

Level 1 Teacher Training Curriculum				Revised 1-05-2011	
				<b>Entrance interviews with Lead Trainer by Appt.</b>	
				<b>All registrants must arrange interview day and time</b>	
				<b>Weekdays</b>	
				<b>Level 1 Office hrs with Sevak by appointment 2-6 PM</b>	
Day	Date	Time	Subjects	Manual Reading	Teachers
1 Sat.	8-Jan	08:30 AM	Welcome and Overview	Chapters 1 & 2	Sevak / Teachers
YP		09:30 AM	Class Introductions / form groups		Sevak and mentees
		11:00 AM	Requirements Overview		
		12:00 PM	Lunch		
		01:00 PM	What is Yoga?		Sevak
		02:00 PM	What is Kundalini Yoga? Breath basics		
		03:00 PM	Varieties of Yoga / Sadhana mantras		
		04:00 PM	Self Sensory System & 7 Steps to Happiness		
		05:00 PM	Yoga Class		Sevak
		06:00 PM	Close		
2 Sun.	9-Jan	10:15 AM	Breath (Pranayam)	Chapters 8 & 9	Jaap Kaur
TEI			Kriya in KY: Basic Sitting Postures		
			Why teach Kundalini Yoga as taught by Yogi Bhajan		
			Basic Mudras, Body Locks, & Sat Kriya,		
		12:30 PM	Lunch		
		01:00 PM	Group Discussion / Check in	Chapters 4 & 6	Jaap Kaur
		01:30 PM	History of Yoga & Patanjali's Sutras / Yoga class		
		04:00 PM	Roots of KY, Golden Chain & Spiritual Teacher		Sevak w Jaap K
		5:00pm	Close		
	Jan 11-15		<b><i>Interviews &amp; or Personal Sadhanas by appointment</i></b>		Sevak
3 Sat.	22-Jan	8:30-10:15 am	Yoga Class / group check in	Chapter 3	Sevak
YP		10:30 AM	Sound, Naad, & Shabd Guru (Overview)		Sevak
		11:00 AM	Tuning in, Adi Mantra, Mangala Charn Mantra, sadhana chants		
		12:00 PM	Lunch		
		01:00 PM	Master's Touch Chapter TBD	Class #1 pg 3 - 16 7/20/1996 Video	Jaap Kaur
		02:00 PM	Master's Touch Video 1hour 15 minutes		
		03:00 PM	Group Work: Discussion & Practice Teaching (Breath)		
		04:00 PM	Reading from the Guru		Guru Simran Kaur
		05:00 PM	Yoga Class		Ardas
		6:00PM	Close / **Final Personal Sadhanas are given in afternoon**		Sevak

4	Sun	23-Jan	10:15 AM	Form & Alignment	Chapters 27 & 28	Guru Simran Singh
	TEI		11:00 AM	Postures – Part 1		
			12:30 PM	Lunch		
			01:00 PM	Postures – Part 2		Guru Simran Singh
			04:00 PM	Sadhana / Yoga Class		Guru Simran Singh
			05:00 PM	Close		
5	Fri.	02/04/11	04:30 PM	Dinner		
	HTM		05:30 PM	Sadhana		Sevak
			06:30 PM	Self Assessment & Meditation, Framing of Silence		Sevak
				Silence Begins		Sevak
6	Sat.	5-Feb	04:30 AM	Group Sadhana		Livtar Singh
	HTM		08:00 AM	Breakfast		
			09:00 AM	10 Bodies	Chapter 16	Sevak
			10:00 AM	Personal Processing & I Am statement		Sevak
			12:00 PM	Lunch		
			01:00 PM	Meditation Experience		Sevak
			05:00 PM	Dinner		
			06:00 PM	2 Hour Meditation		Sevak
7	Sun.	6-Feb	04:30 AM	Group Sadhana		Amy
	HTM		08:00 AM	Breakfast		
			09:00 AM	Ending of Silence, Group Sharing		Sevak
			10:00 AM	Master's Touch Video	TBD	
			11:00 AM	Pack up		
			12:00 PM	Departure		
8	Sat.	19-Feb	08:30 AM	Group Check in	Chapter 11	Livtar Singh
	YP		09:15 AM	The Mind		
			11:00 AM	The 3 Minds		
			12:00 PM	Lunch		
			01:00 PM	Cycle of Intellect		Livtar Singh
			02:00 PM	Law of Manifest Being related to Mind		
			03:00 PM	Mind & Meditation as a Process		Livtar / Sevak
			04:00 PM	Meditation Experience		Sevak
			05:00 PM	Practicum		Student
			06:00 PM	close		
9	Sun	20-Feb	10:15AM	Group check in / Saturday practicum evaluation / feedback	Chapter 4	Rai Singh /Livtar
	TEI		10:45 AM	8 limbs of yoga		Rai Singh
			12:30	Lunch		

