



**KUNDALINI YOGA**  
TEACHER TRAINING AUSTRALIA

## **Vitality & Stress**

**2024 Mackay, Qld**

**20 & 21 April, 18 & 19 May,  
15 & 16 June**

**KRI™  
Level 2 Yoga  
Teacher  
Training  
Program**

### ***Course Summary***

In this 62 hour course, cultivate the core skill for this coming age – the ability to recognize stress in ourselves and others and develop the tools to transform it and balance it with conscious relaxation. Kundalini Yoga prepares each of us to be teachers who act with undaunted spirit, exalted calibre and character, and the vitality to cross every crisis.

This course is a chance to look closely at how we react to, cope with and master our vitality.

### ***Key Topics***

- Explore Your Vitality and Recognize Consciousness as the Core of Vitality
- Identify Your Stress
- Heal Cold Depression and Emotional Fatigue
- Relieve, Relax, Recharge
- Realize the Victory of the Spiritual Warrior

### ***Course Affirmation***

“I cultivate my core vitality to honor and use the opportunities that come with each breath—to receive them as a gift. I recognize the value of my physical and energetic bodies and take steps to maintain them. I thrive under stress and challenge; I am a spiritual warrior who leads, uplifts and delivers effective decisions.

**Our training is conducted in a fully inclusive, caring and supportive environment.**



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I practice a lifestyle that incorporates continuous preventative habits for vitality and victory. I have the mental and spiritual endurance to cross every crisis and be a beacon to navigate and excel in the Aquarian Age”.

### ***Requirements and Certification***

To be certified as a Level two practitioner of Kundalini Yoga as taught by Yogi Bhanan, you must complete all five modules of Level Two and meet all certification requirements over at least a 2-year period.

The course is a 62-hour program of which fifty hours are classroom time and twelve hours are part of home study assignments and activities to be completed after the classroom segment. To successfully complete this module, you need to:

- Attend all classes – 50 hours
- Participate in small groups
- Participate in three zoom calls or face to face sessions after course
- Complete of Homework assignments including 90 day meditation – 12 hours
- Successfully complete and pass course exam

### ***Pre-course requirements***

- Level 1 certification is a pre-requisite for participation.
- Level 1 certification is required to qualify for completion credit of Level 2 modules.

*The module being offered is one of five required for KRI Level 2 Practitioner certification.*

*Use your communication skills to create  
a common notion with others-  
even those you disagree with.*

*Communicate your whole Self,  
with awareness, kindness and fearlessness.*

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# KUNDALINI YOGA

## TEACHER TRAINING AUSTRALIA

### *Teacher Training Team*

## We invite you to join us

### Didar Kaur



#### **Didar Kaur**

Didar is a Lead Teacher trainer and comes from a background of over 30 years in health science and has been teaching and mentoring Kundalini Yoga teachers and students for over 2 decades throughout Australia and internationally. Didar is also a qualified yoga therapist. She feels humbled and blessed to be able to support and elevate the training team, teachers in training and students on their journey.

### ***Investment***

The investment for the course includes all teaching and textbooks.

**Single Early Bird Payment Option:** \$1300 paid in full on registration before 28 Feb 2024

**Discount for KYTANZ members:** \$50.00 paid in full on registration before 28 Feb 2024

**Discount in you've trained with Didar:** \$50.00 paid in full on registration before 28 Feb 2024

**Multiple Payment Option:** \$1400 deposit upon registration of \$500, and final payment needs to be received by the 31 March 2024. Please note if multiple payments are completed by any of the above date 28 Feb 2024 then that amount is the fee that applies.

EG if paying in multiple payments are all are completed by 28 Feb then you only pay \$1300 less any discount.

*The well-defined curriculum weaves interactive theory, with practical yogic knowledge for life.*

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## TEACHER TRAINING AUSTRALIA

### ***To Apply***

Please email a completed application, registration and release form, and proof of payment to reserve your place. You will be notified of your acceptance within a fortnight of our receiving your application.

### ***Refund / Cancellation Policy***

Refunds will not be granted automatically. You are expected to be aware of your work and personal commitments before you enrol and will need to demonstrate that the cause of withdrawal could not be reasonably anticipated before you enrolled.

Cancellation fees apply please see below.

An amount of \$350 is non-refundable this is to cover administration and material costs.

Course Cancellation Fees:

Before 31 Jan 2024	\$350 cancellation fee
From 1 Feb to 10 March 2024	\$600 cancellation fee
After 10 March 2024	No refund

If a student decides to withdraw from the course a written request for refund must be received stating a reasonable basis for dissatisfaction. All such requests should be emailed to [didarkaur@yahoo.com.au](mailto:didarkaur@yahoo.com.au).

***For more information please email: [didarkaur@yahoo.com.au](mailto:didarkaur@yahoo.com.au)***

### ***Course Policy***

While honouring a policy of non-discrimination on grounds of gender, sexual orientation, religion, age or ethnicity Kundalini Yoga Teacher Training Australia reserves the right to refuse entry to any students on grounds of general unsuitability and to refuse continuation of the course as a consequence of inappropriate or discriminatory behaviour.

