



African Kundalini Yoga Level One CERTIFICATION REQUIREMENTS FORM

To be signed at the start of training by student and filled out by Lead Trainer (or assigned person responsible) when student certifies:

Please check each box to indicate student has completed qualification.

- Attended all Teacher Training classes – minimum **200** classroom instruction hours.
- Received a passing grade of _____ on the exam(s).
- Completed 20 Kundalini Yoga Classes during or after the completion of Teacher Training.
(each class must be a minimum of 1 hour each)
- Performed satisfactorily in the student practicum.
- Created two acceptable yoga course curricula, one of 4 weeks and one of 6 weeks duration.
- Completed the assigned 40-day yoga set/meditations in between modules *(11-minute minimum)*.
- Participated in at least five full morning Aquarian Sadhanas: 2½ hours each.
- Read, understood, and signed:

**I recommend this trainee be certified as a KRI Level One Instructor of
African Kundalini Yoga.**

SIGNATURE Lead Teacher Trainer
(or responsible person assigned by Lead Trainer)

Today's Date

PRINT Name of Lead Teacher Trainer *(or assignee)*

Course Location

To be read and signed by the student before the course begins:

I, the undersigned, agree to the following:

1. African Kundalini Yoga Teacher Training team reserves the right to grant Level One certification based solely on their discretion and evaluation of each student's readiness to be an African Kundalini Yoga Instructor. This evaluation is based on successfully meeting the course requirements including, but not limited to those listed in this document.
2. I understand that I am strongly encouraged to submit my certification requirements within 6 weeks after the end date of the course. All requirements **must** be completed and submitted **no later than 12 months after the conclusion of the course**. If for any reason I do not complete the requirements for the course within this timeframe, I will not be certified.

Signature (Legal Name)

Date

PRINT (Legal Name)

PRINT (Spiritual Name if you have one)