

FAQs

COVID UPDATES

Our Commitment to You

- We are committed to delivering an excellent course that will not only prepare you to be a Kundalini Yoga instructor, but will affect and even transform your life.
- We are committed to creating and maintaining a sense of community and welcoming you into the local and broader Kundalini Yoga community.
- We are committed to protecting the health of all course participants, as much as possible.
- We are committed to keeping you informed regularly about decisions and how we arrive at them as we approach our start date.

These are our guiding principles as we think about the best and safest way to move forward with this Level 1 Teacher Training/Advanced Study course. We know this course is a big commitment, in a lot of ways: time, financially, energetically, and more, and that's something the whole training team takes seriously. See below for the most recent update based on the Level 1 Teacher Training & Advanced Study.

Will the course still happen? Start in September 2020?

Yes, the course will start in September. We are finalizing the details of a hybrid course (details below). We will have to make adjustments due to the current mandates resulting from the Covid19 pandemic. Our Training Team is monitoring CDC, MN Dept. of Health, and other recommendations to ensure both compliance and protect everyone's health.

In the unlikely-but-possible event that we decide to cancel the course altogether, we will most likely offer the next Level 1 course in 2023.

What measures are you taking to ensure participants' safety?

We are exploring alternate delivery options including:

- Outdoor weekends
- Limiting in-person time during weekends
- Some course segments will likely be delivered online

When we do gather in person we will:

- Ensure participants have space to social distance
- Encourage wearing masks as much as possible
- Require participants who are ill, have ill contacts or possible Covid exposure to stay home

When will you make a decision about any possible changes to the course?

We will make a decision by July 11, 2020 and communicate any possible changes to those who have registered and share the info on our website and social media.

What if I decide to withdraw from the course or cancel my registration?

If you decide you would prefer to wait until the next time we offer the course (likely 2023) and are already registered for the course, we will offer you a full refund of any tuition paid with no cancellation fees.

LOCATION

Where is the course held?

In-person course hours will be held at Solomon's Porch. Possible outdoor weekends would be at another location in the Twin Cities.* (*subject to change due to state health mandates. *See COVID Updates section above.*)

100 W 46th St Minneapolis MN 55419 (4 blocks west of 35W on 46th St)

Where is Parking? Is there free parking?

Free street parking is available. The location is also accessible by public transportation. If you use public transportation, please be mindful that weekend schedules may vary.

Is the building wheelchair accessible?

No, the building is not wheelchair accessible.

TRAINERS

Who are the teachers? What are their credentials?

All trainers for this course are licensed through the Aquarian Trainer Academy and the Kundalini Research Institute. They are all at least 500-hour certified teachers and have been teaching Kundalini Yoga and Meditation for 20-40 years.

The trainers for this course are (*full bios available on the [Level 1 Teacher Training page](#)*):

Kirn Kaur Khalsa
Nirvair Singh Khalsa
Sat Siri Dougherty
Nirmal Lumpkin
Dukh Niwaran Kaur Khalsa
Dr. ShamRang Singh Khalsa

CERTIFICATION

What will I be able to do with my certification? Can it be taken anywhere?

If you complete all course requirements, you will be granted a Level 1 Kundalini Yoga

Instructor certification through the Kundalini Research Institute. This certification is recognized by the Yoga Alliance. You can bring your certification with you wherever you choose to teach.

I have to miss a month; can I still take the course? Still get certified?

If you just have to miss one month, it's okay. You can still get certified, but you'll need to make up that weekend. You will work with Nirmal to determine how to make up the material missed. You'll be required to complete all other course requirements (see below for details) by the stated due dates.

But what if it's the first weekend I have to miss?

It's okay - just start the second weekend!

What other work (besides attending all course hours) do I need to complete to get certified?

