



The international School of Kundalini Yoga

(Administrative address only)

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*“The time for secret sacred teachings is past;
now is the time for such spiritual information to be experienced, shared & practiced by all” Darryl O’Keeffe*

“As we attempt to shift our consciousness into an Aquarian mode of pluralist, inclusive and universally compassionate heart space, the re-emergence of Kundalini Yoga represents an invaluable and authentic source of transformation for all” Guru Dharam Singh

Thank you for your interest in the international School of Kundalini Yoga UK Instructors course, which is licensed by KRI, the Kundalini Research Institute of the USA, as Level 1 of the international Teacher Training Programme approved by Yogi Bhajan, recognised by the Yoga Alliance and which leads to membership of the International Kundalini Yoga Teachers Association.

This year sees the start of our 20th annual U.K. cycle of what has proved to be a very successful and rewarding course programme. Rewarding for those individuals who have chosen to explore their own self-awareness through this ancient spiritual technology and successful in that i-SKY continues to offer not only the longest established Kundalini Yoga training course in the UK but ever more programs across the world as i-sky.net, each year empowering more and more competent teachers, many of whom never expected to teach at all.

i-SKY is recognised by its open hearted approach to diverse spiritual paths. Yogi Bhajan was a Sikh and i-SKY respect the associations between his Kundalini Yoga teachings and Sikh Dharma whilst encouraging our students to “seek dharma” by finding and following their own path. Students from a variety of faith backgrounds and cultures have found our respect for other spiritual traditions and our style of sharing this particularly inclusive spiritual technology to be genuinely liberating. We try to enable a new “Aquarian” age consciousness of co-operation and mutual support within each course group. Each group is unique but we can claim to consistently empower innovative instructors who take the teachings back to their wider communities in ways that we could never have imagined.

Every year several students join us with little awareness of their intention to teach but with a genuine motivation to deepen their understanding of the process that Kundalini Yoga has sparked within them. Every year several of those students discover themselves, in the realisation that we are all teachers in the making.

The course itself has developed over the years and is now offered in over 50 countries around the world. The definitive 220 hour syllabus is supported by two excellent course manuals and recognised by the Yoga Alliance.

*The i-SKY presentation is largely experiential but if you thought that this course might be **nothing** but yoga postures you will be in for a most informative surprise.*

The next opportunity to begin a UK course is October or January. This course comprises 10 residential weekend units, running from Friday evening to Sunday. The course can be completed over a 1 or 2 year period. You will not only meet a core group of new students who will progress through the course with you but will also meet experienced students from the previous year completing their attendance requirement. We find this approach broadens the participant's experience as well as allowing some flexibility for those juggling other time commitments.

Your tutors are all internationally experienced teachers with a wealth of diverse knowledge to enrich the exciting syllabus that has been developed by KRI. Each Part is presented by at least one Trainer assisted by at least one of our Intern Team; this facilitates a variety of presentation styles whilst ensuring the continuity required to support you through what often proves to be a significant changes in attitude and lifestyle.

All UK students are registered with the UK Kundalini Yoga Teachers Association - student teacher insurance is arranged from Part 7 of the i-SKY course – once the student has been observed teaching on the course. International students will be registered with IKYTA the International Kundalini Yoga Teachers Association.

We firmly believe that experience is the key to understanding so you have several opportunities to experience this course before committing yourself to registering as a student. Firstly our annual yoga retreats in June and over the New Year at Ufton Court offer the opportunity to meet with past and present students and teachers and get a flavour of the i-SKY style. Secondly you can attend either Part 1 or 2 of the actual course, with no obligation to continue the course further unless you then choose to do so.

Please note though, that the demand for places on our courses in recent years now means that only those who register for the course in advance will be assured of a place. Several places are now reserved a year in advance and late applicants may be disappointed.

The course venue is the Ufton Court Centre near Reading in Berkshire (30 miles from Heathrow Airport). It is a picturesque Tudor/Elizabethan manor house which balances the quiet of a rural retreat with easy access by road and rail. The final part of the course encompasses a yoga retreat which is open to all students of Kundalini Yoga and which affords instruction opportunities for our graduating students.

