

Role of the Lead Trainer

As a Lead Trainer in the Bridging process, you are responsible for:

Prior to the Application submission:

- Agreeing to support the Applicant in the Level 1 Bridging process, with a clear understanding of the responsibilities involved.
- Please carefully consider any **potential conflicts of interest** before accepting to guide an Applicant through the Bridging Process, particularly if you participated in the Applicant's original non-KRI training before you joined or rejoined the ATA.
    - Such circumstances do not automatically disqualify you as the Bridging Lead Trainer. If you recognize a potential conflict, but believe you are still best positioned to guide the Applicant, KRI and/or the Curriculum Committee will review the situation on a case-by-case basis. This review is to determine whether additional safeguards are needed to ensure an impartial assessment of the Applicant and maintain the integrity of the Bridging Process. Please contact your ATA Regional Administrator or kaline@kriteachings.org to request a review.
- Confirming a mutual agreement with the Applicant regarding your compensation for the Bridging process.
    - **Bridging to a KRI TTL1: Suggested Guidelines for Bridging Support Fees**

After the Application submission:

- Reviewing the Applicant's prior training, curriculum, and experience
- Having them share their experience with the Student Practicum (which pranayam, kriya, meditation they taught, did they teach relaxation, how many of them they taught, what kind of feedback they received, challenges, natural aptitudes, etc.)
- Assessing their alignment with KRI Level 1 standards, KRI will provide a preliminary assessment of the non-KRI program's requirements in comparison with KRI standards.
- Determining the appropriate outcome of their Application. If needed, KRI will invite the Lead trainer for an initial online meeting to discuss the application's elements which could affect the outcome.
- Guiding the Applicant through the Bridging requirements
- Evaluating their practicum and conducting a live interview with them

- Confirming their completion of all the Bridging requirements prior to submitting for KRI certification.

Overview of the Process

The Bridging process includes the following stages:

1. The Applicant chooses a Lead Trainer to guide them through the process and assess their qualifications and readiness
2. Application submission and initial review by KRI who will forward to the chosen Lead Trainer
3. Application review and assessment by the Lead Trainer (if required with an initial online meeting with KRI)
4. Outcome decision by the Lead Trainer: YES the Applicant can process to Bridging or NO the Applicant needs to take a full KRI Level One.
5. Completion of the Bridging requirements
6. Signed Code of Ethics - USE this link to sign it: https://zfrmz.com/6ahtz06k4h378YgdO16Z
7. Submission of the completion form.
8. The Lead Trainer has a brief meeting with 2 members of the Curriculum Committee

Receiving the Application - Link for Candidate to APPLY

Once the Applicant submits their application KRI will review and forward it to you.

Your task:

Review all submitted materials carefully to assess the level and quality of the Applicant's previous training.

As part of the Bridging Program application process, KRI will provide the Lead Trainer with a spreadsheet template to support the objective assessment of the non-KRI program's requirements in comparison with KRI standards. **PROGRAM REQUIREMENTS ASSESSMENT**

If necessary, KRI may request a Zoom meeting with the Lead Trainer to discuss the assessment and reach a mutual agreement regarding the outcome of the application.

If you have any questions, please contact your Regional Administrator or Kaline at kaline@kriteachings.org.

After the process, when you and the Applicant send the final requirements with your recommendation, you will be contacted by 2 members of the Curriculum Committee for your feedback regarding your experience.

A few recommendations from KRI Lead trainers who have guided Bridging Applicants:

- Do a practicum first to assess the Applicant's teaching technique.
- Count on approximately three months minimum involvement.
- Take into consideration additional courses/trainings not related to Kundalini Yoga that could be relevant in developing a good KY teacher.

Assessment and Decision

Based on your review, you must determine one of the following outcomes. The lead trainer or KRI may request a meeting to discuss the proposed outcome, prior to communicating with the candidate:

1) **Outcome 1: Full Level 1 Training Required**
    - The gap between the Applicant's training and KRI standards is too significant

- The Applicant must complete a full KRI Level 1 Teacher Training

2) **Outcome 2: Eligible for Bridging**
    - The Applicant may proceed with the Bridging process
    - You will guide them through the required components - You MAY decide they need to attend a section (a module) of a KRI Level One Program.

