

# Go For Your Bright Future

**Kundalini Yoga Teacher Training – a Profession with a great chance  
for your Future**

**Teach and lift up people for better health, reduced stress level,  
healthy nutrition and more**

**KRI Certified Level 1 Kundalini Yoga Teacher  
Training**

**04/ 2019 – 2020, 220 hours within 1 year in Gambia**



The KRI Level One Aquarian Teacher Training Program is a 220-hour professional certification program in Kundalini Yoga as taught by Yogi Bhajan®. An interactive course in the theory, practice, and basic skills of a Kundalini Yoga instructor, it includes 180 hours of classroom instruction and 40 hours of independent study: service projects, a 40-day meditation, and White Tantric Yoga. Graduates of Level One earn the title of KRI Certified Instructor of Kundalini Yoga as taught by Yogi Bhajan® and fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 200-hour requirement.

Foundations introduces the student to the principles and practices of the self-sensory human, and explores how Kundalini Yoga and yogic lifestyle can harmonize and uplift the human experience and awaken your true potential.



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