

WHO IS YOGI BHAJAN? Yogi Bhajan, Master of Kundalini Yoga, arrived in the United States in 1968 with a stated purpose: "I have come to create Teachers, not to gather disciples." Since then he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO—the Happy, Healthy, Holy Organization, based on his first principle "Happiness is your birthright". Through the Aquarian Teacher program, Yogi Bhajan trained thousands of Certified Kundalini Yoga Teachers.



TEACHER CERTIFICATION is a system of training based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan and is a journey in your development as a Kundalini Yoga Teacher.

CURRICULUM: This is a 220-hour course, which includes 180 hours of classroom instruction in a well-defined curriculum which includes:

- Teaching Kundalini Yoga Postures, Kriyas & Meditation
- Role of a Kundalini Yoga Teacher
- Yogic Philosophy & The Origin of Kundalini Yoga
- Yogic & Western Anatomy
- Humanology & Yogic Lifestyle
- and more...

CERTIFICATION REQUIREMENTS: The 40 remaining hours include a combination of assigned readings and yoga and meditation practice. You will develop the skills to instruct students in Kundalini Yoga kriyas and meditations by practical teaching experience in class and by attending 20 Kundalini Yoga classes. You will participate in and experience the powerful transformational energy of White Tantric Yoga (Austin). You will also attend a minimum of 5 morning Sadhanas (spiritual practice). There will be a final written exam. Certification will be granted upon completion of all requirements and payment of course fees, along with proper representation and signature of the Code of Professional Standards. Please let the director know if you are not interested in certification.

DATES, TIMES: Regular classes are one, sometimes two weekends per month: Friday from 6:00 p.m. to 10:00 p.m., Saturday 8:00am-5:00pm, and Sunday 8:00am-5:00pm. The schedule will include breaks for holidays and vacations.

LOCATION AND INFORMATION: TBA, Houston, TX. Contact Charlene Fox at 281-536-9591, 281-261-9591 or by email at charyoga@comcast.net or visit www.yogaacademyoftexas.com.

TUITION: A minimum deposit of \$ 750 is due no later than 2 weeks prior to the first class to reserve course materials. The remaining cost may be paid by one of two payment methods

- a) \$2995 is due by 9/02/09. **Total cost is \$2995** or
b) \$3395 due in 6 monthly payments of \$440.80 starting 10/1/09, plus the \$750 deposit due by 9/15/09.

Total cost is \$3,395

Note: Course fees are non-refundable.

If, for some reason, the course does not "make", a full refund of the deposit will be made.

FEES INCLUDE:

- **Course manual, workbook and a compilation of Yogi Bhajan's lectures**
- **White Tantric Workshop**
- **1 weekend retreat**

ABOUT THE INSTRUCTORS:

Charlene Fox (aka Wahe Guru Kaur), RYT 500 has been a teacher of Kundalini Yoga since 1986 and is certified by the KRI and the Yoga Alliance at the 500 hour level. Her studies include intensive training in yoga with Kundalini Yoga as taught by Yogi Bhajan, and attendance at teacher-training courses and yoga retreats throughout the United States. She has teacher trained since 1999 and has staff assisted at the "Master's Touch" teacher training in New Mexico. Charlene has taught in a variety of settings, including: university classes, drug and alcohol rehab, AIDS patient support, diabetes support groups, fitness centers, corporations, and as a retreat facilitator.

Sat Kartar Singh Khalsa has been a Kundalini yogi (as taught by Yogi Bhajan) since 1975. He has been teaching since attending an in-residence Kundalini Yoga teacher training program in Boston in 1979, and is now a certified Kundalini Yoga Teacher Trainer, teacher training since 2000.

Sat-Siri Sumler, RYT - is Co-director of Yoga Central of Houston and has been a teacher of Kundalini Yoga, the yoga of awareness, since 1973. During the past 30 years she has shared her personal experience and wisdom of Kundalini Yoga & Meditation in a variety of settings.

Guru Dev Singh, - RYT is certified through the Yoga Alliance and the [International Kundalini Yoga Teachers Association](#). As a student with [Yogi Bhajan](#) since 1977 and lifelong yoga practitioner of [Kundalini Yoga](#), Gurudev Singh has taught a wide range of workshops related to yoga, meditation, and yoga-based self-improvement. He has taught widely throughout Mexico and the USA. His pragmatic non-dogmatic approach to spiritual living in the modern world draws from the wisdom and techniques of the ancient yogis, his personal practice, and modern science. He has been the keynote speaker for many audiences: physician conventions, university symposiums, public servants, literary publishers, yoga students, corporate meetings, religious organizations, and the general public.

REGISTRATION

Name _____

Address _____

City, State, Zip _____

Telephone H _____ W _____

Cell phone _____

E-Mail _____

- \$750 enclosed. I agree to pay the balance of \$2245 no later than 9/02/09.
- \$750 enclosed. I am also enclosing 6 checks for \$440.30 each postdated for the 1st of each month beginning 10/2/09.

Make your checks payable to:
 Charlene Fox/Yoga Academy of Texas
 Please mail to:
 3919 West Creek Club Drive, Missouri City, TX 77459

I understand that:
 The Teacher Training team reserves the right to grant Certification based solely on their discretion and evaluation of each participant's readiness to be a Phoenix Rising Yoga teacher. Evaluation is based on successfully meeting all course requirements including: full payment of all course fees, attendance at all classes, completion of all homework assignments, successful practicum session(s), a passing grade on the qualifying exam, completion of 20 extra Yoga classes, participation in five morning Sadhanas, and attendance at a full day White Tantric Yoga course. I also agree to uphold the Code of Professional standards.

- I understand that the required extra 20 Yoga classes are a separate expense.

Signature _____ Date _____

Phoenix Rising Yoga



**TRAINING PROGRAM FOR
 PERSONAL GROWTH &
 KUNDALINI YOGA TEACHER
 CERTIFICATION**

Do You Love Yoga?

The Phoenix Rising Teacher Training program is for everyone, whether you would like to become a certified Phoenix Rising Yoga teacher or wish to deepen your personal experience of Phoenix Rising Yoga. Learning to share the tools and technology of Phoenix Rising from experienced Teacher Trainers will enable you to teach Phoenix Rising Yoga with impact, sensitivity and awareness.

In essence, we are all teachers. We each have something unique to share and an instinct to uplift each other, whether we teach formally or informally. This course is the opportunity to commit to positive change and to connect with others willing to do the same. As a certified Phoenix Rising Yoga teacher, you will be trained according to the sacred tradition passed on by Yogi Bhajan to carry the legacy that into the future.

*"If you want to learn something, read about it.
 If you want to understand it, write about it.
 If you want to master it, teach it."*

—Yogi Bhajan