



Kundalini Yoga

Level 1 and 2
(200/300 hr.)

Online Teacher Training

with Ravi Singh

Whether you're inspired to be a Teacher of Kundalini Yoga, or in upleveling your path and practice, congratulations on taking this momentous step!

There comes a point in our practice when we have extra energy and a new awareness of things. The only thing which makes sense at that point is service. To serve is to give. To give is to love. To love is to be. To be is Infinity. May your brightness illuminate minds and hearts. May your example inspire others towards a life well lived. May your efforts create momentum for a better world.

Kundalini Yoga gives us access to an energy fund so that we can further the project of our unfolding. It elevates our arc, personally and collectively. A fate becomes Destiny and blessings for all abound. This sacred science is a gift to us from the Universe as a dispensation of Grace.

Begins Oct. 1st 2021

INFO / registration: Jennifer Greenwald jaiyogacenter@gmail.com



Ravi Singh is dedicated to helping you discover and express your gifts in your teaching, and your life. This Level 1, 200 / Level 2,300 hr. certification is recognized by Yoga Unify and Yoga Alliance. Homework for this Training will include various lifestyle considerations and a personal Sadhana that we will ask that you practice each day.

We'll meet one weekend a month for six months. Assisting in the Training will be All-Star Teacher Jennifer Greenwald. In addition to the weekend sessions you will meet with smaller groups to check in and delve into

your process. A PDF manual will be e-mailed to you for each weekend we meet. The pre-paid cost will be \$2220. We are offering very doable payment plans with as little as \$195 down. Sessions will be 65% experiential and 35% discussion.

Schedule: Level 2/300 hr. Trainees will meet Friday from 11:30 - 3:30 EST
Both Level 1/200 and Level 2/300 hr. Trainees will be meeting Saturday / Sunday at 11 a.m. EST. We'll break at 2:30 and convene again from 4 pm to 7

Against all odds we cultivate consistency. We become the anvil our striving hammers upon until the shining blade of Awareness flashes in the sun.

There are many ways to live in the effulgence of Spirit Rising. Kundalini Yoga is the most direct way.

Overview of the Level 1 / 200 hr. Training (Instructor)

Through this process, a Level 1 / 200 Yoga Instructor will garner an understanding of what how to lead a yoga class and is inspired and dedicated to sharing their practice with others. They are in process of developing their "teaching voice." At this level, a professional is able to provide basic information re: the history of yoga, sacred texts, scope of techniques, and basic anatomy. A Level 1 Yoga Instructor must have a solid commitment to ethics. The decision to become a yoga instructor is an extension of committed self-inquiry and from a dedicated practice of yoga. Also, through the encouragement of a senior teacher/mentors/and their fellow Trainees/community.

Module 1: Core Foundations of Kundalini Yoga October 2 - 3

Prioritizing Around Spirit • Self Purification • Sadhana • Long Ek Ong Kars • Laya Yoga • The Holy Line • Ong Namoh Breakdown • Historical Streams • Kundalini at a Crossroads • Kundalini in Other Traditions • Kundalini Concepts • Demystifying Kundalini • Kriya for Vital Capacity • Ethics in yoga • Warm-Ups • Designing A Kundalini Class • Time after time • The Use of Lucid Language • Bridging the Gap • Sets for Success • What Students Expect • Basic Warm-Up Script • Stabilize the Mind • Develop Hidden Greatness • Yoga Salutations • The Bhandas • Jai Te Gung • Kriya for Nerves of Steel • The Three Knots • Sat Kriya • So Darshan Chakra Kriya • Hari Shabd Meditation • Kundalini Yoga Mantras • More!

Module 2: Breath & Life / Kriya Concepts - November 6 - 7

Breath & Life • Breath Mechanics • Overview of Breathing practices in K. Yoga • Long Light Breathing • Long Deep Breathing • Pranyam for Tremendous Strength • All & Everything Meditation • Breath of Fire • Segmented Breathing • Prana Enhancer • Holding Breath Out • Holding Breath In • Amazing Minute Breath • Tiger Claws Meditation • Healing Strength of the Inner Self • Prosperity Meditation • Kriya Concepts • Set to Elevate and Celebrate • Navel Tapas Kriya • Kriya Choreography • Detox/Heart Set • New Beginnings • More!