The following pages contain further information but if you have any other questions please contact Darryl O'Keeffe at i-SKY. Contact details at the top of the page.

With Love and Light

*Darryl O'Keeffe & Guru Dharam Singh Khalsa
i-SKY KRI ATA Mentoring Lead Trainers*

LEAD TRAINERS.

KRI licensed Teacher Trainers and co-authors of The Kundalini Yoga Experience aka Kundalini the Essence of Yoga. One or both of the Lead Trainers will lead each UK course team and teach part of the program.

GURU DHARAM SINGH radiates calm. He has taught Kundalini Yoga since 1981, has studied oriental energetics with the Mahan Tantric Yogi Bhajan and is a practitioner of acupuncture and herbal medicine. Guru Dharam has pioneered Kundalini Yoga Therapy Training, founded the Lotus Healing Centre in London, is a former Vice Principal of the London Academy of Oriental Medicine and was the inaugural Chairman of KYTA (UK).

DARRYL O'KEEFFE is a much travelled and practically minded spiritual teacher and healer with a down to earth approach and ready sense of humour. Darryl originally qualified as a teacher at the Central School of Speech and Drama. He has trained spiritual healers across the globe; facilitated Sacred Tours to various countries and was a founder member of the 3HO IKYTA Global Teachers Council. Darryl has taught Kundalini Yoga since the mid 80's.

Aquarian Academy Trainers in Training in the UK

Associate Trainers

BenJahmin Steele;

Livtar Kaur – Llyn Codling

i-SKY the School of Kundalini Yoga

i-SKY is committed to empowering competent and confident instructors of Kundalini Yoga through example, challenge and encouragement.

i-SKY seeks to inspire teachers who will enthuse a new generation of students through this age-old technology of personal transformation.

i-SKY is committed to spreading the understanding and safe practise of Kundalini Yoga and recognises the teachings of Yogi Bhajan as a definitive source of such practice in modern times.

i-SKY encourages the adoption of a yogic lifestyle and vegetarian diet.

i-SKY maintains a register of Kundalini Yoga teachers and promotes the classes of Registered Teachers.

“If you want to know a thing - read about it;

If you want to learn a thing - experience it;

If you want to master a thing - teach it. “

Yogi Bhajan

See the i-SKY web page at: www.i-sky.net

You may also like to view the IKYTA WebPages: www.yogibhajan.com & www.kundaliniyoga.com

and the UK KYTA pages: www.kundaliniyoga.org.uk

One or Two Year

K.R.I. Certified Residential Course in KUNDALINI YOGA as taught by Yogi Bhajan
presented by i-SKY

Yoga is a path of self-development, a path to the realisation that all is One. Yoga means the “union of all”. All yogic paths lead to an awareness of the subtle energy centres or chakras and the latent spiritual energy of Kundalini. It may be truly said that Kundalini is the point of union of all paths of yoga.

Kundalini Yoga facilitates the integration of body, mind and soul through achieving, maintaining and expanding a state of higher consciousness. This state is reached through asana (physical exercises and postures), pranayama (breath control), meditation, relaxation, yogic philosophy and a yogic lifestyle as shared, taught and practised on this course.

“Experience is the key. It is experience that validates our understanding. Experience goes right into the heart. No words can replace experience.” Yogi Bhajan
This course, therefore, is largely experiential.

Sadhana is the foundation of the spiritual technology that is Kundalini Yoga and forms the backbone of this residential course. The group will share sadhana each morning of the course at 5am: exercising, meditating, chanting and singing.

You will be learning and practising a proven spiritual discipline that bridges scientific and religious understanding.

You will experience, enjoy and participate in creating a spiritually charged group dynamic.

You will develop a deeper understanding of your own yoga practice.

You will be making new friends and sharing a lot of laughter with like-minded people.

You will have the opportunity to qualify as an Instructor of Kundalini Yoga to the standard recognised by the International Kundalini Yoga Teachers Association.

Suitability

This course is open to all and everyone has the potential to benefit from it: Experienced students with a well-developed personal practice of Kundalini Yoga over one or more years that may wish to share those benefits with others.

Less experienced students seeking to deepen their understanding of Yoga.

