

Kundalini Yoga Advanced Training, Level 1

Frequently Asked Questions

- 1. I don't have much experience or knowledge about Kundalini yoga- I don't have a regular yoga practice and I am not very flexible. Can I participate in Teacher Training?**

YES! This is the best place for gaining knowledge and experience with Kundalini Yoga. Previous experience in Kundalini Yoga classes may be helpful but is by no means a pre-requisite. Teacher Training/Advanced Study can be a mentally and physically challenging experience but the teachers and staff will be here to offer support as you go through the process.

- 2. How do I know if I am ready to start?**

If you're showing up to ask the questions, YOU ARE! The teacher-training course starts with all the basics you need to know as both a student and a teacher. The only requirement is the ability to commit to yourself and a practice.

- 3. I'm not sure if I want to be a teacher. Can I still take the course?**

Many students pursue teacher training because they love Kundalini yoga and want to learn more. This program is BOTH Advanced Study AND Teacher Training. It is a wonderful way to deepen your practice of Kundalini Yoga and take it to a new level. You get to immerse yourself in a structured learning experience that will serve you well whether you choose to teach or not.

- 4. Who was Yogi Bhajan?**

Yogi Bhajan was a master of Kundalini Yoga who came to the West in 1968 because he saw how this technology could help people in the United States. Kundalini Yoga had not been taught publicly before Yogi Bhajan arrived! Since then, he has freely shared the teachings of this sacred science with all who have wished to transform themselves and help others. He often said that his mission was not to collect students, but to train teachers.

5. What sort of recognition or certification will I receive upon completing the program?

- Through this program you will gain the credentials and experience to teach others professionally.
- You will receive a certificate of completion from the Kundalini Research Institute
- You will be a member of the International Kundalini Yoga teachers Association
- You will qualify to apply to be a Yoga Alliance 220 hour RYT

6. Do I need to complete all of the course homework if I am not pursuing certification?

If you are not planning to become certified, you do not have to complete the outside assignments- including White Tantric Yoga (though we still recommend it)

7. What is the course schedule like?

- We meet one weekend a month
- Course times are:
Fridays evening, 6:30–9:00pm
Saturdays, 8:30am–6:00pm
Sundays, 8:30am–4:00pm
- Each monthly session focuses on a specific area of yoga practice, experience, and knowledge that is essential for every committed student and teacher of yoga. The weekends will include: yoga classes, meditations, lectures, videos, discussion, personal processes, etc.

8. What if I have to miss a class or cannot take all the classes?

Nearly everyone misses a class at some time. If you cannot attend a class, you will be allowed to make up a missed class with other assignments and training that is part of the teacher-training program. All absences must be pre-approved by the lead trainer.

9. What do I bring to class?

- Bring what you need to feel cozy: a mat, a cushion, a blanket...
- Head coverings are suggested for longer meditation periods.
- A notebook and pen to take notes
- You will be able to take short breaks and/or a lunch break depending on the length of your day. You may want to bring food to eat during those breaks. We will arrange to have potluck meals on Saturdays.
- Bring a water bottle and water – you will want to stay hydrated throughout the day. Also bring a covered mug for hot beverages – we'll have nice hot tea and purified water to refresh you.

10. Will we be doing yoga all day?

No. This program is created for BALANCE! Yes, the weekend days are long, but we give you lots of breaks and lots of variety. The days are a lovely mixing of active yoga, meditation, writing and processing, lecture, discussion, small group and partner work, creative exercises to help all of you engage in the learning process opportunities to build confidence and experience, and more! Plus, we want you to be HAPPY and HEALTHY. If you need an extra break, just take one.

11. Do I have to know why I am taking the program to register?

No. Some of our teacher training students come to the program with a specific goal (lose weight, learn about the chakras, prepare to teach women's courses etc) But many students attend a TT course just because they feel called to or drawn to it for some reason. And many just love their regular Kundalini Yoga classes and want to know more. Whatever your reasons (or lack of reasons) this course will be powerful and transformational for you.

12. Do I have to come to Sadhana?

Yes – you are required to do at least five sadhana morning practices for certification. You may be surprised how powerful the group energy can be! It's a beautiful and very sweet time of day we call the ambrosial hours.

13. What is White Tantric and why do I have to do it?

The White Tantric Yoga course is an essential component KYTT certification course. Graduates have reported that experiencing White Tantric Yoga helped them to grasp their unlimited potential for personal growth. This one-day meditation course is both challenging and uplifting. It raises us to the heights of our excellence and crystallizes our commitment to transformation. It is an experience unsurpassed for its power and ecstasy. You need to complete one day of WTY during the training course (up to 12 months after course completion).

14. What can I do to prepare myself in the time before the program starts?

We suggest starting (or keeping up) with a daily home practice of yoga and/or meditation and discussing/planning with your friends and family how best to support you through this process.

15. Do I have to wear white and/ or a turban, stop eating meat, and/or give up my individuality to take teacher training?

Definitely not. Wear/eat/say what makes you feel comfortable. All of the things mentioned above are choices some teachers make because of their technology/effect. Here is some more info about why you see this in Kundalini Yoga:

- **White clothing:** white is the color with the highest vibrational frequency. Since all the work we do in Kundalini Yoga is about raising our vibration, this is a SUPER easy way to get that process started.
- **Turbans/Head coverings:** During meditations/yoga we work to raise the Kundalini energy from the base of our spine up through the Chakra system. We want that energy to then move back down and activate/align our charkas rather than flowing out the top of our head. Covering your crown chakra (10th Gate) is the easiest way to facilitate this energy movement. Further, the way turbans are wrapped provides a gentle adjustment to the cranial bones. We suggest you try out some head coverings, you may like it more than you expect!
- **Vegetarian:** Many yogis choose not to eat meat because of their own ethical, moral, or energetic reasons. This is a personal choice. However, Yoga Santa Fe is a vegetarian space so please plan to bring your own food and potluck food without meat products for the TT weekends.