



### i-SKY K1 Certification Requirements

KRI Certification is recognised internationally to the 200 hour Yoga Alliance (USA) standard. The optional i-SKY extended Certification Requirements include **the minimum KRI Level 1 requirements which are set out in bold below**. Anything which is not in bold below is optional and applies to the additional i-SKY recognition which is not a requirement **unless it is specifically requested from you (see 11 below)**.

PLEASE NOTE:

THIS PAGE DETAILS WHAT YOU HAVE TO DO.

THE NEXT PAGE DETAILS WHAT IS REQUIRED TO SHOW THAT YOU HAVE DONE IT.

**1 Full attendance of all parts/weekends within 24 months and completion of all other certification requirements prior to attendance of your final weekend or within 6 weeks thereafter (and in any case within 2 years of commencement).**

**2 Leading/Attending at least 5 sadhana and teaching a Kundalini Yoga class to a satisfactory standard**

**3 Completion of two 40 day kriya (exercise sets and/or meditations).**

4 Undertaking a 40 day yogic diet.

5 Maintenance of a daily journal of experience and progress

**6 Completion of coursework and take home exam to a satisfactory standard before the final weekend (or within 6 weeks thereafter). Pass mark of 75% in the in class sit down exam. (See Page 3 Coursework)**

**7 Attendance of a one day White Tantra Yoga Course** (6d below is required if WTY is not offered locally).

**8 KRI require minimum attendance of 20 Kundalini Yoga classes.** i-SKY recommend a minimum of 2 years personal practice of Kundalini Yoga (100 classes) *at least 10 of which must be attended after completion of course attendance.*

**9 Full payment of all fees due.**

**10 Submission of confidential evaluation of the performance of your Teacher Trainers and (if asked) of the seva (service) of fellow students.**

**11 Upholding the standards of the Code of Ethics,** receiving a positive assessment of seva (service) performance from fellow students, **satisfactory performance in any course exit interview or other required one to one session and submission of any additional coursework specifically requested.**

**PLEASE TURN THE PAGE**



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PLEASE NOTE:

THE PREVIOUS PAGE DETAILS WHAT YOU HAVE TO DO.

THIS PAGE DETAILS THE EVIDENCE REQUIRED TO SHOW THAT YOU HAVE DONE IT.

Most of the required evidence can be provided as written Personal Statements drawing upon your diary/journal entries.

**1 Written verification of course attendance is generally done on your behalf by i-SKY. (N.B. In the case of teachers who have attended other training programmes in the past a KRI certified Trainer or the current national KYTA Chair must sign the verification).**

**2 Written verification of observation by licensed KRI Teacher Trainer (or experienced KY teacher accepted by i-SKY) is generally done on your behalf by i-SKY**

**3 A signed and dated Personal Statement supported by Student Diary entries**

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5a Written verification of observation by a currently licensed KRI teacher trainer (or experienced KY teacher acceptable to SKY) of a Student Diary with daily entries maintained for at least three months

5b Personal statement summarising the journey documented by the diary observed in 5a

**6a Written verification of complete submission of all coursework requested by i-SKY including a “Take Home” exam. (See Page 3 Coursework)**

**6b A pass mark of 75% or better in the KRI approved “Sit Down” exam; marked and signed by a Lead Trainer.**

**7 Personal statement containing the date and venue of a White Tantra Yoga Course attended (N.B. Include your name and address as current at the time of course attendance for verification)**

**8 Personal statement signed by the student's current KYTA registered teacher (or i-SKY in pre-agreed circumstances)**

**9 Written verification of full payment is generally done on your behalf by i-SKY (N.B. In the case of teachers who have attended other training programmes in the past; the *minimum* full payment will be £395 (comprising £200 Registration, £195 per i-SKY Weekend attended and any additional administration charge)**

**10 Submission of Evaluation forms for each of your Teacher Trainers in a sealed envelope with your name, KRI Teacher Trainer Evaluation Forms and the date marked clearly on the envelope OR A signed and dated Personal Statement that these have been mailed/mailed direct to KRI.**

**11 Signed and dated copies of the IKYTA Code of Ethics, the KRI Certification Requirements sheet and completion of any additional requests (including additional coursework) made at a Course Exit Interview or specifically assigned by a Lead Teacher Trainer.**



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**i-SKY Coursework** (detail will vary year on year but the following is a fairly typical expectation).  
**The text in bold below represents the absolute minimum requirement for KRI certification.**

You should keep a Yogic Journal/Diary.

You will not need to submit the actual journal/diary but instead will submit summaries based upon it.

**6a** The Course Journal/Diary details your studies and personal yoga experience during the course and will include:

Record of your self-directed reading

**Record of Kundalini Yoga classes/workshops** attended

Critique of classes attended and taught

**Commentary on Kundalini Yoga kriya (sets/meds)** practised

**Two 40 Day Kriya (Meditation and or Exercise set)** Difficulties encountered and benefits realised

40 Day Yogic Diet Significant life or lifestyle changes

Additional Assignments:

**6c Writing Prior 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: The Chakra System

W/E 3 Writing: What is a Kundalini Yoga Teacher/Student?

W/E 4 Practical: Learn three Kriya of no more than 11 minutes duration which you can teach anywhere anytime without aids.

**6d Writing: Summarise two Yogi Bhajan classes from *The Masters Touch***

6e W/E 5 Writing: Analyse and comment on your experience of each part of a Kundalini Yoga set taught by Yogi Bhajan.

**6f W/E 6 Writing: Prepare an essential information sheet for a new student.**

**6g W/E 6 Writing Prepare yogic two curricula: E.G. for a 10 session beginners course and a 2 day Kundalini Yoga retreat (or other curricula by prior agreement)**

**W/E 7 Practical; Teach a 1 hour class to a satisfactory standard**

**W/E8-10 Take Home Exam**