

Kundalini Network is a
global platform for
Kundalini Yoga &
Meditation

What is the next step for Kundalini Yoga and Meditation?

Kundalini is an infinitely creative energy. Kundalini Yoga and Meditation is an ever-evolving organism, (e.g. the recent broadening from in-person teacher to student transmission through modern platforms via zoom, training videos, etc.)

Kundalini Yoga and Meditation has transformed many individuals around the world, whilst accommodating the dynamic social change of the last half-century. A formerly secretive practice has become increasingly popular since it was introduced into the Western world by Yogi BhaJan in the late 60s. Kundalini Yoga and Meditation spread rapidly through the efforts of first generation teachers, as part of the 3HO community and through the establishment of the Kundalini Research institute. The formation of the Aquarian Trainer Academy, Level 1, 2, and 3 programs created a school to nurture the next generations of Trainers worldwide. The boom in online teaching during and after the 2020 pandemic further stimulated the spread of Kundalini Yoga and Meditation even as the 3HO community grappled with unsavory allegations against its founder Yogi BhaJan and schisms within his followers.

The Kundalini Network offers a support framework for those who feel uncomfortable within our divided community structure and also for those who have already left, whether recently or long ago. The Kundalini Network offers an inclusive home for sharing and for dialogue with practitioners of Kundalini Yoga as taught by Yogi BhaJan.

How best to simultaneously expand our boundaries and maintain cohesion?

What is the next evolutionary step?

Challenges to creating cultural shifts?

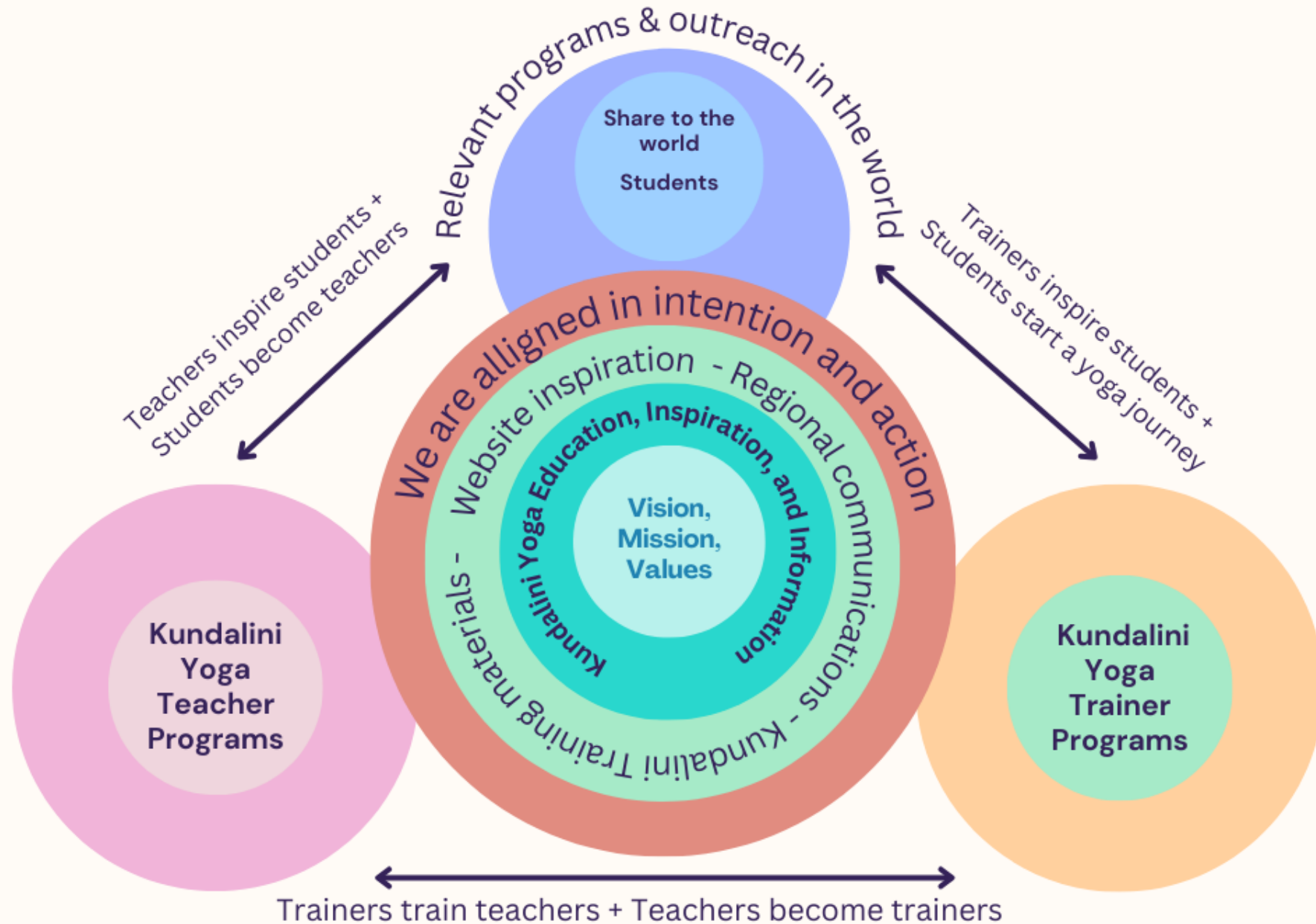
- From one Master to Self-Mastery
- From a hierarchical structure to one of self-initiation, and self-authority.
- From a Piscean power structure to a participatory Aquarian assembly which is based on inclusion, transparency, equality and collaboration.

