Knowga

Kundalini is the energy of awareness

Knowga is a gathering in awareness.

Knowga is the “space between”; it is the innate awareness and alignment of body, emotion, mind and spirit; “Right Action : Right Reaction”

Each Knowga course & each Knowga practitioner is unique

A premise of Knowga is that each of us already knows, or has potential access to know, everything. A common truth amongst followers of diverse spiritual paths is that each new learning is not actually new but a recognition of something already known – a seeing of something that was always (hidden?) in plain sight (such is the nature of esoteric knowledge). The roots of this common human heritage/understanding lie in prehistory and can be traced back through tradition, story, myth and legend. Knowga is a rope braided from infinite strands and our trainings acknowledge any such understanding of shared truth as equally valid. manifestations of the one root.

Our courses are firstly a journey of personal development in Self Awareness; and secondly, a preparation to facilitate a personal and/or group exploration of heightened awareness and transformative experience within a defined structure (Knowga).

The object of each course is for the participant to sample a core practice and also to identify and establish their personal Knowga space (through meditation/contemplation etc) and to extend and hold that awareness as a safe transformative space for others (the Knowga Gathering).

Knowga Foundation Course Syllabus Overview

Content	Example
Practice of Asana, Pranayama etc	Approximately 30% of the total hours will be spent in the actual physical practice of kriya including pranayama, asana. meditation and relaxation. The core practice includes but is not limited to “Kundalini Yoga” by GDS Khalsa & D O’Keeffe. A specific module addresses appropriate adaptations to facilitate safe practice
Teaching Practice and Methods	Approximately 40% of the total hours are spent in the practice and critique of actual class teaching. A structured template to offer a Beginner’s class will be followed. This course puts great emphasis upon the role of the teacher and the ability to establish and hold a safe transformative space.
Does the course have a particular focus	The course focusses upon the safe delivery of a structured Modern Kundalini Yoga class within the broader context of an inclusive Knowgic understanding of yogic practice.

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What is the overall AIM of the course	The aim of the course is to enable students to offer an inclusive Knowga/Modern Kundalini Yoga class safely, accurately and competently.
What will the graduate be able to do at end of course?)	In addition to teaching Knowga / Modern Kundalini Yoga classes, the graduate will have the tools to appreciate and incorporate different presentations of yogic thought and practice with a particular appreciation of how to be inclusive not exclusive.
How will the course be assessed	**Continuous/exam/external assessor?** The course is assessed through both graded written assignments throughout the course and also continuously using self-feedback and trainer feedback. Students will be regularly mentored throughout the course and given advice. Students not meeting the assessment requirements will be given clear feedback on areas of weakness and will be encouraged to resubmit at a later date.

Certification

This course is registered with The Yoga Pros (Yoga Alliance Professionals) and certificated by i-SKY.net as a registered school. i-SKY reserve the right to grant Foundation Level 200+ hour certification based solely on our discretion and our evaluation of each student's readiness to be a Yoga/Knowga Instructor. This evaluation is based on successfully meeting the course requirements including, but not limited to those detailed in the course documentation and cited on the course application form.

This course is suited to:

Those starting a journey toward group or one to one facilitation

Those who are reappraising and/or seeking to reorientate their own classes/groups or one to one or other facilitation

Those seeking an internationally recognised broad-based 200+hour Foundation Yoga Teacher Training certification.

Module Content	SYT contact hours	Non SYT contact hours	Non-Contact Hours	Total Hours
Module 1: • Asana - principles and practice • How to structure a class/gathering. Sharing, teaching & adapting, • Anatomy & physiology of posture	28	12	+3-5	40+
Module 2: • Kriya - principles and practice • How to structure a class/gathering. Sharing, teaching & adapting, • Structure of a class and/or gathering	35	15	+3-5	50+
Module 3: • Meditation, Mantra & Personal Practice - principles and practice • How to structure a class/gathering. Sharing, teaching & adapting, • Living consciously - Yogic lifestyle	21	9	+3-5	30+
Module 4: • Subtle Energy - principles and practice • How to structure a class/gathering. Sharing, teaching & adapting, • Yogic Anatomy & physiology	21	9	+3-5	30+
Module 5: • Yoga History & Philosophy	14	6	+3-5	20+
Module 6: • Business - the practicalities of teaching/training/sharing/gathering etc.	7	3	+3-5	10+