



KRI



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

Legal Name (Last, First) _____ Spritual Name _____

Date	Hours	Service	Location

Please answer the following 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?

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