This yoga course is an ashram style experience, accentuating the simple pleasures in life. The diet provided will be vegetarian and the group will be self-catering. We will be sharing the experience equally, including chores!

Cost (inclusive of residential accommodation)

*£1950 (£2150 if paid monthly **in advance** of each Part) this includes the Registration fee payable at the commencement of the course for: Course Manual, KRI Registration & Certification, KYTA membership & Insurance proposal.*

Full board will be determined by the student group but approximates £20 per Part.

Modular Course Structure

<i>Part 1</i>	<i>SADHANA & THE ROOTS OF KUNDALINI YOGA - developing a personal practice</i>
<i>Part 2</i>	<i>CHAKRA & OTHER YOGIC ANATOMY & PHYSIOLOGY - appreciating subtle energy</i>
<i>Part 3</i>	<i>TEACHING, TALKING AND TRAINING 1 - what it takes to be a K Y instructor</i>
<i>Part 4</i>	<i>AWAKENING THROUGH THE WORD - the magic of mantra, naad & sound in K Y</i>
<i>Part 5</i>	<i>AWAKENING THROUGH THE BODY - understanding asana within kriya</i>
<i>Part 6</i>	<i>TEACHING, TALKING AND TRAINING 2 - becoming a kundalini yoga instructor</i>
<i>Part 7</i>	<i>AWAKENING THROUGH THE MIND – integrating the essence</i>
<i>Part 8</i>	<i>HUMANOLOGY - preparing to walk the talk; practice don't preach</i>
<i>Part 9</i>	<i>PRACTICAL ASSESSMENT & TUTORIALS – preachers preach; teachers teach</i>
<i>Part 10</i>	<i>EXAMINATION & TUTORIALS - validation – now is the time – KEEP UP</i>

Outline Schedule

FRIDAY

<i>4-6 pm</i>	<i>Arrival & Registration</i>
<i>6</i>	<i>Soup</i>
<i>6.30</i>	<i>Introduction and Diary Session</i>
<i>9</i>	<i>Close of Day</i>

SATURDAY

<i>5am</i>	<i>Sadhana</i>
<i>8</i>	<i>Breakfast</i>
<i>9</i>	<i>Session 1</i>
<i>10.30</i>	<i>Break</i>
<i>11</i>	<i>Yoga class</i>
<i>12.30</i>	<i>Lunch</i>
<i>2.30</i>	<i>Session 2</i>
<i>4</i>	<i>Break</i>
<i>4.30</i>	<i>Session 3</i>
<i>6</i>	<i>Supper</i>
<i>7.30</i>	<i>Session 4</i>
<i>9</i>	<i>Close of Day</i>

SUNDAY

<i>5am</i>	<i>Sadhana</i>
<i>8</i>	<i>Breakfast</i>
<i>9</i>	<i>Session 5</i>
<i>10.30</i>	<i>Break</i>
<i>11</i>	<i>Yoga class</i>
<i>12.30</i>	<i>Break</i>
<i>2</i>	<i>Session 6</i>
<i>3.30</i>	<i>Review Session</i>
<i>4</i>	<i>Close of Weekend</i>

Certification Requirements for KRI Level 1

Those successfully completing the following 11 aspects of the course will be certificated by KRI (Kundalini Research Institute, USA) as Instructors of Kundalini Yoga to the KRI Level 1 Teacher Training standard and will be registered as such with the UK Kundalini Yoga Teachers Association (or, in the case of overseas students the International Kundalini Yoga Teachers Association (IKYTA)).

- 1 Full attendance of all sessions within a 2 year period and full payment of all fees in advance.*
- 2 Completion of 20 Kundalini Yoga classes after commencement of the course.*
- 3 Satisfactory performance in practicum*
- 4 Passing grade of 75% or better on the KRI Exam.*
- 5 Creation of two yoga course curricula.*
- 6 Completion of 2 assigned 40day yoga kriya (set/meditation)*
- 7 Participation in five full morning sadhana.*
- 8 Submission of a written evaluation of the performance of each of your Teacher Trainers*
- 9 Attendance at a one day White Tantric Yoga course.*
- 10 Representation of the Code of Professional Standards for Kundalini Yoga Teachers and satisfactory performance in a course exit interview.*
- 11 Completion of Certification Requirements (all set coursework and examinations to a satisfactory standard) before the end of the program.*

Optional Additional Certification Requirements for i-SKY Teacher Training

Those successfully meeting the expanded criteria (some of which are detailed below) will be credited as having achieved Unit 1 of the SKY Teacher Training Programme, will receive a Certificate of Achievement crediting them with Unit 1 of the Teacher Award and will be advised of the evidence requirements to complete the award in their final tutorial.

