



KUNDALINIYOGA
INSTITUTET



INTERNATIONAL KUNDALINI YOGA TEACHER TRAINING IN CRETE

The Aquarian Teacher, Level 1

WELCOME HAPPY YOGI :)

If you would like to immerse yourself in Kundalini Yoga for your own benefits, acquire the skills to become a teacher, learn and deepen your knowledge about yoga and its techniques - or rediscover yourself and your true potential - Then this is the training for you!

Across the world yoga is becoming a standard tool for balance in life. All of us need techniques to help us deal with the rhythm of modern day society. All of us long for balance and harmony.

True changes in life come when we give ourselves space and time and honor our commitment to create a more harmonious life. This is why our training runs over 18 months. During this time you will be personally guided through the journey by highly experienced Lead Teacher Trainers.

Kundalini Yoga as taught by Yogi Bhajan is a many thousand year old and well proven technology which effectively helps us to create balance, health and happiness in our lives. A technology that helps us to understand and realize the connection between head and heart; body, mind and soul.

Today you find yoga everywhere in society: in hospitals, schools, within companies and workplaces. To work professionally with yoga is to contribute to a better world. To do your own yoga and live a yogic lifestyle is also to contribute to a better world. Everyone is needed - you are welcome exactly as you are.

ABOUT THE TRAINING

The KRI Level 1 International Teacher Training program in Kundalini Yoga as taught by Yogi Bhajan in Crete, extends over 18 months. It follows the guidelines and requirements of IKYTA - International Kundalini Yoga Teachers Association - and after completion gives you an international certification. It also follows the guidelines for a 500 hr training from Yoga Alliance. The aim is to give you a deep experience of Kundalini Yoga in order for you to become a stable and knowledgeable yoga teacher, and at the same time to give you a platform for a profound personal development.

We start the training with the focus directed towards giving you a deep personal relationship to yoga, and continuously adding more focus on the role of the teacher.

The Kundaliniyoga Institute run Level 1 and level 2 trainings in Sweden, Finland, Norway and Greece, among other countries through out Europe.



YOU WILL LEARN AND EXPERIENCE THIS AND MUCH MORE:

- ✔ A profound experience of yoga and meditation. What these techniques under an intensive and regular practice can give you, in terms of balance, transformation and increased consciousness.
- ✔ Good knowledge, both practical and theoretical, about postures, breathing techniques, concentration and relaxation techniques, meditation, and much, much more.
- ✔ Knowledge about yogic and western anatomy, the chakrasystem and ten bodies.
- ✔ An understanding of the yogic tradition: historically and culturally, its journey from east to west.
- ✔ Practical knowledge on how you can work as a yoga teacher. Pedagogy, ethics, courses, direction and how you reach out with your courses and other practical information.
- ✔ Guidance in how, with the help of yoga, one can manage increasing stress in life and how to help others in need.
- ✔ Knowledge on how yoga functions therapeutically for different imbalances and which kriyas, postures and meditations and advice to give. Information about scientific research related to yoga.



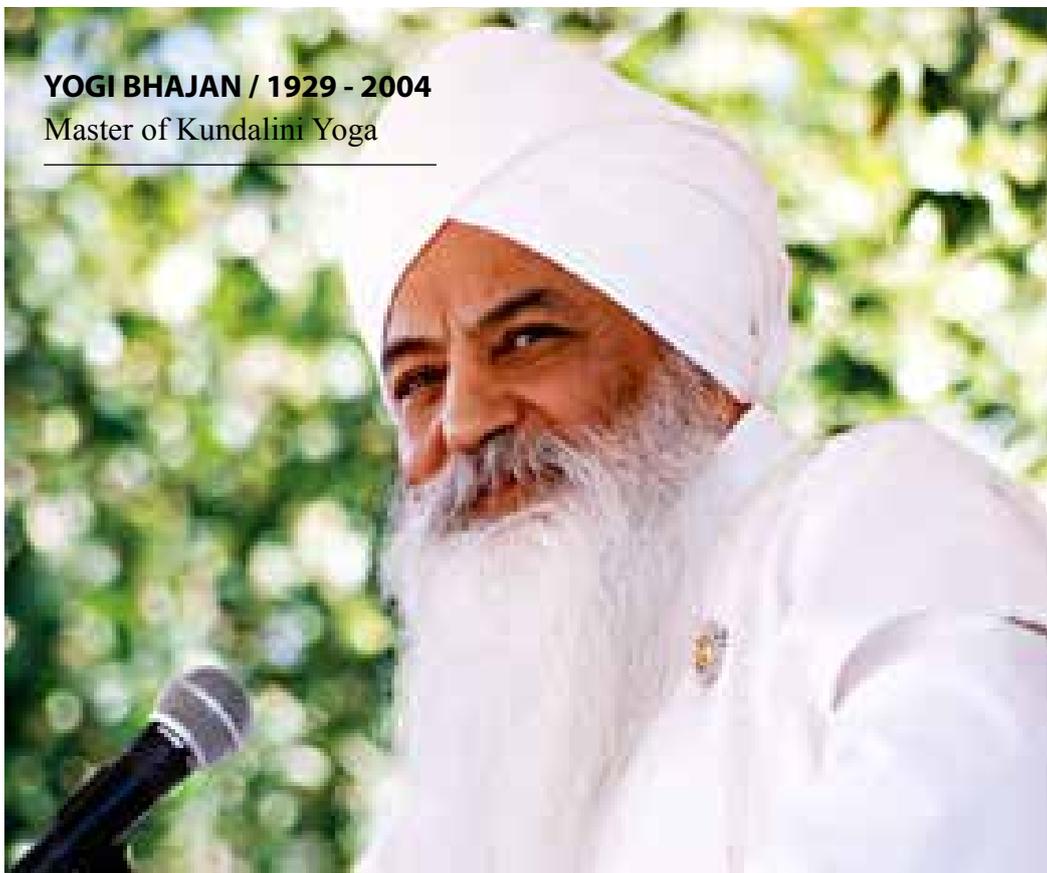
HOW IS THE TRAINING STRUCTURED?

