



**Kundalini Yoga Cambodia**

**កុនដាលីនីយ៉ោកាភ្នំពេញ**



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Phone: 092-429 835

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

*Kundalini Yoga*  
*as taught by Yogi Bhajan®*



# International Yoga Teacher Training

For those who want to become teachers and for those who like to immerse themselves deeply into the background and practice of Kundalini Yoga.

**Tentative Course Dates  
2018/2019**

**8 - 10 December 2018**

**3 - 10 March -2019**

**31 May - 2 June 2019**

**18 - 25 August 2019**

The course will be facilitated by **Tonie Nooyens**, regional teacher trainer, together with KRI-licensed trainers that are part of the Kundalini Yoga Asia trainer team.

**For Registration /Information:**

Street 123, no.42, Toul Tom Pong I (near "Russian Market"), Phnom Penh

**phone:** 092-42 98 35

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"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.

The Level 1 Teacher Certification Course takes you to "instructor level", and includes the theory and practice of Kundalini Yoga as taught by Yogi Bhajan®.

The program consists of 36 sessions and 18-21 Sadhanas divided over 2 clusters of 7 days and 2 long weekend sessions. The duration of the course is 6-7 months. Part of the course will be in retreat setting.

The program takes about 220 hours: 180 hours for class sessions (including class presentations, student teaching and teacher guided Q+A, and peer group discussion); and at least 40 hours for personal yoga practice, assignments, homework and preparation.

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 regular Kundalini Yoga classes and a day of White Tantric Yoga.

at the

**KUNDALINI YOGA HOUSE**  
**#42, Street 123, TTP 1, Phnom Penh**

**Course Fee: US\$ 1800**

including registration and manuals; excluding additional workshop expenses, (approx US\$ 350)

\* *Partial Scholarships can be requested by Cambodians*

\* *Repeat Students 50% of attendance fee (US\$ 350/week*

Visitor fee per single session:

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

Sadhanas by donation.