The Kundalini Yoga Teacher Training Course is a drug, alcohol and cigarette free environment. All meals are vegetarian. We reserve the right to request anyone disobeying the course policies to leave the course.

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TEACHER TRAINING AUSTRALIA

## APPLICATION FORM

### Vitality and Stress - Mackay 2024

KRI Level 2 Teacher Training Program  
Practitioner Certification - Transformation

Post: Didar Kaur PO BOX 3125, Nth Mackay 4740 Email: [didarkaur@yahoo.com.au](mailto:didarkaur@yahoo.com.au)

Full Name: \_\_\_\_\_

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

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

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Please put as **Reference:** TT and your name and pay by Direct Fund Transfer to

**Account Name:** KYTTA **BSB:** 014640 **ACC:** 282569712

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# KUNDALINI YOGA

## TEACHER TRAINING AUSTRALIA

### ***Background and Medical History (Confidential)***

To enable us to provide you with the best care and training, please provide us with any details that may affect your ability to participate in the teacher training. If you have any injuries or health concerns please check with your Medical Practitioner before commencing the training.

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

Do you have any food intolerances or allergies? Y / N Details: \_\_\_\_\_

\_\_\_\_\_

Please list any past or present injury or illness that may impact on your yoga practice:

\_\_\_\_\_

\_\_\_\_\_

Please mention any medications or supplements you are taking:

\_\_\_\_\_

\_\_\_\_\_

Do you have any of the following conditions? *(please circle)*

Heart conditions: Y / N Details: \_\_\_\_\_

High/Low Blood Pressure: Y / N Details: \_\_\_\_\_

Back/ Neck Problems: Y / N Details: \_\_\_\_\_

Joint Problems: Y / N Details: \_\_\_\_\_

Diabetes: Y / N Details: \_\_\_\_\_

Asthma: Y / N Details: \_\_\_\_\_

Depression / Anxiety: Y / N Details: \_\_\_\_\_

Past Trauma or Addiction Y / N Details: \_\_\_\_\_

Other (Please specify): \_\_\_\_\_

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### KRI™ Level Two Yoga Training Program Registration and Release Form

Name of Licensee/Location: Didar Kaur / Mackay Qld Australia, 2024

Registrant's Legal Name: \_\_\_\_\_

Registrant's Spiritual Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country \_\_\_\_\_

Postal Code/Zip Code \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Level one certified: Date: \_\_\_\_\_ Location \_\_\_\_\_

### Release, Waiver, and Indemnity

I am aware that the Kundalini Yoga As Taught By Yogi Bhajan Teacher Training Program in which I am hereby registering (the "Program") exists to serve me by sharing knowledge of Kundalini Yoga As Taught By Yogi Bhajan and health. I recognise that yoga is physically and mentally challenging and may cause physical injury and intense psychological or emotional experiences and side effects. I am fully aware of and assume the risks and hazards involved. I understand that it is my responsibility to consult with my healthcare providers prior to my participation in the Program regarding any specific medical, emotional, or psychological issues or concerns. I acknowledge that I am full responsible for my self-care both during and after participating in the Program. I represent and warrant that I am physically fit and I have no physical, mental or psychological condition or illness that would prevent my full participation in the Program or increase my risks of negative mental or physical outcomes.

In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program. I freely and voluntarily choose to participate in the Program.

I hereby agree to indemnify, defend and hold harmless the Program; Kundalini Research Institute; Harbhajan Singh Khalsa Yogiji, a.k.a. Yogi Bhajan; YB Teachings, LLC; 3HO Foundation; Sikh Dharma; Humanology, Health Science Inc; Siri Singh Corporation; their affiliates, subsidiaries, and related entities; and their officers, directors, employees, agents, or volunteers (collectively, the "Indemnified Parties") from and against all lawsuits, claims, actions, demands, proceedings, liabilities, damages, judgments, settlements, costs and expenses, including reasonable attorney's fees, now or hereafter known or arising in any jurisdiction in the world, attributable or relating in any manner to my participation in the Program.

On behalf of myself, my heirs, assigns, and legal representatives, I hereby forever release, waive, discharge and covenant not to sue or make any claims of any kind whatsoever against the Program, the Indemnified Parties, or their heirs or assigns for any damage, loss, or injury, including but not limited to damage, loss or Injury of a financial, personal, emotional, psychological, or medical nature, or otherwise, or death, sustained or caused by reason of or arising out of my participation in the Program.

I hereby acknowledge that I have read, fully understand, and agree to each of the foregoing provisions of this agreement. I understand that I have given up substantial rights by signing this agreement. I enter into this agreement freely and voluntarily. I declare that my registration information provided above is true and correct.

Signature (Legal Name): \_\_\_\_\_ Date: \_\_\_\_\_

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