



Kundalini Research Institute

Kundalini Yoga as taught by Yogi Bhajan®

www.KundaliniResearchInstitute.org

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Self-Responsibility Agreement:

I am responsible for my experience in the KRI Teacher Training. I understand that the study and practice of Kundalini Yoga as taught by Yogi Bhajan® engages the physical, mental and emotional bodies. During this demanding training, I will be challenged and also encouraged to challenge myself. I acknowledge that only I can know my boundaries. It is up to me to respect and honor my own limits. It is my responsibility to articulate any personal challenges during the training to the staff.

I understand that practicing yoga entails more than just our physical bodies, and may open one to shifting states of awareness. During this program, I alone can monitor what feels safe to me. Although my attendance is required in each session for me to become KRI certified, I acknowledge that I can stop my participation at any time. It is my responsibility to speak up and/or take myself out of an experience if I feel unsafe in any way.

Kundalini Yoga as taught by Yogi Bhajan® is a technology based upon experience not beliefs. I understand that this program will expose me to forms of faith that may be different from my own. I understand that KRI does not in any way endorse any one religious faith, nor am I expected to change my beliefs in any way.

The opinions expressed by any individual community member, trainer or staff do not necessarily reflect the views of the Kundalini Research Institute or the Teachings of Yogi Bhajan.

I have no physical, mental or behavioral issue that will prevent me from properly participating in this KRI teacher training.

Print Full Legal Name

Print Spiritual Name

Signature Legal Name

Date