



SEAA Level 1, a KRI Aquarian Teacher Training Program Entrance Application

Sat Nam,

We welcome you! The Aquarian Teacher Training is an international standardized 220-hour Kundalini Yoga teacher training program certified by KRI (Kundalini Research Institute) and Yoga Alliance. KRI licenses each trainer for this course. We are authorized to offer this international standard training in South East Asia and Australia. Do visit the KRI website for more information about Kundalini Yoga and this training at www.kriteachings.org.

It is our experience that getting to know each other before the training starts supports the training flow. Kindly fill out this Entrance Application as a start. All information that you provide is confidential.

Then either Siri Prakash or another Trainer will contact you for an Entrance Interview before registration. Thank you.

In gratitude,

Tarn Taran Kaur, Aquarian Teacher Lead Trainer

Siri Prakash Sierra Bullock, Training Administration & Trainer: seaalevel1@gmail.com

INTRODUCE YOURSELF

Legal name:

What name should we call you?

Residential address:

Email:

Mobile Phone:

Do you use WhatsApp or WeChat? *(Please specify if it is a different number than your mobile phone).*

How best to contact you:

Why are you interested in participating in this training?

What is your intention to take this training?

In what ways are you hoping that this training will influence your life?

Share a few aspects about yourself:

KUNDALINI YOGA EXPERIENCE

How long have you practiced Kundalini Yoga?

What do you like about it? What do you NOT like about it?

Which Kundalini Yoga teacher/s have you practiced with? Where?

How has Kundalini Yoga practice impacted your life?

Are you trained in other yoga modalities?

Do you have experience with meditation? Do you practice regularly? If so, how often?

ONLINE LEARNING

IMPORTANT: This training requires you to have a computer or tablet/notebook, good internet access, and a comfortable, quiet location to participate during the Zoom calls.

Do you have these? _ Yes _ No *(If no, what are the barriers you would need to overcome to participate fully in our program?)*

Have you participated in any lengthy online training courses? _Yes _No *(If yes, please specify what the course was and when you completed it.)*

Can you identify any technology skills you may be missing or need to improve to be able to fulfill the requirements of this program?

Do you have concerns managing a Zoom or Google account or social media apps? _Yes _No *(If yes, please tell us what concerns you have.)*

Do you need support to use computer technology? _Yes _No *(If yes, please tell us how we can help you.)*

Please share a few sentences why you are requesting Supported Student fees.

TRAINING REQUIREMENTS

These are the requirements to receive the Aquarian Teacher Training, Level 1 certificate:

- Full payment of training fees
- Attend ALL 90 hours of live Zoom instruction (15 Saturday sessions)
- Attend ALL THREE local area face-to-face weekend sessions in your country/region (45 hours)
- Complete the 45 hours of asynchronous self-paced learning
- Fulfill group classes and curriculum development requirements (40 hours)
- Participate in 14 Aquarian Group Sadhana sessions
- Yoga Practicums: teach 20 hours of volunteer yoga classes, and qualify as Successful for your 2 Yoga Practicums
- Pass all written/or oral exams on material covered
- Complete homework and required class activities
- Reach Agreement with the Code of Ethics and Professional Standards for Kundalini Yoga Teachers

If you have not experienced a Kundalini Yoga class or workshop, the pre-course requirement is to attend 20 or more Kundalini Yoga classes taught by a KRI certified Instructor in your area. For more info, visit the website at <https://seaalevel1.com/certification/>.

Thank you. We are looking forward to meeting you soon.