



KRI



Translations are machine generated. If you can contribute to improvements, please contact ATA Admin.

[English](#) | [中文](#) | [Español](#) | [Français](#) | [Deutsch](#) | [Italiano](#) | [Português](#) | [Русский](#)

The Aquarian Teacher™ KRI™ Level One

PARTICIPATION IN A DAY OF INTENSIVE GROUP KUNDALINI YOGA MEDITATION.

Without denying the power, uniqueness, and potency of White Tantric Yoga, the requirement to participate in a day of White Tantric Yoga in order to qualify as a Level One certified Instructor is the participation in a day of intensive group Kundalini Yoga meditation. [READ DETAILED POLICY HERE.](#)

KRI still strongly recommends that all students participate in a day of White Tantric Yoga, if possible.

The day of intensive group meditation will be fulfilled by a group Kundalini Meditation course or workshop that meets the following criteria:

- Contains at least 6 hours of meditation practice within a 24-hour period (study, lecture, discussions, etc. do not count towards the 'meditation' time).
- Are within the tradition and teachings of Kundalini Yoga as Taught by Yogi Bajan,
- Is led by a KRI licensed teacher trainer (with exceptions being permitted with the lead trainer's approval)

Select the type of intensive day of meditation:

- ☐ **White Tantric Yoga**
- ☐ **Five Rebirthing kriyas** (for this particular choice, please **do NOT** teach all in one day, but spread out over at least 5 days)
- ☐ **One Full Day of Group Kundalini Yoga-Based Meditation**
Description: _____

[READ DETAILED POLICY HERE.](#)

Date of Intensive day of Meditation: _____

Location: _____

I CONFIRM that this trainee has completed a DAY OF INTENSIVE GROUP KUNDALINI YOGA MEDITATION as part of his/her completion requirements to be certified as a KRI Level One Instructor of Kundalini Yoga as taught by Yogi Bajan®.

L1 Trainee's NAME (Legal and Spiritual (optional))

L1 Trainee's Email address

Name of KRI Trainer/WTY Facilitator

SIGNATURE KRI Trainer/WTY Facilitator

Today's Date

Note: This document is for general use in the ATA and is **NOT open for EDITS**. To fill it in with your personal information, you can [DOWNLOAD IT](#) to use in Microsoft Word or [MAKE A COPY](#) to use in your Google Drive. [Find HERE](#) a short video about this process.

Version December 2023