			01:00 PM	projecting as a teacher		Rai Singh
			2:00	practical experience teaching prana / posture etc		Sevak / Rai / Livtar
			4:00PM	Keeping up through Level 1 course / WTY preparation		Rai Singh
			5PM	Close		
**	Sat.	26-Feb	All Day	WHITE TANTRIC YOGA		YB VIDEO COURSE
10	Sat	12-Mar	08:30 AM	Group check in / Yoga / Meditation class	AT Manual	Dev Suroop Kaur
	YP		11:00 AM	Staying steady with your practice and during meditation	"	
			12:00 PM	Lunch		
			01:00 PM	Intro to Yogic anatomy and energy	AT Manual	Dev Suroop Kaur
			02:00 PM	Mind and 10 bodies revisited a real life look		
			03:00 PM	WTY discussion		
			05:00pm	Practicum		Student
			06:00PM	close		
11	Sun	13-Mar	10:15 AM	Saturday Yoga Class evaluation & feedback / group check in /	AT Manual	Dev Suroop Kaur
	TEI		12:30 PM	how my personal practice affects my teaching		
			1:00-5:00 PM	Lunch		
			05:00 PM	General Kundalini Yoga subjects - including Chapter 24	AT Manual	Dev Suroop Kaur
				close		
12	Sat	26-Mar	08:30am	Group check in / Yoga class	Chapter 7	Sat Kartar Kaur
	YP		10:15 AM	Sound & Mantra – How it works, Naad		
			11:00 AM	Sadhana Mantras: Experience & Learn		
			12:30 PM	Lunch		
			01:00 PM	Varieties of Mantra and Sound		Sat Kartar Kaur
			03:00 PM	Frequently Used Mantras: Experience & Learn		
			04:00 PM	Japji: Wisdom of God		
			05:00 PM	Practicum		student
			06:00PM	close		
13	Sun.	27-Mar	10:15 AM	Group check in / Saturday Yoga Class evaluation / feedback	Chapter 15	Rai Singh / Livtar
	TEI		10:45-5:00 pm	Yogic Anatomy & Energy, Chakras		Adi Singh
			05:00 PM	close		
14	Sat.	2-Apr	8:30-10:15 am	Yoga Class	Chapter 13	Dr. Carrie Barlow
	YP		10:30 – 5:00	Anatomy & Physiology		Dr. Carrie Barlow
			12:00 PM	Lunch		
			01:00 PM	Anatomy & Physiology		Dr. Carrie Barlow
			05:00 PM	Practicum		student
			06:00 PM	close		

15	Sun.	3-Apr	10:15 AM	Group check in / Saturday Yoga Class evaluation / feedback		Rai Singh / Livtar
			10:45 AM	Anatomy specific meditations	Chapter 13 continued	Dr. Carrie Barlow
	TEI		12:30 PM	Lunch		
			01:00 PM	Anatomy & Physiology		Dr. Carrie Barlow
			05:00 PM	close		
16	Sat.	9-Apr	9:00 – 5:00	Humanology / check in / Aquarian teacher content	AT Manual	Sangeet Kaur
	YP		5:00PM	Practicum		student - Sangeet
			06:00 PM	close		
17	Sun	10-Apr	10:15 AM	Group check in / Saturday Yoga Class evaluation / feedback		Rai Singh / Livtar
	TEI		all day	Sangeet day ~ Humanology & Yogic lifesyle	AT Manual	Sangeet Kaur
			10:45am - 5:00pm	Birth, Life, Death, Lifestyle, Diet, Community		
				<b>Give out Exams</b>		Rai Singh / Livtar
18	Sat.	23-Apr	8:30:00 - 10:15 AM	Group check in / Practicum / feedback		student - Mentees
	YP		10:30AM	Master's Touch Video 8 & Discussion 62 minute Video	MT Video July 25, 1996	Jaap Kaur
			12:00 PM	Lunch		
			01:00 PM	Group Discussion subject of teachers choice	Chapters 23 & 24	Jaap Kaur
			01:30 PM	Artful Transitions / practical experience		
			02:30 PM	History of KY lineage / our part in the YB legacy		
			03:30 PM	Challenges of Teaching	Chapter 25	
			05:00 PM	Practicum		student
			06:00 PM	close / optional feedback from students	practicum evaluation	Jaap Kaur, Sevak
19	Sat.	05/07/11	8:30-10:15 am	Group check in / Practicum / feedback		Student
	YP		10:30 AM	Philosophy of Yoga	Chapter 17	Dev Suroop Kaur
			11:00 AM	Cosmic Law of Manifestation & Being		
			12:00 PM	Lunch		
			01:00 PM	Tattvas & Gunas		Dev Suroop Kaur
			02:00 PM	Journey of the Soul		
			03:00 PM	Karma		
			04:00 PM	Cosmic Cycles of Time		
			05:00 PM	Practicum		student
			06:00 PM	close		
20	Sun.	8-May	10:15 AM	Group check in / Saturday's practicum evaluation and feedback		Dev Suroop Kaur
	TEI		10:45 AM	5 Stages on Path of Wisdom	Chapter 18	
			12:30 PM	Lunch		
			01:00 PM	Teachers choice of level 1 materials	AT manual	Dev Suroop Kaur
			03:00 PM	Teaching in Specialized Environments:		
			03:30 PM	Yoga Jeopardy		
			05:00 PM	close		

