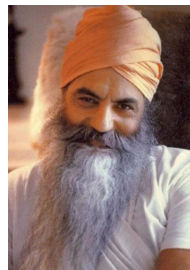




KUNDALINI YOGA LEVEL 1 TEACHER TRAINING OJAI

Kundalini Yoga is the Yoga of Awareness and of Light. As the Mother Yoga, it has gifted its Practitioners with the ancient tools of movement, sound (mantra), breath (pranayam), and meditation. These are the tools of Conscious Awakening. We align ourselves with this Yoga as teachers of the Highest Lineages and most empowered Mystery Schools of the ages, sourcing our beginning before written time.

This training is anchored in the evolved wisdom of Universal Law and Principle. We will engage with the rich offerings of Kundalini Yoga's Golden Chain; without dogma and with a pure heart. Integrating the solid spiritual foundation the vortex of Ojai is reknown for, this Kundalini Yoga Teacher Training will shine light on the traditional pathway of Yogic Awakening, and forge a new and inclusive style of Instructor Level opportunity that is timeless, heartfelt, empowered, and adapted to an ever evolving world.



This training will also be practical Remembering. It will prepare Practitioners to deeply embrace the dharmic path of the Teacher in both esoteric and down to earth avenues. Our KRI Certified event will be held over eight weekends, Friday evening through Sunday afternoon. Accommodations available.

**Tuition is \$3195 for full instruction, books, KRI Certification.
Early Bird (paid in full before December 31st) \$2995**

Payment Plan: \$3495 (Deposit of \$600 with 6 payments of \$482.50) Please email Tara at ninsun88@yahoo.com or call her at (760) 617-2502 to arrange. All Payment plans will be processed on the 5th of the month (February-July) by credit card on file.

Our leadteacher, Mehtab Benton, is a long-time yoga practitioner, teacher, and yoga teacher trainer. Mehtab began his studies with Yogi Bhajan in 1973 where he used the techniques of Kundalini Yoga in the ashram's drug rehabilitation program. He attended the first yoga teacher training course personally taught by Yogi Bhajan. He is a KRI Lead Trainer and mentor who has trained hundreds of Kundalini Yoga teachers across the United States. He received the Kundalini Yoga Teacher of the Year Award as well as the International Kundalini Yoga Teachers' Association award for "Building Yoga Communities."

2018 Dates (in class):

March 2-4

March 23-25

April 27-29

May 18-20

June 8-10

July 27-29

August 10-12

August 17-19



**All questions can be referred to Tara at ninsun88@yahoo.com or call: (760) 617-2502
www.yogimehtab.com/events/category/kundalini/**