

# 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 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.
- Confirming a mutual agreement with the Applicant regarding your compensation for the Bridging process.

#### 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
- Determining the appropriate outcome of their Application (*see Decision Rubric for Lead Trainers*)
- 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
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. Submission of the completion form

7. 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 materials carefully to assess the level and quality of the Applicant's previous training. In case you have any questions please reach out to your [Regional Administrator](#) or to Kaline at [kaline@kriteachings.org](mailto: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.**

## **Assessment and Decision**

Based on your review, you must determine one of the following outcomes:

### **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
  - See L1 Program Curriculum provided by the candidate 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

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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).

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- [LEAD TRAINER CHECKLIST](#) - Step-by-step operational tool