- 12 Maintenance of sadhana and regularly teaching a Kundalini Yoga class to a satisfactory standard.*
- 13 Completion of three 40 day meditations.*
- 14 Undertaking a 40 day yogic food journey.*
- 15 Maintenance of a daily journal of experience and progress.*
- 16 A minimum of 2 years personal practice of Kundalini Yoga (100 classes - 10 of which are to be attended after completion of course attendance).*

**Evidence Requirements for the Achievement KRI Level 1 (1-11)
and the i-SKY Teacher Training Unit 1 (1-16)**

- 1 *Written verification of course attendance by i-SKY. (N.B. In the case of teachers who have attended other training programmes in the past the current national KYTA chair must sign the verification).*
- 2 *Written verification of observation by a currently licensed KRI teacher trainer (or experienced KY teacher acceptable to i-SKY).*
- 3 *Written verification of observation by a currently licensed KRI teacher trainer (or experienced KY teacher acceptable to i-SKY).*
- 4 *Completed KRI approved exam paper marked and signed for i-SKY by two currently licensed KRI teacher trainers.*
- 5 *Two completed course curricula agreed and signed off by a currently licensed KRI teacher trainer.*
- 6 *Personal statement supported by Student Diary entries*
- 7 *Written verification of observation by a currently licensed KRI teacher trainer (or experienced KY teacher acceptable to i-SKY).*
- 8 *Submission of a sealed envelope marked KRI Teacher Trainer Evaluation Forms and your name, containing completed forms for each of your Teacher Trainers.*
- 9 *Personal statement containing the date and venue of the White Tantra Yoga Course attended (N.B. Include your name and address as current at the time of course attendance for verification).*
- 10 *Signed and dated copies of the IKYTA Code of Ethics and KRI Certification Requirements.*
- 11 *Submission of all coursework requested to a satisfactory standard and written verification of complete submission by i-SKY.*
- 12 *Personal statement supported by Student Diary entries and written verification of teaching observation by a currently licensed KRI teacher trainer (or experienced KY teacher acceptable to i-SKY).*
- 13 *Personal statement supported by Student Diary entries.*
- 14 *Personal statement supported by Student Diary entries.*
- 15 *Personal statement summarising the journey documented by the diary and written verification of observation by a currently licensed KRI teacher trainer (or experienced KY teacher acceptable to i-SKY) of a Student Diary with daily entries maintained for at least three months.*
- 16 *Personal statement countersigned by the student's current KYTA registered teacher.*

i-SKY Coursework (example submission to meet the requirements of 11 above)

- a *The Course Journal/Diary will contain details of your studies & personal yoga experience during the course & will include: * Record of your self directed reading. * Record of Kundalini Yoga classes & workshops. * Critique of classes attended & taught. * Commentary on kriyas & meditations practised. * 40 Day Meditation. * 40 Day Yogic Food Journey. * Difficulties encountered & benefits realised. * Significant life or lifestyle changes.*
- b *W/E 8 KRI Exam*
- c *Resume Life experience and reasons for doing this course*
W/E 1-7 Reading KRI Course Manual
W/E 1 Reading: The Yoga Sutras of Patanjali
W/E 2 Writing: Chakras
- d *W/E 3 Writing: What is a Kundalini Yoga Teacher/Student?*
W/E 4 Practical: Learn a Kriya of no more than 11 minutes duration to be taught anywhere, anytime without aids.
- e *W/E 5 Writing: Analyse and comment on the purpose of each part of a Kundalini Yoga set taught by Yogi Bhajan.*
- f *W/E 6 Writing: Prepare a 10 session course program. Prepare a weekend Yoga Retreat program.*
W/E 7 Writing: Summarise 2 chapters from The Masters Touch by Yogi Bhajan
W/E 8/9 Practical Teach a 1 hour class to the required standard
Lead a 2 and a half hour sadhana competently

This comprehensive KRI certified training exceeds the certification requirements of the international Yoga Alliance (USA) 200 hour Yoga Teachers program and includes:

Teaching Kundalini Yoga Postures, Kriya & Meditation.

