

The Secrets of Yoga

200 HR KUNDALINI YOGA TEACHER TRAINING CERTIFICATION

Congratulations! You're taking the first step in a potentially life-changing journey to be a Kundalini Yoga teacher. Whether you intend to use the knowledge you gain during program to be a Kundalini Yoga teacher or are interested in deepening your yogic experience, or both, this program will give you the foundation for a lifelong yoga and meditation practice and essential information to better understand the incredible technology of Kundalini Yoga. As you may have already experienced, this technology can give you the ability to better meet the challenges of the times. You can uplift your spirit and raise your consciousness. As a teacher, you are empowered to help others do the same.

- o **Enrollment:** Combined with your payment, the documents that follow will enroll you.
- o **Registration & Release Form (Form 1)** – Please fill this out completely, sign it and return it.
- o **Certification Requirements Form (Form 2)** – This sets forth all the requirements that you must complete to obtain your certification from Yoga Alliance as a Certified Kundalini Yoga Teacher. Please fill this out completely, sign it and return it along with your Registration & Release Form.
- o **Information Sheet** – This gives you the information you need to remind you of all the dates that we meet as well as other information about the course. This is for you to keep.

If you have any questions or would like more information, please call Indra at 305-607-3846 or email indrak@thesecretsofyoga.com

FORM 1

Teacher Training Registration and Release Agreement

Name of Licensee/Location: Odelinda Baxter
AKA Indra Kaur Miami, FL USA

Registrant's Legal Name: _____

Registrant's Spiritual Name: _____

Mailing Address: _____

City: _____ State: _____

Country _____

Postal Code/Zip Code _____

Date of Birth: _____

Phone: _____

E-mail: _____

Release, Waiver, and Indemnity

I am aware that the Kundalini Yoga as taught by Indra Kaur (Odelinda Baxter) during the Teacher Training Program in which I am hereby registering exists to serve me by sharing knowledge of Kundalini Yoga and health. I recognize 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 Teacher Training Program regarding any specific medical, emotional, or psychological issues or concerns. I acknowledge that I am fully responsible for my self-care both during and after participating in the Teacher Training 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 health 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 Teacher Training Program. I freely and voluntarily choose to participate in the program.

I hereby agree to indemnify, defend, and hold harmless the Teacher Training Program; The Secrets of Yoga.com, Inc; Odelinda Baxter AKA Indra Kaur, her 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 Teacher Training 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 Teacher Training 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 Teacher Training 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: _____

FORM 2

To be signed by Lead Teacher when the student certifies:

Please check each box to indicate the student has fulfilled all requirements.

- Attended (or successfully made up) all Teacher Training classes – minimum 180 classroom instruction hours.
- . Received a passing grade of 80% written exam.
- . Performed satisfactorily in the student practicum.
- . Completed 20 Kundalini Yoga Classes during or after the completion of Teacher Training.

(Each class must be a minimum of 1 hour each.)

- Created six acceptable yoga course curricula.

- Completed the assigned 40-day yoga set/meditation (*11-minute minimum*).
- Participated in at least two full morning Aquarian Sadhanas (*2.5 hours each*)
- Participate in Two Kundalini intensive (2.5 hour minimum) workshops like Rebirthing or Sat Nam Rasayan.
- Read, understood, and signed: *The Code of Ethics and Professional Standards of a Kundalini Yoga Teacher*.

I recommend this trainee be certified Instructor of Kundalini Yoga.

SIGNATURE Lead Teacher _____

PRINT Name of Lead Trainer _____

Today's Date _____

Course Location _____

(City, State, Country)

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

I, the undersigned, agree to the following:

1. The Secrets of Yoga Training team reserves the right to grant the 200-hour Kundalini Yoga Teacher certification based solely on their discretion and evaluation of each student's readiness to be a Kundalini Yoga Instructor. This evaluation is based on successfully meeting the program 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 6 months after the conclusion of the program. If for any reason I do not complete the requirements for the course within this timeframe, I will not be certified.

_____ Signature (Legal Name)

_____ PRINT (Legal Name)

_____ Date

_____ PRINT (Spiritual Name)

200 Hour Teacher Training Certification Requirements

The Secrets of Yoga Kundalini Yoga Teacher Training Certification Program Information

Course outline:

- 170 hours of Live instruction
- 40 hours of independent study
- 40 days meditations
- Aquarian Sadhana

This 200-hour course includes in-class and online instruction, a practicum teaching evaluation and examination and course materials.

Homework for the course includes reading assignments, written assignments, 2 early morning Aquarian Sadhanas, several 40-day personal Sadhanas and independent study.

Saturdays 9:30 am to 7:30 pm (In Person & Online)

Sundays 8:30 am to 6:30 pm (In Person & Online)

Independent study.

Saturdays and Sundays will be held in person Covid regulations allowing.

You are required to take two intensive Kundalini Yoga Meditation courses; Like Kundalini Rebirthing or Sat Nam rasayan workshop . These are not included in your tuition. More details will be provided during the course.

20 Kundalini Yoga Classes:

You are required to take 20 Kundalini Yoga classes outside of the teacher training course hours. These 20 classes are not included in your tuition.

Course Materials: Training Manuals. These are included in your tuition.

REFUND POLICY: \$500 nonrefundable in all cases. 50% non refundable within 15 days of training start date, and 100% nonrefundable after 15 days.