K1 Core Curriculum 2025 - Modern Kundalini Yoga Teacher Training - Foundation Level

K1 is a 200+ hour course registered with TheYogaPros (yogaallianceprofessionals.org) as a Foundation level yoga teacher training course.

It can be structured as 64 x 2.5hour sessions but is most commonly scheduled as 22 x 7.25hour days. Each session/day/weekend/module has a specific theme, is complete within itself and may cover a variety of core content. Material will be ordered differently in different presentations and structures.

The overall core course content may be always broken down into actual tuition hours as follows:

8 hrs The Roots of Yoga.

22 hrs Yogic (Energetic) Anatomy & Western (Functional) Anatomy.

88 hrs Awakening the Consciousness
including:
- Asana
- Breath
- Kriya
- Mantra & Sound
- Mind & Meditation
- Relaxation
- Sadhana (personal practice)

11 hrs Yogic Philosophy.

11 hrs Yogic Lifestyle – Living Consciously.

22 hrs The Role and Business of being a Modern Kundalini Yoga Teacher.

28+ hrs Practicum.
A minimum of 40 hrs of home study/practice is additionally required of which a minimum of 12+ hrs will be directed reading