



The international School of Kundalini Yoga
34 Culver Road. Newbury. Berkshire. RG14 7AR. United Kingdom
Tel: +44(0)1635 523900 Email: uk@i-sky.net

KRI INTERNATIONAL TEACHER TRAINING. LEVEL 1: INSTRUCTOR **Take Home Final Examination.**

Answer each of the following questions to the best of your ability in ESSAY FORM. This “open book” exam equates to a 3 hour sit down exam. You may draw on any KRI material but use your own words to demonstrate a clear and thorough understanding of the material. A **maximum of 30 typewritten pages or 7500 words** may be used to complete the entire exam (5000 words is plenty).

Please complete and return to the above address within 40 days of commencement or by the agreed completion date..

1. Explain how the technology of Kundalini Yoga can help mankind face the challenges of transition from the Piscean Age to the Aquarian Age.
2. Imagine you have been asked to prepare a presentation to promote Kundalini Yoga classes in your area. Prepare your material and include the following topics:
 - a. What is yoga; its purpose and benefits?
 - b. What are Kundalini Yoga and the Kundalini Energy?
 - c. How does Kundalini Yoga compare to and differ from other forms of yoga.
3. Explain the concept of the Golden Link and its importance to Kundalini Yoga. What mantra is used to connect with the Golden Link? How are Yogi Bhajan and Guru Ram Das related to it?
4. How would you explain to a new student what a mantra is and how it works? Prepare your answer based on your knowledge of the science of *Naad* and on the *Shabd Guru*. Then, list three *Bij mantras*, three *Ashtang mantras* and their effects.
5. Based on all you have learned throughout this course, how would you help the following people? Include, but do not limit your answer, to the following:
 - a *pranayam*, a *set* and a meditation. You may also include a dietary suggestion.
 - a. A woman in her 30's with depression
 - b. A senior in his 70's with lower back and chronic fatigue problems.
 - c. A businessman with digestive and insomnia problems.
6.
 - a. Write the Teachers Oath and explain what it means to you.
 - b. What are your key ethical responsibilities as a teacher of Kundalini Yoga, in terms of your service to students as well as your personal conduct and roles?
 - c. Define your relationship to the teachings and to the source of the teachings.
7. In the practice of Kundalini Yoga many *asana*, *bhanda* and *mudra* are used.
 - a. Define *asana*, *bhanda* and *mudra*.
 - b. Choose three *bhanda* and three *mudra* and explain how to do them correctly and their effects.
 - c. List five *asana* and explain: how to teach them correctly; their benefits; the mistakes beginners often make in each and any alternative ways of performing them.
8. Kundalini Yoga classes have a specific structure and sequence that must be followed. Explain the correct sequence a teacher should follow and why it is critical not to omit or alter the sequence.



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9. a. Explain a meditation in your own words and include at least three of its benefits.
b. List the points of concentration within the body that are used for meditation.
c. Describe these types of meditation & their benefits: walking, *gong*, *tratakam*, *venus kriya*, *mala*.
10. a. Define *Sadhana* and explain why this practice is essential for a yoga teacher.
b. What is the difference between practicing *Sadhana* alone and in a group?
c. Describe the relationship between *sadhana*, *aradhana* and *prabupati*.
11. Briefly explain the following concepts in terms of Yogic Philosophy
a. G.O.D. b. Reincarnation c. *Maya* d. *Karma* e. *Dharma* f. Liberation
12. Where in the human body does the dormant Kundalini energy reside? How can this energy be awakened? Describe the path it takes in the body once awakened.
13. Create a chart, which includes the following information about the eight chakra:
 - a. Name and location in the body
 - b. Organs/ nerves/ glands associated with it
 - c. Characteristics of proper functioning
 - d. Characteristics of malfunctioning
14. Describe the purpose of the negative, positive and neutral minds. Why is it important for a yogi to develop a neutral mind?
15. Provide the following information:
firstly for the Respiratory System and secondly for the Endocrine System:
 - a. Organs or structural composition
 - b. Basic functions
 - c. Negative influences for the system
 - d. Suggested Kundalini Yoga sets or meditations
16. Imagine you are asked to introduce facets of Humanology to an audience of beginner yoga students. Choose 2 of the following and write a lecture (*maximum 1 page A4 for each*).
 - a. Pregnancy and Birth b. Yogic Lifestyle c. Yogic Hygiene d. Yogic Diet
17. Please read the following quotes from Yogi Bhajan and explain the key concepts and how you could apply these ideas in your life.
 - a. "Many people believe that the spiritual path is difficult and the neurotic path is easy. Students profess it; even some teachers encourage this idea. I have never agreed to it, nor am I willing to agree to it now. It takes the same effort and energy to walk either path. The difficulty lies in the nature of the mind and how it grasps things and becomes entranced by feelings and sensations. The problem lies in being subject to time rather than being one step ahead of time".
 - b. "The job of a teacher is to elevate. You are a forklift. The person has come to you as a teacher, and you have to relieve his problem. It doesn't matter what your problems are."
 - c. "Shakti Pad is the arena of consciousness in which you confront the ego and the ego confronts you in a million ways. If you take faith and use the mental link with your spiritual teacher, you can penetrate it, you can pass through it."

End of exam.