Below is a list of all certification requirements you must complete in addition to attending all course hours:

- Complete 20 Kundalini Yoga classes with a KRI-certified teacher (cost not included in course tuition)
- Attend 5 Aquarian Sadhanas (early morning)
- Receive a satisfactory review of 2 practicum teaching sessions
- Attend (at least) one day of White Tantric Yoga* (cost not included in course tuition)
- Complete all reading and homework assignments
- Receive a passing grade on the final, written exam

The course requirements must be completed during the course dates. We send certification packets to KRI one month after course completion. If you do not have all requirements submitted by June 9, 2021, you will incur a late fee of \$26/month. The one exception to this is White Tantric Yoga*. You have one year to complete WTY. If you do not have WTY completed and verification sent in by June 9, 2022 you will begin incurring the late fee.

**An alternative option to White Tantric Yoga may be available. More details to be determined.*

I already did White Tantric Yoga; do I need to do it again?

Yes, you must complete one day of White Tantric Yoga while you are taking the Teacher Training course, even if you've already done it. You can take White Tantric Yoga anywhere in the world within the year. You simply need to provide us with the receipt. *Please note that White Tantric Yoga is NOT included in your course tuition.*

How can I fulfill my 20 class requirements for the additional course work?

If there is a Kundalini Yoga Teacher in your area, you can take classes with that teacher. To find a teacher in your area, please go to www.kundaliniyoga.com. If it is absolutely impossible to find a KRI certified teacher in your area, you can do DVD classes (Gurmukh or Nirvair) or selected Kundalini Yoga U courses at home. Please discuss with Nirmal before moving forward with recorded classes.

There are exams?!?!

Yes, we want to make sure that instructors who graduate from this course are well prepared to teach Kundalini Yoga and Meditation classes. So, there are 2 types of exams in this course: practical and written.

- **Practicum:** You will teach 2 practicum classes. In a practicum, you will teach an assigned kriya and meditation to a small group of your fellow teacher trainees. Practicums are evaluated by one of the Trainers or Small Group Leaders helping with the course. There is an opportunity for feedback (from your peers and the evaluator) after the class. More information on practicum experience will be covered in the first two TT weekends. You will sign up for your practicum weekend schedule at the first TT weekend.
- **Written:** There is a final written exam. This is a take home exam. You will be given the questions about half way through the course. Exams are due BEFORE the final weekend. More information about the written exam will come during the course.

There is homework?!?!

Yes! Kundalini Yoga is grounded in a rich history and beautiful philosophical underpinnings, and it is important for you to be well-versed in all of this. You will have suggested reading from the course textbook for each training session. There will also be review questions for you to answer and bring with you to each weekend.

If this is a Level 1 course, what are the other Levels of Teacher Training?

KRI Level One: Foundations and Awakening – Instructor (200 hr equivalent)

KRI Level Two: Transformation – Practitioner (500 hr equivalent)

KRI Level Three: Realization – Teacher (Still in development)

Who is KRI? Why would I want to be certified through KRI?

KRI (Kundalini Research Institute) is the organization that licenses and certifies people to teach Kundalini Yoga. Many experienced teachers and practitioners have worked thousands of hours to create the most powerful, in-depth, and accurate program to share the technology of Kundalini Yoga and Meditation. The KRI-certified Level 1 Aquarian Teacher Training course offers an internationally-recognized and relatively standardized curriculum, in order to provide similar access and resources to all trainees.

I'm not sure I'm ready now...can I just take the program next year?

Unfortunately, no. The Kundalini Collective offers a Level 1 Teacher Training course approximately every three years, so our next L1 course likely won't happen until 2023-24! We do plan to offer some of the Level 2 modules in the meantime. You must be Level 1 certified to participate in the Level 2 modules for credit.

What if I don't want to be certified? I don't ever plan on teaching.

You can take this course for the sole purpose of developing your own practice and gaining a better understanding of the technology of Kundalini Yoga. We often find that students who come into the program with no desire to teach yoga are the ones who end up teaching a lot! We encourage everyone to complete all requirements in order to attain certification.