The training runs over five one-week immersions. In between, you practice at home according to specifications given during the course sessions. You will also have continuing contact with the teachers and your fellow students through email/Skype in order to assist you in your practice.

The daily experience of yoga and meditation is an important part of your training. We will inspire and challenge you to dedicate time for this daily.

All through the training, at the same time as you learn all you need to become a skilled and stable yoga teacher, you will be given continuous personal coaching by the teachers.

Your unique potential as a person and as a yoga teacher is illuminated and supported in order to take a greater place in your life. This is achieved through personal tasks done at home, as well through a continuous dialog between student and teachers.



SUBJECTS TAUGHT

1. Introduction, sadhana, asanas, kriyas, breath.
2. Yogic and western anatomy, the chakrasystem, asanas from an energetic perspective, yoga for special needs.
3. Mind and meditation, sound and mantra.
4. The role of a teacher, spiritual development, how to reach out and work as a yoga teacher.
5. Humanology, yogic lifestyle and philosophy, completion and celebration.

WHERE AND WHEN?

The training will be held in Chania, Crete starting in October 2020 at F Space, in the very center of Chania. www.phispace.gr

CHANIA LEVEL 1 - START OKTOBER 2020

1. 17–24 October 2020
2. 17–24 April 2021
3. June 2021*

4. October 2021*
5. April 2022*

* More info to come

CAN I JOIN?

All people regardless of background, age, religious beliefs, philosophy, or social status can participate. The training does not require you to be an athlete or very flexible, nor that you are well experienced in yoga. You should however have a genuine interest in studying a many thousand year old spiritual discipline. You need to be open for changes in all aspects of your life. You can definitely undertake the training purely for your own personal development, without any desire to become a teacher.

If you have experience in other forms of yoga than Kundalini Yoga you are more than welcome. We share the same background all of us and there will be many aspects that you already know and many new ones to be inspired by. To attend classes with a qualified Kundalini Yoga teacher before the training begins is recommended. If there is no teacher where you live, there are many ways to experience Kundalini Yoga through Internet.



A photograph of Viveka Pasquier, a woman with a white turban and white clothing, speaking to a group of people in a white setting. She is gesturing with her hands. The background features a large green plant and framed pictures on the wall. The foreground shows the back of a person's head and shoulders, also in white. The scene is lit with warm, soft light, possibly from a candle visible on the right.

VIVEKA PASQUIER
Lead Teacher Trainer

HOW DO I APPLY?

Just fill in the form below and once we have received your application you will be contacted for an interview. Notification of acceptance will be as soon as possible after the interview.

Application form <https://forms.gle/PNMHPFjPZ9yywho76>

Contact info@kundaliniyogainstitutet.se

HOW MUCH DO I INVEST?

Early Bird: 3 100 € (before first of June)

Full Price: 3 500 €

Greek Citizen: 2 800 €

In addition to the course fee are the costs for travel, food and accommodation (this is organized by you) literature and the White Tantric course.

A deposit, which is non-refundable, for 250 € is to be paid within two weeks upon successful application. The rest of the course fee (the deposit is included in the total price of the training) is to be paid in 3 parts. The first is to be paid prior to the commencement of the training.

Other payment plans like monthly payment or other is possible. Speak with us about this in good time before the course starts. Note that an administrative fee is added to the course fee when divided into more than three installments.

Discontinuation of the training will only be refunded with a doctor's confirmation and certificate of lawful absence.



WHO ARE MY TEACHERS?

