

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**

- 1 Full attendance of 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.
- 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 coursework and take-home exam to a satisfactory standard before the final weekend (or within 6 months thereafter).
- 7 Attendance of a one-day White Tantra Yoga Course (6d below is required if WTY is not offered in the region).
- 8 KRI require minimum attendance of 20 Kundalini Yoga classes outside the course.
- 9 Full payment of all fees due.
- 10 Confidential evaluation of the performance of your Teacher Trainers
- 11 Upholding the standards of the Code of Ethics and satisfactory performance in any course exit interview or other one to one session required.

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

- 1 Written verification of course attendance by course administrator.
- 2 Written verification of sadhana attendance by SKY (or experienced KY teacher accepted by i-SKY)
- 3 Satisfactory class assessment by KRI Teacher Trainer (or experienced KY teacher accepted by i-SKY)
- 4 Two signed and dated Personal Statements summarising the separate experiences of two 40-day practices.
- 5 Written verification of exam pass by course administrator/trainer.
- 6 Written verification by course administrator of complete submission of all coursework requested including:
  - 6a Submission of satisfactory Take Home exam.
  - 6b Beginners information sheet for a new student
  - 6c A written summary of the journey recorded in your yogic diary during the course
  - 6d Two written yogic curricula (teaching plans) content by prior agreement e.g.
    - A: for a 10 session beginners course B: for a 2 day Kundalini Yoga retreat (or other by prior agreement)
  - 6e A written summary and commentary on 2 Yogi Bhajan classes from *The Masters Touch* (if requested/required).
- 7 Personal statement about the experience of a White Tantra Yoga Course 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 Submission of Evaluation forms for each of your Teacher Trainers. Either in a sealed envelope with your name, KRI Teacher Trainer Evaluation Forms and the date marked clearly on the envelope OR emailed as an attachment labelled "Confidential Trainer Evaluation + Your Name" OR a signed and dated Personal Statement that the evaluations have been mailed/emailed direct to KRI.
- 11 Signed and dated copies of the IKYTA 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).