However, if you choose not to pursue certification, you don't have to do the additional requirements. We understand certifying *right now* may not be your choice, but know that if you wish to become certified in the future, you would have to take the whole course again.

FINANCES & REGISTRATION

What are the tuition costs?

The total you pay for the course is dependent on two things: 1. the date you register, and 2. whether you decide to pay in full or make monthly payments. Everyone pays a \$400 deposit when you complete your registration form. We will finalize plans for your payment in full at your orientation interview (see below for more info).

RATE	REGISTER ONLINE	PRICE PAY IN FULL (must be complete within 60 days of registration)	PRICE MONTHLY PAYMENTS (All payments complete by 2/10/2021)
Super Early Bird	through Jan 31 2020	\$2850	\$3000
Early Bird	Feb 1 - July 11, 2020	\$3000	\$3200
Regular Tuition	after July 12, 2020	\$3200	\$3500

*See Refund Policy below. **More info on payment plans below.

What does my Tuition Include?

- ✓ Training manuals & materials
- ✓ All-weekend teacher training classes
- ✓ Lunch: one day each weekend
- ✓ Student Membership in IKYTA
- ✓ 1 year paid Teacher Membership to Kundalini Collective (contingent upon completion of certification.)

Note: Tuition does not include 20 Kundalini Yoga classes and White Tantric Yoga.

Are there Payment Plans?

We offer monthly payments for those who would like to spread out the payment for the course. Payments are debited on the 10th of the every month. We are willing to work with you to determine a payment plan that fits your needs and the requirements of the course. The \$400 deposit is required before signing up for a payment plan.

What is your Refund/Cancellation policy?

We are committed to delivering an excellent course that will not only prepare you to be a Kundalini Yoga teacher, but will also affect, and even transform your life.

Withdrawal within 5 days of your in-person orientation session - Full refund

Withdrawal before course begins (Sept 11, 2020) - You will be refunded all tuition paid, minus a \$50 administrative fee.

Withdrawal between the 2nd and 6th weekend of the course - You will be refunded a prorated amount that equals the total amount you have paid minus \$170 per course day completed prior to cancelation and minus a \$100 cancelation fee.

Withdrawal on or after March 15, 2021 - No refund will be given.

All cancelations/withdrawals must be made in writing via email to KCtrainings@gmail.com. Refunds will be issued by check and will be mailed within 30 days of receipt of your email cancelation notice. Non-attendance at a training session without written notification will not be considered a withdrawal and refunds will not be given for missed class time.

Can I pause the training and come back to it?

Generally, no. Each course is unique and designed to be completed as a whole. If some emergency situation arises, you can discuss options with Nirmal. However, we do not plan to run another Level 1 program in Minnesota until 2023-24.

What forms of payment do you accept?

We accept credit card payments, although we will accept personal checks in certain circumstances. If you pay in full, a check is preferred to help cut down on administrative costs. A \$75 fee for returned checks will be assessed. We complete billing through PayPal and/or Square.

If you choose to make monthly payments, you must provide credit card information and sign a payment plan agreement during your orientation interview. Be advised, we will automatically charge your credit card on the 10th of every month for the amount agreed upon at your initial orientation meeting.

How much do I put down when registering?

\$400 deposit. This amount is included in the totals listed above. You will receive, via email, a link to complete this payment upon completion of your registration form. If you do not receive the email, please check your spam/junk folder.

Are there any scholarships or work-study program available?

The Kundalini Collective does not offer scholarships toward the cost of tuition for our Level 1 Teacher Training. However, we will have a few scholarships available to help offset the additional costs of completing this course (e.g. White Tantric Yoga registration fees or travel costs, attendance at 20 Kundalini Yoga classes, etc.). If you are interested in applying, you will receive more information during the first weekend of the course.

We have a few work exchange positions available, which can help offset the cost of course tuition. If you are interested in applying for one of these positions, please contact the Trainings Coordinator, Jai Kirti Kaur, at KCtrainings@gmail.com.

