



RAJ TRADITIONAL YOGA AND KRIYA YOGA SCHOOL

Traditional Kundalini and Kriya Yoga Teacher Training

The Raj Traditional Yoga and Kriya Yoga School provides an authentic traditional yoga training course as taught by Indian sages and masters. Raj has been teaching and mentoring yoga teachers and students for over than 36 years.

Our Traditional Yoga teacher training courses are for **300 hours**. **Yoga Teacher Training Levels 1** is accredited by **Yoga Alliance and Kriya yoga School**.

The training will be given by Raj Pandey. He has been intensively trained by enlightened yoga teachers and masters in India. The Kundalini yoga course will be based on true Kundalini Tantra, not the techniques normally taught as Punjabi Yoga (Yogi Bhajan). The courses will be in and around Adelaide.

For a detailed information pack and any questions prior to enrolling, please contact us at thetraditionalkriyayogaschool@gmail.com

“Do not aim low, you will miss the mark. Aim high and you will be on a threshold of bliss” ~B.K.S. Iyenger

The full training programme integrates a variety of yoga asanas, 33 recharging Kriya exercises, mudra, Neti, kunjla, hatha pranayama, **Kundalini yoga, kundalini pranayama, Kriya pranayama**, active-passive meditations, yoga philosophy, yoga life style, Chakra Sadhana, Chakra Shuddhi, anatomy, Sattvik diets, and the guidance to start your own yoga classes.

The course is designed to deliver holistic training that encompasses the physical, emotional and spiritual aspects of the yogic path. The course can be summarised as follows:

- Techniques – Training / Practice
- Teaching Methodology
- Anatomy & Physiology for yoga teachers
- Pranayamas and Meditations
- Yoga Philosophy / Lifestyle & Ethics for Yoga Teachers
- Practicum

Detail and Cost—

- **12 months (300 hours), Registration fee \$200 plus Course full fee of 2800 or payment option of 10 monthly instalments.**

Schedule- Starting from 20th November 2021

Alternate or every Saturday- 7.30am – 11.30 am. Timings will be negotiated with everyone.

536 Marion Road Plympton Park 5038

Please avail this training facility to learn this life changing ancient wisdom.

Hari Om Tat Sat

Love and Blessings- Raj

Visit <https://rajkiyayoga.com.au/>
