



*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](mailto:info@KundaliniYogaCambodia.org)

**web:** [www.KundaliniYogaCambodia.org](http://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.