Role of a Kundalini Yoga Teacher.

Yogic Philosophy & the Origin of Kundalini Yoga.

Yogic & Western Anatomy.

Humanology & 3HO Yogic Lifestyle.

KRI Level 1 Instructor Certification Requirements

The KRI Teacher Training team reserves the right to grant KRI Certification based solely on their discretion and evaluation of each participant's readiness to be a Kundalini Yoga teacher. Evaluation is based on successfully meeting the KRI Teacher Training course requirements including, but not limited to:

Full payment of course fees.

Attendance of all (180 hours) classroom instruction plus 40+ hours of assigned homework.

Satisfactory practicum assessment.

Passing grade on KRI's written examination.

Current Student/Associate Membership in IKYTA or KYTA (included in cost of training).

Completion of 20 Kundalini Yoga classes (during or after completion of the course).

Completion of the assigned 40 day yoga kriya/s.

Participation in at least 5 morning sadhana.

Attendance of one full day at a White Tantric Yoga course (where offered in a country).

Compliance with the recommendations made in the course exit interview.

Proper representation of the Code of Excellence for Kundalini Yoga Teachers.



CODE OF EXCELLENCE

of the 3HO International Kundalini Yoga Teachers Association (IKYTA) & Kundalini Research Institute (KRI)

6 Narayan Court, Española, New Mexico 87532

IKYTA@3HO.org • IKYTA: www.KundaliniYoga.com • KRI: www.KRITeachings.org

We recognize that as Kundalini Yoga Teachers we are committed to living in our higher consciousness. We conduct our lives in a spirit of integrity. In The Teachers Oath, The Definition of a Yogi, and The 16 Facets of Perfection of a Kundalini Yoga Teacher, Yogi Bhajan gives us the guidelines for this journey of consciousness, the daily practice of which will support us as Kundalini Yoga Teachers.

The Teachers Oath

- “I am not a woman.” (Mercury finger down)
- “I am not a man.” (Sun finger down)
- “I am not a person.” (Saturn finger down)
- “I am not myself.” (Jupiter finger down)
- “I am a teacher.” (Thumb stays up)

The Definition of a Yogi

The Yogi is not affected by the opposite polarities of life - neither by praise nor by slander, neither by riches nor by poverty, neither by health nor by illness, neither by life nor by death. The Will of God is the will of the Yogi. He or she surrenders his or her personal will to the Will of God. When Kundalini, the primal force of the Prana (life energy), penetrates and prevails throughout the chakras, the Yogi remains stable to the odds of Karma and walks the even path of Dharma. The Raj Yogi is a sage and a king in the face of all temptations, situations, events, and environments. Those who meditate on Guru Ram Das are blessed through miracles to be royal sages throughout the ages.

Yogi Bhajan, September 1995

The 16 Facets of Perfection of a Kundalini Yoga Teacher Sola Kalyan Sumpuran Yogi Bhajan, September 1995