Module 3: Chakra Bouquet - December 4 - 5

Chakra intro • Chakra Polarities • Chakra Breathing • Grounding Set • Chakra 1: Earth • •
Set for Pelvic Balance • Kundalini Kriya • Chakra 3: Fire • Activating the Navel •
Meditations for Navel Power • Chakra 4: Air • Heart Meditations • Chakra 5: Ether •
Chakra 6: Intuition Husani Kriya • Third Eye Breath • Chakra 7: Universality • Experience
Your Unlimited Aspect • Prosperity through Your Aura • The System of Chakras by
Goraknath • Kriya to Balance the Chakras • Chakras As Portals to Inner Realms • More!

Module 4: Prosperity and Professional Development for Teachers - January 8 - 9

Professional Development • The Voice of the Teacher • Class Logistics • Teaching
Affections • Student Pet Peeves • Let the Breath Be Your Guide • You and Cues • What a
200 hr. Teacher Needs to Know • Align to be Divine • Posture Exercises • Easy Pose •
More Alignment Tips • See Without Eyes • The Four U's • Social Media • Creating Flyers
• Uttar Kriya • Sanmukh Kriya • Prosperity Meditation • Meditation for Strong Nerves •
Working the Total Self • More!

Module 5: Health, Healing, Conscious Lifestyle - February 5 - 6

Thoughts on Healing • Kriya to Prevent Disease • Balancing Prana & Apana • Love Your
Liver • Purification Kriya • Notes on the Tongue • Anti-Viral Breath • Bujung Kriya • Sitali
Pranayam • To Heal All Sickness • RaMaDaSa • Shabd Guru • Meditation to Heal Others •
Healing Self & Others • Diamond Mudra • Healing at a Distance • Pavan Guru • Karam
Sambhavani Kriya • Balance the Five Tattvas • The Doshas • To Become Crystal Clear • To
Get Unstuck • Hering's Law of Cure • Anti-Inflammation Meditation • The Vayus •
Pranayam to Stay Young * Immune Booster • Bio-Dynamics of Disease • More!

Module 6: A Path with Heart - March 5 - 6

Growth Phases on the Spiritual Path • Soul Prompts • A Path with Heart • The Hero's
Journey • Becoming a Spiritual Teacher • Body and Soul • Using Cueing to Go Deeper •
Be a Contender Not Pretender • Jap Sahib • Bowing to Jap Sahib • Lighthouse
Meditation • Awaken the Diaphragm • Open Heart Set • Hero's Journey narrative
applied to Set to Release Fear • Ashtang Agni Kriya • Being a Teacher of Kundalini Yoga •
Develop Elevated Caliber of a Spiritual Teacher • More!

Overview of the Level 2 / 300 hr. Training (Guide)

A professional at this level has advanced their knowledge of core competencies. A Guide has the ability to design an effective class or curriculum and adapt to the needs of all levels of students practicing in the same class. Yoga Guides have begun to have their practice be informed by a deeper intention and have applied their knowledge in their teaching and life. A Yoga Guide is coming into their unique voice and has an intrinsic motivation to share their yogic knowledge. A Yoga Guide is able to personalize practices for their students at every stage of their healing and life path. A guide is able to impart the spiritual knowledge of yoga as an embodied experience.

Module 1: Emotional Alchemy: The Path of Self-Growth Oct. 1 - 3

The Shadow knows! Many people on the Spiritual Path try to do an end run around the sticky issues in their lives but that approach is not sustainable. This module is all about “feeling work,” and how the drama of our early years continues to inform our present. We will delve into powerful Kundalini Yoga techniques to turn past pain into infinite gain.

Module 2: Chakra Immersion, Ten Bodies, Tantric Numerology Nov. 5 - 7

Each of us, mind, body, psyche and soul, is a holographic construct in which each part contains the whole. The ancient yogis, through intense observation and experimentation, constructed all-inclusive maps to describe this totality. These maps were conceived as tools towards balance. In this module we will learn navigation tools towards the discovery of a new world.