This decision should be based on:

- The Depth and structure of their non-KRI training
- Their Curriculum alignment with KRI's
    - the L1 Program Curriculum provided by the candidate,
    - the PROGRAM REQUIREMENTS ASSESSMENT provided by KRI, and
    - the GUIDELINES TO REVIEW THE L1 PROGRAM CURRICULUM section below.
- Their teaching skills and aptitudes
- Their overall readiness

Guiding the Bridging Process

If the Applicant proceeds with Bridging:

- Clearly communicate all requirements (as outlined in Section D of the policy)
- Support the Applicant in completing:
    - Core Level 1 requirements
    - Required practices (e.g., 40-day practice, sadhanas)
    - Eventual course participation (modules etc, if required by you)
- Monitor their progress and provide feedback if necessary

Practicum Evaluation

You are responsible for assessing the Applicant's **required Bridging practicum.**

Requirements:

- Teaching the **Awakening to Your Ten Bodies Kriya** Including:
    - Warm-up (pranayama of your choice + Sat Kriya, as assigned)
    - Relaxation
    - Laya Yoga meditation associated with the Ten Bodies Kriya
- Format:
    - Live with you **or**
    - Via video submission with a minimum of **3–5 students**

Evaluation focus:

- Accuracy of the teachings
- Structure and flow
- Safety and clarity
- Ability to hold the space as a teacher

Interview

Conduct a final interview (live or virtual) to:

- Assess their understanding of the Teachings of Kundalini Yoga (ATBYB)
- Evaluate their readiness to represent KRI standards

- Clarify any remaining gaps

Final Review and Completion - Link For the Completion Form

Once all requirements are completed:

- Review all supporting documentation provided by the applicant
- Confirm that all requirements have been fully and satisfactorily met

Then:

- Complete the **Bridging Completion Form** with the applicant
- Submit the form to KRI for final processing
- Accept a meeting with 2 members of the **Curriculum Committee** to share your experience

Important Considerations

- Maintain objectivity and consistency in your assessment
- Ensure all requirements are fully completed before approval
- Communicate clearly with the Applicant throughout the process
- Seek guidance from KRI if needed (in complex or unclear cases for example)

Communication with KRI

Please contact KRI before finalizing your assessment, IF you encounter:

- Unclear or borderline applications
- Questions about standards or requirements
- Uncertainty in decision-making

GUIDELINES TO REVIEW THE L1 PROGRAM CURRICULUM

One of the ATTACHED documents of the candidate's application is the L1 Program Curriculum.

➔ Provided template HERE

Below you will find the minimum hours required to be completed for EACH topic in a KRI certified L1 teacher Training Program. An important part of your review is to verify whether the non-KRI training has fulfilled those required hours.

The KRI Level One Certification program is a minimum of 180 hours of classroom instruction, plus 40 hours of assigned reading, yoga and meditation practice outside of class, and 5 morning sadhanas, to equal a minimum of 220 hours of classroom instruction and home study.

Number Of Classroom Instruction Hours: Minimum of 180h

Number Of Home Study Hours: Minimum of 40h

CURRICULUM TOPICS:

The Roots Of Kundalini Yoga: 6 Hours Minimum

Awakening The Consciousness: 90 Hours Minimum

The Role Of A Kundalini Yoga Teacher: 21 Hours Minimum

Yogic Philosophy: 8 Hours Minimum

Yogic & Functional Western Anatomy: 20 Hours Minimum

Humanology & Yogic Lifestyle: 10 Hours Minimum

Student Practicum: 10 To 25 Hours

This review will support you in determining whether the program provides a sufficient foundation to be considered for bridging into KRI Level 1 certification. The evaluation should focus on the coherence of the program design, learning approach, and student requirements.
Please note that detailed curriculum topics and hours are provided separately (see topic above).

- **Bridging to a KRI TTL1: Suggested Guidelines for Bridging Support Fees**
- **LEAD TRAINER CHECKLIST** - Step-by-step operational tool
- **PROGRAM REQUIREMENTS ASSESSMENT** – Template for the objective assessment of a non-KRI program's requirements in comparison with KRI standards. This document will be completed by KRI and provided as part of the Bridging Program application materials.