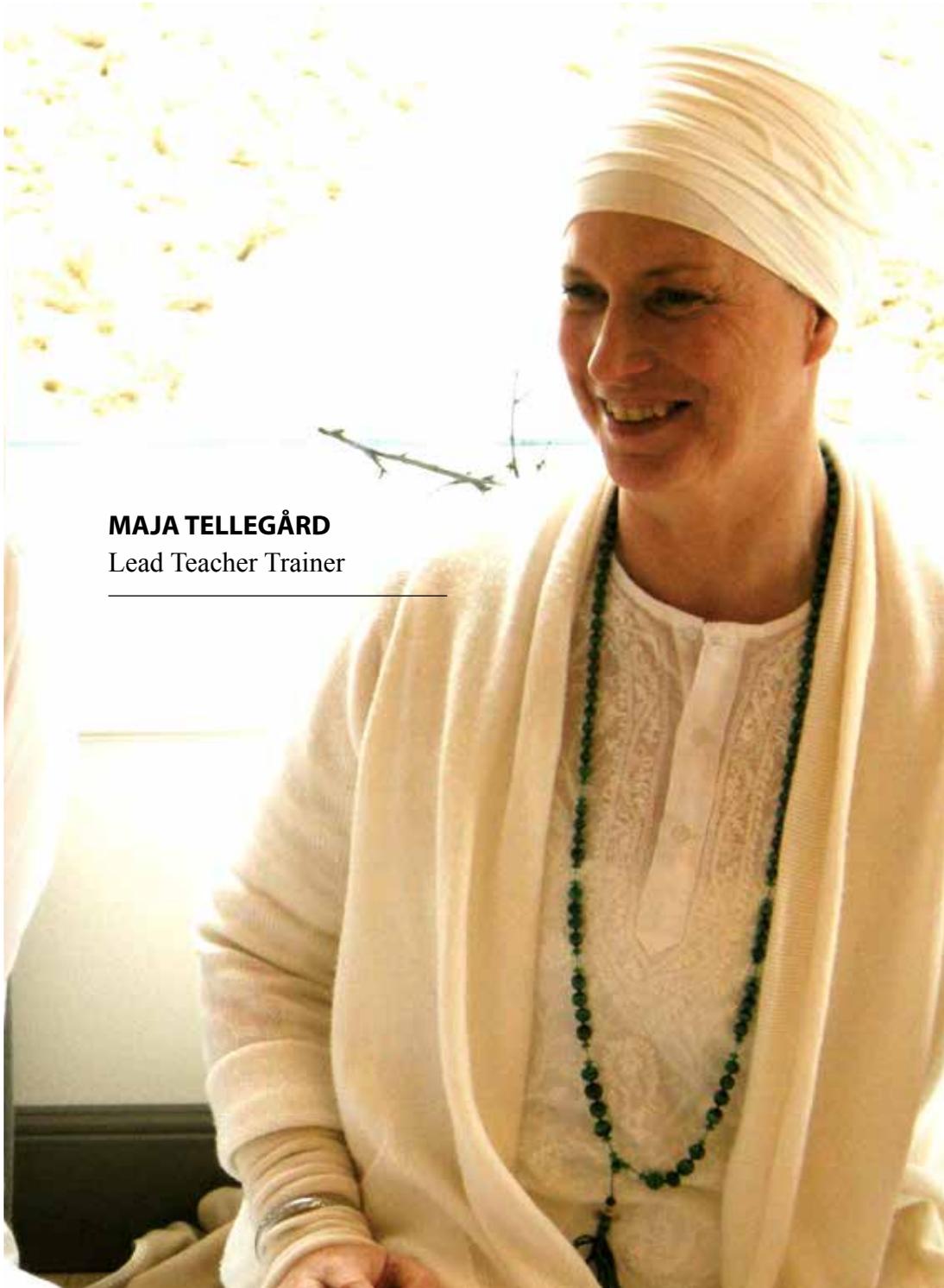
Viveka Pasquier aka Har Dyal Kaur

Viveka Pasquier aka Har Dyal Kaur is an internationally certified Kundalini Yoga teacher since 1998, a prenatal Khalsa Way yoga teacher and a qualified Sat Nam Rasayan healer and teacher. Since 1998 she has been teaching rehabilitation yoga, open classes, and courses for pregnancy and women. She works with yoga as therapy, individually and in groups. She runs the Stockholm Kundaliniyoga Center, teaches Sat Nam Rasayan Level 1 and at the Level 1 Teacher Training on Iceland. Viveka runs and manages the Teacher Trainings Level 1 and 2 held by The Kundaliniyoga Institute in Sweden, Finland, Norway and Crete. She is a registered Lead Teacher Trainer with IKYTA since 2010 and has trained hundreds of Kundalini Yoga teachers since 2000.

Maja Tellegård aka Harpal Kaur

Maja Tellegård aka Harpal Kaur is a qualified Occupational Therapist and internationally certified Kundalini Yoga teacher since 1998, a Prenatal Yoga Teacher, Sat Nam Rasayan healer and Ayurvedic health consultant. She runs Norrlands Kundaliniyoga-center where she offers open classes, workshops, rehabilitation yoga, trainings and treatments. Maja runs and manages the Teacher Trainings level 1 and 2 in Sweden, Finland, Norway and Crete held by The Kundaliniyoga Institute. She has trained hundreds of Kundalini Yoga teachers since 2002 and is a registered Lead Teacher Trainer with IKYTA since 2009.





MAJA TELLEGÅRD
Lead Teacher Trainer





**“THE ART OF HAPPINESS IS
TO SERVE ALL, AND ALL
SHALL SERVE YOU.”**

YOGI BHAJAN