



Kundalini Yoga Cambodia

កុនដាលីនីយ៉ូហ្គា កម្ពុជា

Street 322, #204ZB, Sangkat Boeung Keng Kang I, Khan Chamkarmon, Phnom Penh
Phone: 092-429 835 Email: info@KundaliniYogaCambodia.org

**KRI Aquarian Teacher
220 hours Level 1
Certification Course**

Kundalini Yoga
as taught by Yogi Bhajan



International Yoga Teacher Training

**"IF YOU WANT TO LEARN SOMETHING,
READ ABOUT IT.
IF YOU WANT TO UNDERSTAND
SOMETHING, WRITE ABOUT IT.
IF YOU WANT TO MASTER
SOMETHING, TEACH IT".
YOGI BHAJAN.**

Course Dates

January 26-29

March 1-4

April 20-22

June 14-17

(includes the exam)

Workshop Option:

Kundalini Yoga Festival Thailand – Oct 2012

The Teacher Certification Course includes the theory and practice of Kundalini Yoga as taught by Yogi Bhajan.

The program consists of 36 sessions and 12-15 Sadhanas divided over 4 clusters of 3 or 4 days. The duration of the course is 6-7 months.

The program takes at least 220 hours: 130 hours for class sessions (including class presentations, teaching and teacher guided Q+A, and peer group discussion); 50 hours for assignments, homework and preparation; and at least 40 hours for personal yoga practice.

Subjects to be covered include:

- * *Kundalini Yoga Postures, Kriyas, Mudras and Bandhas, Pranayama, Mantra and Meditation;*
- * *Yogic Philosophy & Roots of Kundalini Yoga;*
- * *Yogic & Western Anatomy;*
- * *Humanology & Yogic Lifestyle;*
- * *The Role of a Kundalini Yoga Teacher.*

In addition students have to attend 20 workshop hours with a designated international teacher and one day of White Tantric Yoga. Attendance of 20 regular Kundalini Yoga classes is required as well.

The course will be facilitated by **Tonie Nooyens**, **Sao Kanika**, and **Rachael Lowe**, regional teacher trainer and assistant trainers with KRI-Asia, and teachers at the Kundalini Yoga House.

For Registration /Information:

Street 322 no.204ZB,
Boeung Keng Kang I, Phnom Penh

phone: 092-429835

email: info@KundaliniYogaCambodia.org

web: www.KundaliniYogaCambodia.org

at the

KUNDALINI YOGA HOUSE

#204ZB Street 322

Course Fee: US\$ 1500

(excluding additional workshop expenses)

*Partial Scholarships can be requested by Cambodians
(conditions apply)*

Visitor fee per single session:

Cambodians US\$ 20, Foreigners US\$ 30.

Sadhanas by donation.