

## Coursework Completion & Exam Revision Suggestions i-SKY K1 HandOut 6a UK Revised April 2011

You will receive a Take Home Open Book Exam after Part 7.

You will sit a Sit Down Closed Book Exam on Part 10.

You should aim to complete all your coursework by Part 10 (or within a further 2 months after) unless you have another weekend to attend next year.

### READ THE AQUARIAN TEACHER

The Basics of Kundalini Yoga (e.g. Tuning in or Breath of Fire)

How to instruct each correctly

Asana, Pranayama and Meditation

Cautions      Effects      Variations      How to do each correctly

**Mantra**      Names of      Effects      **Meanings of**

Mudras and Bhandas      Names      Effects

Yogic History & Philosophy

Aquarian Age      Yogi Bhajan      Patanjali      Dharma & Karma

Yogic Anatomy and Physiology

Chakras      10 Bodies      Gunas & Tattvas

Western Anatomy and Physiology

Endocrine system      Major organs      Nervous system

Yogic Lifestyle      Sadhana      Ishnaan      Diet

Ethics      Code of Conduct

Humanology      Man      Woman      Teacher      Relationships

Practical Teaching Experience

READ THE AQUARIAN TEACHER MANUAL      Read and discuss Yogi Bhajan quotes.

INSTRUCT A CLASS AS OFTEN AS YOU CAN      Attend as many KY classes as you can as a student.

Make a study and coursework completion schedule now.

Make a revision schedule now.

Arrange a revision buddy to check up on your keeping to your study and revision schedule.

READ THE AQUARIAN TEACHER MANUAL      Read The Masters Touch or other Yogi Bhajan writings.

INSTRUCT A CLASS AS OFTEN AS YOU CAN      Attend different KY teachers classes.

START NOW. DON'T LEAVE IT ALL UNTIL LATER.      Which sutra for the Aquarian Age is that?

If you attend plenty of Kundalini yoga classes, read the manual thoroughly, practice instructing Kundalini Yoga regularly and complete the Take Home Exam - you will be able to pass your sit down exam... and then you will only need to complete your coursework in order to be certificated.      Sat Nam.

The optional i-SKY extended Certification Requirements include **the minimum KRI Level 1 requirements**  
**Bold print refers to the minimum KRI certification requirements;** the plain text refers to the additional optional i-SKY recommendations.

**1 Full attendance of all parts/weekends within 24 months and completion of all other certification requirements prior to attendance of your final weekend or within 6 weeks thereafter (and in any case within 2 years of commencement).**

**2 Leading/Attending at least 5 sadhana and teaching a Kundalini Yoga class to a satisfactory standard**

**3 Completion of two 40 day kriya (exercise set and meditation or two meditation).**

4 Undertaking a 40 day yogic diet.

5 Maintenance of a daily journal of experience and progress

**6 Completion of coursework and take home exam to a satisfactory standard before the final weekend (or within 6 weeks thereafter). Pass mark of 75% in the final weekend sit down exam.**

**7 Attendance of a one day White Tantra Yoga Course** (where available 6d below is required if WTY is not offered locally).

**8 KRI require minimum attendance of 20 Kundalini Yoga classes. I-SKY recommend a minimum of 2 years personal practice of Kundalini Yoga (100 classes) at least 10 of which must be attended after completion of course attendance.**

**9 Full payment of all fees due.**

**10 Confidential evaluation of the performance of your Teacher Trainers and of the seva (service) of fellow students.**

**11 Upholding the standards of the Code of Ethics, receiving a positive assessment of seva (service) performance from fellow students and satisfactory performance in any course exit interview or other one to one session required.**

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

**1 Written verification of course attendance by i-SKY. (N.B. In the case of teachers who have attended other training programmes in the past a KRI certified Trainer or the current national KYTA Chair must sign the verification)**

**2 Written verification of observation by a licensed KRI Teacher Trainer (or experienced KY teacher accepted by I-SKY)**

**3 A signed and dated Personal Statement supported by Student Diary entries**

4 A signed and dated Personal Statement supported by Student Diary entries

5a Written verification of observation by a currently licensed KRI teacher trainer (or experienced KY teacher acceptable to I-SKY) of a Student Diary with daily entries maintained for at least three months

5b Personal statement summarising the journey documented by the diary observed in 5a

**6a Written verification of complete submission of all coursework requested by i-SKY including a "Take Home" exam.**

**6b A pass mark of 75% or better in the KRI approved "Sit Down" exam; marked and signed by a Lead Trainer.**

**7 Personal statement containing the date and venue of a White Tantra Yoga Course attended (N.B. Include your name and address as current at the time of course attendance for verification)**

**8 Personal statement signed by the student's current KYTA registered teacher (or i-SKY in pre-agreed circumstances)**

**9 Written verification by i-SKY of full payment (N.B. In the case of teachers who have attended other training programmes in the past; the *minimum* full payment will be £435 comprising £200 Registration, £185 per i-SKY Weekend attended, £50 administration charge)**

**10 Completed forms for each of your Teacher Trainers in a sealed envelope with your name, KRI Teacher Trainer Evaluation Forms and the date marked clearly on the envelope or a signed and dated Personal Statement that these have been mailed/emailed direct to KRI.**

**11 Signed and dated copies of the IKYTA Code of Ethics, the KRI Certification Requirements sheet and completion of any additional requests made at a Course Exit Interview or specifically assigned by a Lead Teacher Trainer.**

**i-SKY Coursework (detail may vary year on year)**

<b>6a</b>	The Course Journal/Diary details your studies and personal yoga experience during the course and will include: Record of your self directed reading Critique of classes attended and taught <b>Summary of 40 Day Kriya</b> 40 Day Yogic Diet	<b>Record of 20 Kundalini Yoga classes/workshops attended</b> <b>Commentary on Kundalini Yoga meditations practised</b> Difficulties encountered and benefits realised Significant life or lifestyle changes
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Additional Assignments:

<b>6c</b>	Writing	Prior life experience and reasons for doing this course	
	W/E 1-7	Reading	KRI Course Manual
	W/E 1	Reading:	The Yoga Sutras of Patanjali
	W/E 2	Writing:	The Chakra System
	W/E 3	Writing:	What is a Kundalini Yoga Teacher/Student?
	W/E 4	Practical:	Learn three Kriya of no more than 11 minutes duration which you can teach anywhere anytime without aids.

**6d** **Writing: Summarise two Yogi Bhajan classes from *The Masters Touch***

**6e** W/E 5 Writing: Analyse and comment on your experience of each part of a Kundalini Yoga set taught by Yogi Bhajan.

**6f** W/E 6 Writing Prepare an essential information sheet for a new student.

**6g** W/E 6 **Writing** **Prepare yogic two curricula:** for a 10 session beginner's course and a 2 day Kundalini Yoga retreat (or other by prior agreement)

W/E 7 **Practical** **Teach a 1 hour class to a satisfactory standard**

**Certification** Those successfully completing all aspects of the course will be certificated by KRI through KYTA as Instructors of Kundalini Yoga to the Kundalini Research Institute Yoga Alliance (USA) Level 1 Teacher Training standard and will be registered as such with their National or International Kundalini Yoga Teachers Association. *Following payment of the course Registration Fee by UK students KYTA student membership and Trainee Teachers insurance is arranged from w/e6/7 to September. Subsequent renewals of KYTA membership and teachers insurance are the student's responsibility and KYTA will issue a reminder to renew in September.*