Module 3: The True History of Kundalini Yoga Dec. 3 - 5 - The history of yoga is a process of continual unfolding. Kundalini Yoga is part of the fabric of All Yoga, not just an isolated style. In this module we will delve into the historic precedents for Kundalini Yoga and the ideas that gave rise to the Kundalini Yoga we know and love.

Module 4 - Trauma Conscious Kundalini - Jan. 7 - 9 In this session you will learn eminently doable techniques to add to your teaching toolbox. These will address: • anxiety • depression • addictive behavior. In this session we'll learn to help our clients transit from trauma into the high drama of profound unfolding.

Module 5: Kundalini Yoga and the New Brain Feb. 4 - 6 Our brain is a miraculous mechanism that helps us decode reality, synthesize information, and navigate the physical world. Although it generates the matrix it also helps us deconstruct it. In this module we will learn what K. Yoga Teachers need to know about this seminal construct. We will also cover the art and science of mudras.

Module 6: Soul Journeys Mar. 4 - 6 Learn how to be a yogi wizard and imbue your teaching with unique creativity! Included will be yoga nidra, soul journeys, and magic and mystery and more!

In addition to all of above we will engage in group community outreach, mentorship to the 200 hr. Trainees, as well as a personal project that will help you develop those gifts that make you special as a Teacher. It's akin to "finding your voice" as an artist. And of course we will continue to grow as a group and elevate and celebrate.



Assisting in the Training will be: **Jennifer Greenwald**, a Raviana Senior Teacher and a Yoga Unify Mentor Level Teacher. She is owner of Jai Yoga in Madison, CT.

Guest Teachers for this Training include Yoga Unify Mentors: **Anne Minter**, Professor of Anatomy and Physiology and K. yoga Teacher, **Guvinder Singh**, a Sikh Scholar and Yogi, and **Lea Kraemer**, K. Yoga Teacher and Auryveda expert.

The pre-paid Cost for the Training will be \$2220.

- If you pre-pay for the Training before the first module the cost will be \$2220
- If you pay \$1150 before the Training begins and the balance before the January module the cost will be \$2300
- A more doable option for many is a \$195 down payment and monthly installments (for one year) of \$195
- for payment arrangements: jaiyogacenter@gmail.com / 203. 779.9679
- for easy registration go to: jaiyogacenter.com/kundaliniteachertraining

Please note that payment for this training is non-refundable. Certifications will not be awarded until your payment has been completed. If you need to miss a weekend or part of a weekend, please let us know. You will need to make up time missed at a later date. We cannot be responsible for absences due to power outages, personal issues, or other forms of force majeure. We look forward to seeing you!

Testimonials from Raviana Teacher Training Graduates

Ana G. - "Teacher Training with Raviana is a life-changing event. I feel like I was just treading water through life and Kundalini Yoga taught me how to swim. It's not just a yoga workout it's an energetic upgrade on all levels, emotional, physical, spiritual and mental. ...This type of training is called "Teacher Training" but it's not just for those who want to be yoga teachers, it's for those who want to upgrade their lives and heal patterns of the past. You become a source of radiance for those around you and find your family and friends feel the healing effects as well as it breaks down unhealthy relationship patterns. In this way you are a living teacher to yourself and a leader in your own life. It's a very beautiful and meaningful way to live. Kundalini Yoga Teacher Training teaches you how to live the yoga of life and not just on the mat. These teachings are very valuable."

Carol C. - "Teacher training with Ravi and Ana has been one of the most transformative experiences of my life. This training has a depth to it that I had not experienced before. Ravi and Ana's decades long experience with these practices is second to none. Kundalini Yoga as presented by Ravi and Ana gives practical hands on applications to real, modern day life. I came away from that training not only prepared to teach Kundalini Yoga but transformed on a level that is almost difficult to put into words."

