

Submission	CheckBox	1	2	3	4	5	6	6a	6b	6c	6d	6e	7	8	9	10	11			
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Course # ..... Student Name.....

**Minimum KRI Level 1 certification requirements for i-SKY courses in 2020**

- 1 Full attendance of all the course within 24 months and completion of all other certification requirements prior to attendance of your final weekend or within 6 months thereafter (and in any case within 2 years of commencement).
- 2 Attending at least 5 aquarian sadhana (or leading 2 online).
- 3 Teaching a Kundalini Yoga class to a satisfactory standard
- 4 Completion of two 40-day kriya (meditation/exercise set or both – 11min minimum for each).
- 5 Pass mark in the final weekend sit down exam or submission of a satisfactory Take Home exam.
- 6 Completion of all required coursework and take-home exam to a satisfactory standard before the final weekend (or within 6 months thereafter).
- 7 Attendance of an approved one-day meditation course (White Tantric, i-SKY Rebirthing or other by agreement).
- 8 Attendance of a minimum of 20 Kundalini Yoga classes outside the course.
- 9 Full payment of all fees due.
- 10 A commentary upon your personal journey through the last year and an evaluation of the K1 course.
- 11 Signing (and upholding) at least one of the IKYTA, Yoga Alliance or Yoga Alliance Professionals Codes of Ethics/Practice and a satisfactory performance in any course exit interview or other one to one session if required.

**Evidence Requirements for KRI Certification as above i.e. what you have to submit to get your certificate**

- 1 Verification of course attendance is provided by the course administrator.
- 2 Personal statement of completion and a commentary on the experience (supported by online recordings where appropriate).
- 3 Satisfactory class assessment by KRI Teacher Trainer (or i-SKY designated KY teacher accepted by i-SKY)
- 4 Two signed and dated Personal Statements summarising the separate experiences of two 40-day practices.
- 5 Verification of course attendance is provided by the course administrator.
- 6 Submission of all coursework requested (*optional coursework may vary between courses so please refer to the current Required & Optional K1 Coursework information sheet*):
  - 6a Taking a classroom exam and also submitting a satisfactory Take Home exam.
  - 6b Creating an essential information sheet for a new student
  - 6c A written summary of the journey recorded in your yogic diary during the course
  - 6d Creation of two written yogic curricula (teaching plans) e.g.
    - A: for a 10 session beginners course B: for a two-day Kundalini Yoga retreat (or other by prior agreement)
- 7 Personal statement about the experience of an approved one-day meditation course (White Tantra Yoga or i-SKY Rebirthing or other by agreement) including the date and venue attended.
- 8 Personal statement signed by class teachers (or student's current Kundalini Yoga teacher or i-SKY in pre-agreed circumstances)
- 9 Written confirmation by SKY of full payment
- 10 Personal statement and commentary on the experience (supported by diary entries where appropriate).
- 11 Signed and dated copies of an approved Code of Ethics, the KRI Certification Requirements sheet (usually submitted at the start of the course) and completion of any additional requests made at a Course Exit Interview (if conducted) or specifically assigned (and confirmed) by a Lead Teacher Trainer).