

## **i-SKY Required & Optional K1 Coursework from 2020**

### **REQUIRED:**

- 1** *Sitting a 3 hour in class exam (a pass is not required)*
- 2** *Submitting a satisfactory open book (take home) exam.*
- 3** *Two personal statements about the experience (challenges and benefits) of completing two 40-day practices (exercise set and/or meditation – 11 minute minimum).*
- 4** *Creation of two yogic curricula (programs of work detailed enough for a peer to instruct from).*
- 5** *Signed practicum assessment sheet confirming your class instruction to the required standard*
- 6** *Creation of an Information Sheet for a new student.*
- 7** *Personal Statement about your yogic journey in the last year and evaluation of the K1 course.*
- 8** *Personal Statement about the experience of attending the agreed intensive day of meditation.*
- 9** *Personal Statement about the experience of leading and/or participating in aquarian sadhana.*
- 10** *Record of attendance of 20 Kundalini Yoga classes*
- 11** *Signed copy of a yogic Code of Ethics/Practice.*

### **PLUS ANY THREE OF THE FOLLOWING**

### **OPTIONAL:**

- 1** *Completing seven online tests (which also raises your sit down exam grade)*
- 2** *Personal Statement about the experience of attempting a yogic food journey*
- 3** *A record of, and commentary upon, your (course related) self directed reading.*
- 4** *An extended personal Statement about your yogic journey in the last year supported by diary entries.*
- 5** *A detailed analysis of a Kundalini Yoga kriya.*
- 6** *10-20 minutes (in total) of one or more instructional video recordings.*
- 7** *Personal statement about the experience (challenges and benefits) of an additional 40-day kriya practice and/or an extended 90/120 day practice.*
- 8** *Creation of your own yogic Code of Conduct statement.*
- 9** *Constructive critique of Kundalini Yoga classes attended.*
- 10** *An additional piece of work of your own choosing (agreed with your tutor).*