What are the adjustments necessary for us to recalibrate?

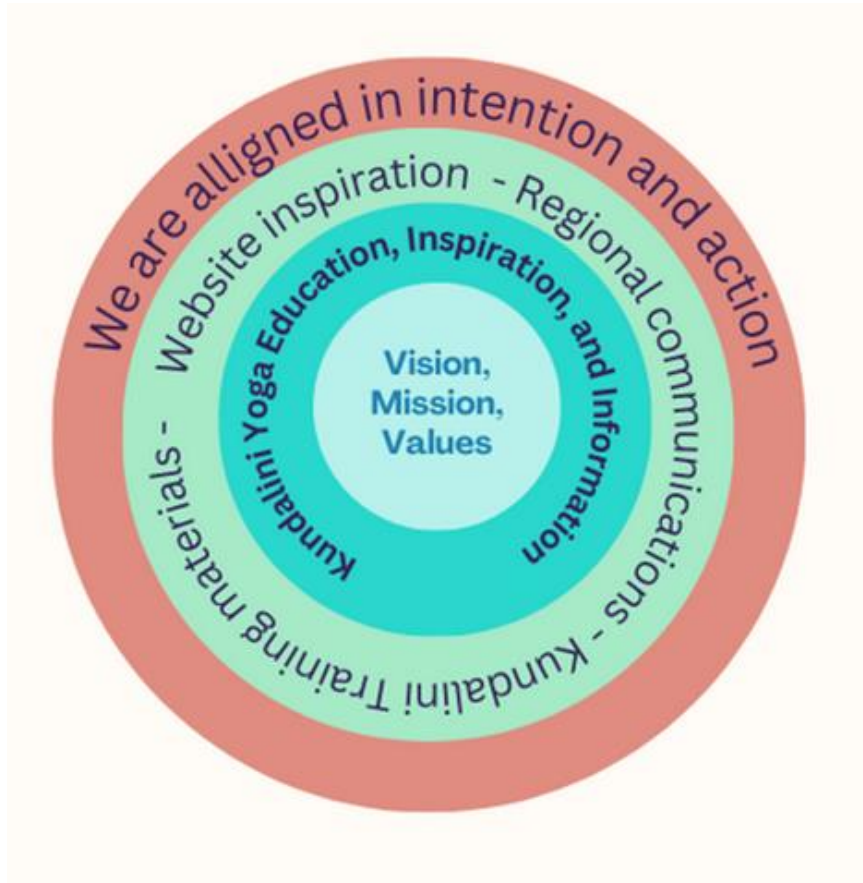
What are the most precious values to demonstrate and to live by?

How can we continue to effectively reflect upon these essential questions as we welcome transformation?