1. A Teacher will never alter the teachings because of personal opinion. You will teach by example.
2. The higher you grow as a Teacher, the more humble you have to be.
3. The Teacher always serves the students, so they can become ten times stronger than you, because every student is a Teacher for tomorrow.
4. A Teacher has to be extremely kind, caring, compassionate, and forgiving.
5. As a Teacher you should always poke, provoke, confront, and elevate your students to excellence.
6. As a Teacher you have to continuously imagine, visualize, believe, expand in all directions, connect to everything, meditate, practice, and project that you are Ang Sang Wahe Guru (“With every limb, every part of me, I belong to the Divine.”), and that the energy of Guru Ram Das is flowing through you.
7. As a Teacher you will always be in Chardi Kala (elevated spirits) and connected to your higher self, never caught in emotional turmoil. Count your blessings, not your curses. Always be graceful. Glow and grow.
8. As a Teacher you will continuously graduate towards the Divinity and Infinity that is the essence of your existence. You are not a human born for a spiritual search, you are a spirit, an Atma (soul), born for an experience as a human. Your purity and piety as an Atma is always maintained, protected, exalted, projected, as a priority over everything and kept in sight mentally, physically, and spiritually.
9. As a Teacher listen to, and obey all righteous teachings. If you read something, you will know it; if you write something, you will understand it; if you teach something, you will perfect it. It is perfection of your deliverance that gives you grace as a Teacher. Your success as a Teacher lies not in what you know, but in what your student receives.
A Teacher is measured by the growth, dignity, and excellence of the student. If you find any talent, nurture it, teach it, exalt it to the best of your ability and divinity.
10. As a Teacher do not relate to ego or politics. Always relate to the spirit, soul, and essence of a person. Always relate to the intelligence, talent, and consciousness of a person. Always relate to the manners, methods, and mentality of a person. Pure thoughts are the way to universal knowledge and will make you bountiful, blissful, and beautiful.
11. God and Guru have blessed you with Karma (law of cause and effect). As a Teacher you must offer yourself in Dharma (lifestyle of righteousness) to honour the gift of God of life. Never create a drift or rift between you and your Atma.
12. A Teacher wears white cotton clothing while teaching. White clothing makes you as a Teacher look divine and represent light. The colour white represents the seven colours. Cotton is the flower of the Earth. It is good for your psyche, your energy, and your nervous system. Your way of dressing should be saintly and make you glow with grace. You should look like a sage and a prince or princess of peace and divinity. A Teacher is a Ph.D.—Prince or Princess of High Divinity.
13. Just as a seed has to wither to become a tree and bear fruit, Teachers who do not become perfect students do not become perfect Masters.
14. The Universal Spirit that rotates the Earth can take care of all your problems. As a Teacher you have to learn trust and faith. Regard every breath of life as a gift. Strive for conscious breathing, breathing one breath a minute.
15. The banner of a Teacher is: “In God I dwell.” The standard of arms of a Teacher is: “God within me I trust.”
The honour of a Teacher is: “In the Name of God I serve.”
The motto of a Teacher is: “Peace of mind and peace within the material world.”
16. A Teacher needs to commit to Nam, the God-given identity.
Without Nam, you cannot have the purity of self and the divine projected grace to master all the elements.
Without commitment there is no character.
Without character there is no dignity.
Without dignity there is no divinity.
Without divinity there is no grace.
Without grace you cannot sacrifice or serve others. Your compassion and presence will not work, and you cannot be happy. Remember once and for all, happiness is your birthright, and it is always right to be happy.
So be happy, be healthy, and be holy. We are all holy, because we all have nine holes. Adding two arms and two legs makes thirteen. You are born with thirteen, you will live with thirteen, you will die with thirteen. Thirteen (three and one) makes four—Cup of Prayer. Prayer is your power, your protector, and your provider. Sat Nam

THE CODE OF ETHICS & PROFESSIONAL STANDARDS OF A KUNDALINI YOGA TEACHER

STUDENT-TEACHER RELATIONSHIP

It is the responsibility of the Teacher to maintain a professional relationship with students and with other Teachers. A Teacher recognizes that the student teacher relationship may involve a power imbalance, even with a student who is no longer studying with the Teacher.

1. A Teacher recognizes the implicit trust placed in him or her because of the unique power of the student-teacher relationship. A Teacher consciously avoids any relationship with a student that is exploitive in any way. i.e., he or she never uses such a relationship for personal gain or benefit.
2. All forms of sexual involvement with students are potentially unethical, even when a student invites or consents to such behaviour. Sexual behaviour includes, but is not limited to, all forms of overt and covert seductive speech, gestures, and actions.
3. A Teacher never engages in harassment, abusive words or actions, or coercion of students or former students.
4. A Teacher shows sensitive regard for the moral, social, and religious standards of students, and avoids imposing his or her personal beliefs on others.
5. A Teacher realizes that he or she is a vehicle for these Teachings, never their source. A Kundalini Yoga Teacher does not initiate anyone as a disciple.
6. A Teacher strives to build the student's connection to the teachings and to his or her own soul, rather than to any personality.
7. If a Teacher is unable to continue the student-teacher relationship, the Teacher will make efforts to connect the student to other Teacher resources in the 3HO Global Community.
8. A Teacher treats all communication with students with respectful and appropriate confidentiality.

