



Level 1 Kundalini Yoga Teacher Training Course 2024/2025

Content Calendar

DAY & DATE	TOPICS
9.11.24, 14 - 16h	Course Goals & Content, Yogi Bhajan, Lineage, Transmission
17.11.24 5h30 – 8, 9 - 11h	Adi Mantra, Mangala Charan, Teachers Oath, Golden Chain, Wearing White, Head Cover
30.11.24, 14 - 16h	Chakras, Sat Kriya
8.12.24, 5h30 – 8, 9 - 11h	Musculo-Skeletal Sys, Spine, Ida, Pingala, Shushumna
11.1.25, 14 - 16h	5 Stages of Learning, Sustenance & Deliverance
19.1..25, 5h30 – 8, 9 - 11h	Piscean Age & Aquarian Age
25.1.25, 14 - 16h	Ishnaan, Bodycare, Arising, Retiring
22.2.25, 14 - 16h	The 3 Diaphragms & Gates, Breath Basics, Prana, Apana und die Vayus
2.3..25, 5h30 – 8, 9 - 11h	Aquarian Sadhana, Personal Sadhana, 40 Days Yoga & Meditation
8.3.25, 14 - 16h	Mind, Subconscious, Tattwas & Emotions, One Minute to Change Your Mind, Unconscious Bias
~~~~~ Residential Week 16 – 23 March, 2025 ~~~~~	
29.3.25, 14 - 16h	10 Bodies
6.4.25, 5h30 – 8, 9-11h	Epochs
12.4.25, 14 - 16h	Relaxation, Brain, Nervous System
26.4.25, 14 - 16h	3 Gunas, 5 Tattwas
4.5.25, 5h30 – 8h, 9 - 11h	Immune & Lymphatic Systems
10.5.25, 14 - 16h	22 Yogas
18.5.25, 5h30 – 8h, 9 - 11h	Abundance/ Prosperity, Gurudakshina
24.5.25, 14 - 16h	Respiratory System
31.5.25, 14 - 16h	Yoga on and off the Mat, Yoga & Drugs, Teaching Clinic, Music Choice and Choreography
8.6.25, 5h30 – 8h, 9 - 11h	Gurudakshina, Teachers Association SAKYTA, Advertisement, Insurance
14.6.25, 14 - 16h	Respiratory System, Reproductive System, Fe-/Male

If you have any questions, please contact Pritam Khalsa

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