Kundalini Network is a global platform providing a space for learning, practicing, and sharing Kundalini Yoga and Meditation. Teachers and Trainers develop their programs and activities individually and collectively.



Understanding the components in the Kundalini Network Structure: a global platform providing a shared space for self-initiation and collaboration.



All Kundalini Yoga & Meditation teachers and trainers are united around the center core of shared Vision, Mission and Values:

- ❑ Vision, Mission and Values.
- ❑ The Inner circle represents our collectively coming together: creating and sharing resources, establishing best practices: curriculum, educational and other materials and methods for teachers and trainers.
- ❑ The Middle circle represents our developing network: where all members can gather to share regional activities, accomplishments, and to form a global structure to achieve and maintain our collective standards.
- ❑ The Outer circle represents our goal: to remove hierarchical structure; to allow and support each and all in following their passion and path, and to recognize the value of each in all.

Understanding the components in the Kundalini Network Structure

Kundalini Yoga & Meditation Teacher Programs

- ❑ Teacher certification is provided by the (Lead) Trainer / Yoga School, endorsed by Yoga Alliance or Yoga Alliance Professionals.
- ❑ Teacher(s) join Kundalini Network to share individually and build collectively through active participation and service regionally or nationally.
- ❑ Teachers and trainers recognize interconnectedness:
 - ❑ Teachers inspire students to become teachers
 - ❑ Teachers build community, develop workshops and spread the teachings
 - ❑ Some teachers become trainers