Erin B. - "The Raviana Teacher Training awakened within a fierce commitment to live my soul's purpose every day via the seemingly simple practice of staying connected to the breath. It provided me with a flexible tool kit to remember to remember, even in the darkest moments (I still have them! Even as a seasoned & sassy yogi!), to breathe, & that the greatest achievement one gains from this practice is to live consciously from the lotus of the heart & share that beautiful fragrance with all I am fortunate enough to encounter on this planet. The choice to embark on the Raviana Teacher Training is not necessarily easy, but learning to develop a practice of conscious breathing is the most pressing & best decision you will ever make!"

Antoinette S. - "This training was like driving on the "path" in a Tesla Model 3, on a very, very fresh clear day with the windows wide open. It's a breath of fresh air, truly enlivening the mind to be more present, balanced and focused, the nervous system stronger, the body healthy, more radiant and me to be more myself. There is a sweet melting of the heart and of course the marriage with the soul. Kundalini is the ancient creative, healing energy of life, which promotes an expanded capacity for fulfillment and vibrancy. Movement, meditation, kryia, sacred music, mantra and breath... this is the medicine that makes me a better, this is what fires my art.

"Through this training the true power of Kundalini Yoga becomes accessible, understandable, and relevant to everyday life. Ravi is a solid teacher of experience, integrity and profundity. He possesses the magic of words and is a catalyst for creation. His ability to weave a community where we are "all together" based on mindfulness, dedication, sharing, and connection allows us all to be more and is an uplifting experience."

A Pep Talk for Prospective Trainees

At a certain point on our path it's time to take a next step. From our very first Sat Nam, when we initiated ourselves into a higher trajectory of being, we entered into a contract with our soul to go fearlessly forward. When we do, time and space open doors and conspires to heal and uplift us in unprecedented ways, as a dispensation of Grace.

Kundalini Yoga is more than just another style of yoga. It's considered the capstone of all yoga systems and a gift from the Universe to ease human suffering. Its pedigree is the lineage of the highest caliber human beings whose lives reflect amazing attainments and sacrifices to be pure conduits for the Infinite Teacher, the source of these Teachings.

We know that taking a leap like this may feel overwhelming and we'd like to encourage everyone to honor your spirit calling, take this leap fully and trust in the process. You will reap the rewards ten fold as we have seen time and again. By delving more deeply into your practice and process we will be supporting the growing Evolving Kundalini community and building the momentum for the Kundalini soul tribe at large, and remove the karmic layers that keep us stuck.

In our many years offering Teacher Trainings we have been witness to dramas both poignant and powerful. When you are called forth to make a quantum leap, consciousness is called upon and the Universe will test us to prove our sincerity. That's

compounded by the fact that we can only assess where we've been and have no conception of where we're headed.

The only difference between fear and excitement is the breath...breathe through the unknown and trust the future. Invariably, people experience resistance around certain obstacles: Time. Money. Physical limitations: not up to the task physically.

Let's address each of those:

Time: Please know that if you have to miss a module or part of one, let us know and you can make it up at a later date. You will find that when you commit to going forward time/space will ensure that you are accommodated and supported in this great venture. One way we get tested is around priorities. We never want to be irresponsible, but when we put Spirit first everything else comes into alignment.

Finances: Kundalini Yoga is a yoga of potency. It is a privilege to exchange an honest offering to receive this amazing technology. There are payment plans available which we can also customize. Let's talk and we'll arrive at something that works for you.

Physical Preparation: Please be assured that if you can participate in a yoga class, at any level, then you will be able to take this Training with no problem. It is true that we will push the envelope a bit because our bodies and spirits have a capacity far greater than we know, we just have to access it. All of us have a tremendous amount of purification that needs to happen: physical, emotional, and karmic. True health, happiness, and Spirit are simply not attainable unless we earnestly undertake this project.

This will be a great and Self-fulfilling event. It will create a very real possibility that your struggles will wash away in a sea of prosperity, health and abundance. Therefore if you see any part of your current situation as an obstacle to this training, trust that a new narrative is beckoning. Know that the Universe has your back. From our very first Ong Namo you will know that you're in the place you're meant to be. As always, we are available to speak on the phone with you to address any concerns or questions you may have.

And don't forget it is always helpful to rock your practice as a lead up to the Training to reveal your true purpose right now and banish fears and limited thinking!

We wish you joy, health, and abundant blessings!