CLASS STRUCTURE

1. A Teacher teaches kriyas (which includes postures, mantras, meditations or sets) as they were taught by Yogi Bhajan, with the exception of reducing the timing of postures, or providing variations of postures when necessary to accommodate physical limitations of students.
2. A Teacher does not create kriyas (postures, mantras, meditations or sets.) A Teacher does not combine teachings or practices from other paths into a Kundalini Yoga kriya as taught by Yogi Bhajan.
3. A Teacher acknowledges that we are part of the Golden Chain by beginning every class with the Adi Mantra, chanting "Ong Namoh Guru Dev Namoh" at least 3 times. Every class ends with the "Long Time Sun" song.
4. A Teacher is responsible to maintain the integrity and sacredness of the Kundalini Yoga Teachings.
5. A Teacher does not exaggerate or misrepresent the benefits of Kundalini Yoga as taught by Yogi Bhajan.
6. In a Kundalini Yoga class, a Teacher wears appropriate, modest, clean white clothing. A white head covering of natural fabric is strongly encouraged in order to project one's commitment as a Teacher and one's respect for the energies released by Kundalini Yoga.
7. A Teacher upholds the yogic law "If you come empty handed, you will leave empty handed" by requesting students to make an offering before each class.

ADVERTISING AND PROMOTION

The following guidelines are designed to uphold the quality of the Teachings and to be in compliance with all legal guidelines for appropriate representation of our services.

1. A Teacher accurately represents his or her professional qualifications and certifications along with his or her affiliations and sponsorships from any organization(s.)
2. Announcements and brochures promoting classes or courses based on the Teachings of Yogi Bhajan® shall describe them and picture them with accuracy and grace.
4. A Teacher will represent himself or herself, 3HO, IKYTA, and KRI, truthfully and accurately in all public relations by following the guidelines set by 3HO, IKYTA, and or KRI, for advertising that correctly reflects the organizations' missions.

TEACHERS IN COMMUNITY

1. A Teacher supports the service of other Teachers through conscious communication that avoids negativity or wrongful attributions regarding the efforts of other Teachers.
2. A Teacher builds the unity of the 3HO Global Community by embracing diversity, willingness to collaborate and a commitment to act for the benefit of all.
3. A Teacher acts as an integral contributing member of all International (and National, where appropriate) teaching organizations: 3HO, IKYTA and KRI. He or she acts as a representative of the professional and ethical policies of these organizations.
4. Each Teacher cultivates the ethical integrity of our culture as Teachers by his or her obligation to be alert to, and to seek out assistance for, anyone involved in a potential breach of those standards by using the appropriate organizational channel.

PROFESSIONAL COMPETENCE

1. A Teacher commits to a regular, daily spiritual practice that includes Kundalini Yoga and Meditation as taught by Yogi Bhajan®.
2. A Teacher commits to the continuous improvement of his or her professional knowledge and skills. He or she fulfils all requirements and training enhancements developed and presented by 3HO IKYTA and the KRI Aquarian Trainer Academy (and National Associations, where appropriate.)
4. A Teacher abstains from the use of, or dependency on, alcohol, tobacco, or drugs (except for medical purposes.) A Teacher does not permit the use of alcohol, tobacco, or drugs at any Kundalini Yoga course, class, or event.
5. In the yogic tradition, a Teacher eats a vegetarian diet. A Teacher ensures that a vegetarian diet is served at any Kundalini Yoga course, class or event.

Students are working towards and Teachers agree to live and teach in compliance with the above 3HO IKYTA - KRI Code of Ethics and Professional Standards for Kundalini Yoga Teachers.

Substantial violations of this Code of Ethics and Professional Standards that include changing the teachings, substance abuse, or that may be harmful to students can result in serious consequences, including the possible loss of Teacher status and other actions as appropriate.