



8 Hour Seva for Student-Teachers  
Kundalini Yoga as taught by Yogi Bhajan®  
Level 1

\_\_\_\_\_  
Program Team Approval

\_\_\_\_\_  
Legal Name (Last, First)

\_\_\_\_\_  
Spiritual Name

\_\_\_\_\_  
City, State, Country

Date	Hours	Service	Location

Please answer each question with a few thoughtful sentences:

What seva did you participate in?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What inspired you to choose this seva?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What did you learn from your experience?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why do you believe seva is an important aspect of being a Kundalini Yoga Teacher?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_