

KYTT 2019 Checklist of Requirements for Certification

Done with the group:

- Morning Sadhanas
- White Tantric Yoga Course
- Attend all classes from the immersion weeks(180 classroom hours)
 - meet with 2 peers for each missed class and do a one-page write-up on the take aways you got from them as well as any questions you might have.
- Attend the following Saturday workshops: The Business of Yoga, Postures, Yogic Cooking + Teacher's Panel
 - meet with 2 peers for each missed workshop and do a one-page write-up on the take aways you got from them as well as any questions you might have.

To complete during immersion weeks:

- Passing grade on the exam
- Pass the Practicum
- Signed Code of Ethics & Professional Standards of a Kundalini Yoga Teacher

To complete on your own time:

- Meet & Greets with all of your fellow trainees
 - Atma Sita
 - Carmelina Kaur
 - Dhyan Bhajan
 - Joti Harpreet
 - Prem Bhagwati
 - Raj Devjoti
 - Satya Seetal
 - Seetal Ananda
 - Seetal Tej
- 20 KY Classes
- 40 Days (Kriya/ Meditation): what did you do? _____
- One-page write-up on your take-aways from The Business of Yoga workshop
- Paper: Beginner Series
- Paper: Special Niche Workshop
- Course Fees paid in full