Additionally, there are significant discounted rates available to anyone who has completed

another 200-hr Kundalini teacher training program. Contact Jai Kirti Kaur to discuss.

COURSE TIME/STRUCTURE

What are the course dates*?

Below is an outline of the course dates and contents*. While the dates are fixed, the timing of content delivery may change at the Trainers' discretion. We will ensure that all content is covered by the end of the course.

September 11-13: Roots of Yoga & Awakening Consciousness
October 9-11: Sounds & Mantra
November 13-15: Asana, Mudra & Bhandas
December 11-13: Yogic Philosophy & Role of the Kundalini Yoga Teacher
January 15-17: Yogic Lifestyle & Applied Settings
March 12-14: Yogic & Functional Anatomy
April 9-11: Mind & Meditation
May 7-9: Prana & Pranayam, Wrap-up

*subject to change due to state health mandates. See *COVID Updates section above*.

What is the course schedule? Are there breaks?

Fridays 8:30am-6:00pm
Saturdays 9:00am-6:00pm
Sundays 9:00am-3:30pm

Yes, there will be about a one-hour lunch break every day, as well as other short bathroom breaks, etc.* (*Course times subject to change in virtual setting.)

How do we handle meals?

We will provide *one lunch* per weekend (vegetarian, with options for GF, DF and other major allergies/dietary restrictions). All other meals are your responsibility. You may want to bring meals with you and pack snacks; there are a number of options near Solomon's Porch if you'd prefer to purchase a meal.

Are we really doing yoga 8 hours a day?

No! There will be lots of yoga and meditation, but also a lot of small and large group discussion, lecture, activities and sharing.

What is that crazy early morning thing? Do we have to go?

Practicing in the quiet, peaceful, pre-dawn hours is a cornerstone practice of Kundalini yoga. While it can be challenging to get yourself out of bed that early... it is really the most powerful time of day to practice! Aquarian Sadhana is offered EVERY Sunday at River Garden Yoga Center in Saint Paul* (currently offered virtually). You must attend 5 Aquarian Sadhanas during the training. However, they don't have to be on training weekends. You can also volunteer to lead sadhana for extra teaching practice, if you want. Check in with the Kundalini Collective Sadhana Coordinator, Anna Mahan Tara, about this opportunity.

REGISTRATION

How do I register?

1. Complete the [Teacher Training Application](#) on the [Kundalini Collective](#) website.
2. Submit your deposit or payment in full.
3. Sign up for an orientation interview.
4. Sign Teacher Training and Financial agreements and release of liability form.
5. Watch your life begin to transform!

What's the deal with the orientation interview?

This is our opportunity to sit down together and have a conversation about the course. We will review all course requirements and expectations. You will have the opportunity to ask any other questions you may have. We will also complete some paperwork, including agreeing to a payment plan.

Are there any prerequisites for this course?

No, but we strongly recommend that you take at least 10-20 Kundalini Yoga classes prior to beginning the Teacher Training course. That will give you a solid foundation for your future studies. If you'd like to attend a class in the Twin Cities, see our [Drop-In Class Schedule](#). **Many classes offered virtually during the pandemic**

If I register after August 30, will I still receive my materials at the start of the course?

We can't guarantee it - we have to order the books by that date, so any registrations after that date may not receive materials in time, but you'll get them by the 2nd weekend.

MISCELLANEOUS

I have noticed Kundalini Yoga Teachers are generally wearing white and have a head covering. Do I have to do this too?

No, this is not a requirement. We will talk about the technology of wearing white and covering your head, and we encourage you to try it out, but it is not a requirement for taking the course.

I have noticed many Kundalini Yoga Teachers have spiritual names. Do I have to do this too?

No, this is not a requirement. If you are interested in requesting a spiritual name or want more information, please visit 3ho.org/spiritual-names