21	Sat.	21-May	8:30-10:15 am	Group check in / Practicum / feedback	student	Guru Simran Singh
	YP		10:30 AM	Teachers choice from AT manual	AT Manual	
			12:00 PM	Lunch		
			01:00 PM	Creating Curricula: Group work		Guru Simran Singh
			02:00 PM	Public Class and aspects of teaching to the room		
			03:00 PM	Celestial Communication		
			04:00 PM	Venus Kriyas		
			04:30 PM	Fill out IKYTA membership forms		Rai Singh / Livtar Singh
			05:00 PM	Practicum		Student - TBD
			06:00 PM	close / student feedback optinal	praciticum evaluation	Guru Simran Singh / Se
22	Sat..	28-May	8:30:00 - 10:15AM	Group check in / Practicum / feedback	student	Devta Kaur
	YP		10:30 AM	Incorporating KY into your life, keeping it pure		
				the difference of practicing as a teacher and as a student		
			12:00 PM	Lunch		
			01:00 PM	Gong, music, warm ups, impersonal, Q & A	AT manual	Devta Kaur
			05:00 PM	Practicum	student	
			06:00 PM	close		
23	Sun	29-May	10:15 AM	Group check in / Saturday's practicum feedback		Sevak
	TEI		10:45 AM	praciticum		student - Sevak
			12:30 PM	Lunch		
			01:00 PM	Group discussion / test review / teaching children, seniors, disabled	Janine, Nam Kaur	Sevak
			3:00 - 5:00 PM	praciticum as needed		
24	Sat.	11-Jun	8:30:00 - 10:15AM	Group check in / Practicum / feedback	student	Livtar / Rai Singh
	YP		10:30 AM	Process & Focus of Meditation	Chapter 11	Livtar / Rai Singh
			11:00 AM	Pratyahar		Livtar / Rai Singh
			12:00 PM	Lunch		
			01:00 PM	Group Discussion		Livtar / Rai Singh
			01:30 PM	Types of Meditation		Livtar / Rai Singh
			02:00 PM	Q & A		Livtar / Rai Singh
			04:00 PM			Livtar / Rai Singh
			05:00 PM	Practicum		student
			06:00 PM	close		

25	Sun	12-Jun	10:15 AM	Group check in / Saturday's practicum feedback		Sevak
	TEI		10:45 AM	Cold depression / yoga for specific things		
			12:30 PM	Lunch		
			01:00 PM	Fears & phobias, teaching & personal		Sevak
			03:00 PM	practicum		student - Sevak
			05:00 PM	practicum as needed / optional		student - Sevak
26	Sat	2-Jul	09:00 AM	Experience and Check in with Discussion		Previous Graduates
	YP		11:30 AM	practicums as needed		student - Sevak
			early release	<b>**Tests are due ** Forms Due</b>		mentee
27	Sat.	9-Jul	08:30 AM	Group check in / Practicum / feedback		student - Sevak
	TEI		10:00 AM	Review test with group		Sevak
			12:00 PM	Lunch		
			01:30 PM	Group Discussion	Chapter 26	Mentees, Sevak
			02:30 PM	Musical experience and joyous practice		All teachers
			04:00 PM	How to serve the population in the coming age		Sevak
				<b>**Curricula, Journal, 20 Classes:Due Today**</b>		mentees
			05:00 PM	Practicum		student
			06:00 PM	close		
28	Sun.	10-Jul	10:15 AM	Group check in / Saturday's practicum feedback		Mentees, Sevak
	TEI		10:45 AM	Meditation experience and wrap up.		Sevak
			12:00 PM	Lunch		
			01:00 PM	Graduation		All Teachers