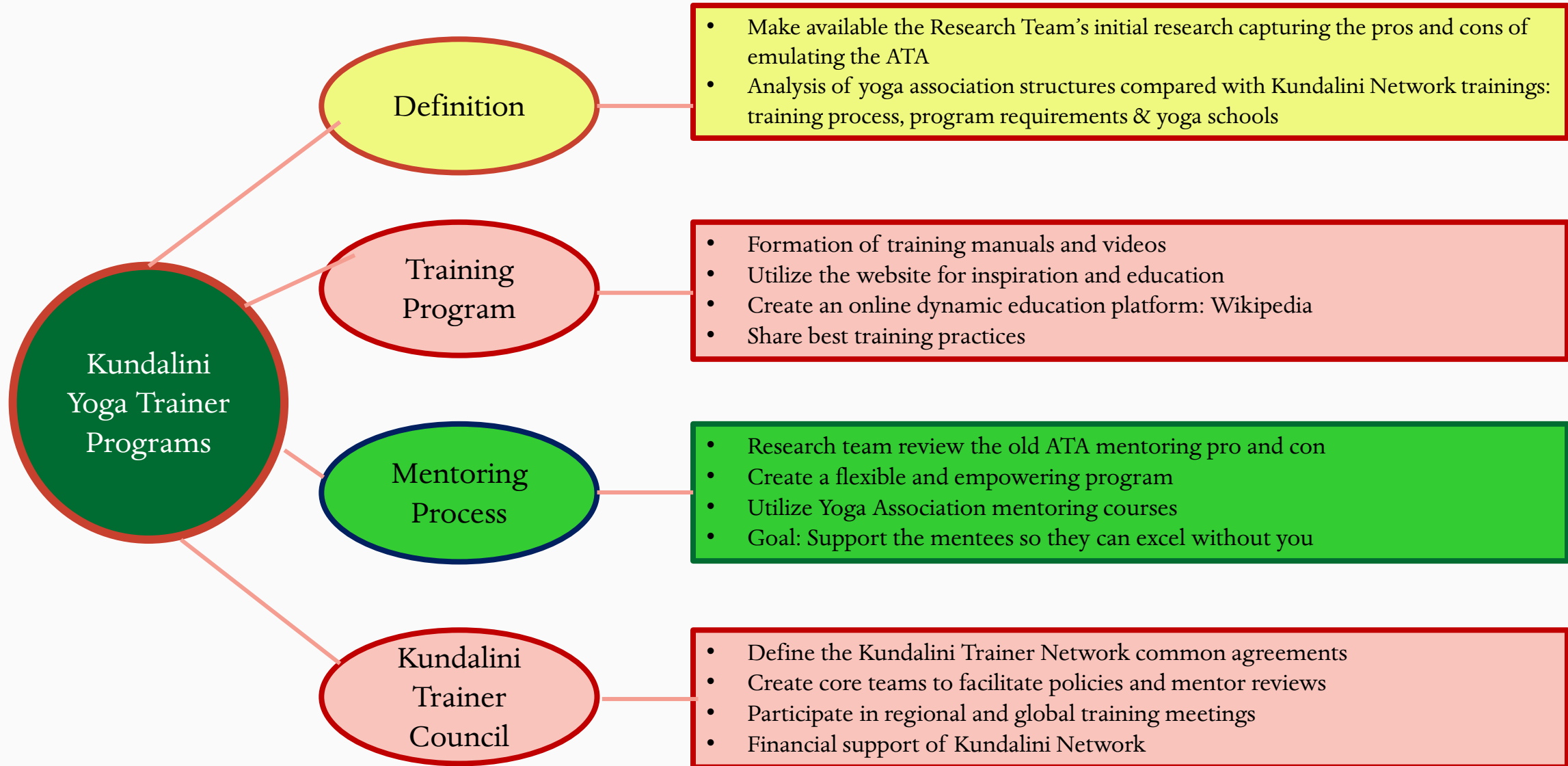


Kundalini Yoga & Meditation Trainer Programs

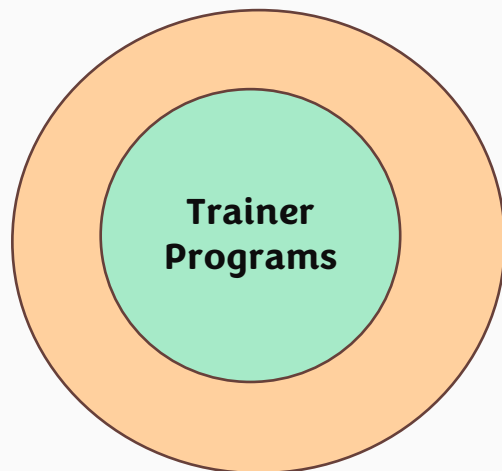
- ❑ Trainers join Kundalini Network; build, share and grow through active participation.
- ❑ Individual or collaborative Yoga school creation through Yoga Alliance or Yoga Alliance Professionals
- ❑ Trainers/Schools issue individual student certification to our common standards. There is no single certifying organization within this structure
- ❑ Maintain standards via global committees within our organized center circle:
 - ❑ Mentoring of new trainers
 - ❑ Connecting new trainers to Lead Trainers and Mentors
 - ❑ Standards for curriculum
 - ❑ Student and Trainer training material



Establishing the Kundalini Trainer Network



KUNDALINI TRAINER NETWORK



Individual Trainers register their training programs with an accredited yoga association, such as Yoga Alliance or Yoga Alliance Professionals*. This opens new networking opportunities and occasions for professional development.



Trainers within the Kundalini Network are also participants in the Kundalini Trainer Network which collates and defines collective development, policies and procedures.

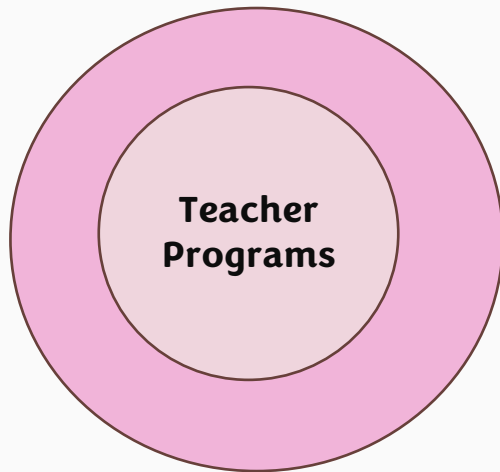


Kundalini Trainer Network encourages trainers to coordinate their programs, synchronize creative opportunities for all mentees, and develop regional teams through inspirational activities within their region and beyond their borders.

* <https://www.yogaalliance.org> <https://www.yogaallianceprofessionals.org>

Collective Teacher Collaboration

KUNDALINI TEACHER COUNCIL



Upon certification in a 200-hour teacher training, a teacher can join an accredited yoga association, such as Yoga Alliance or Yoga Alliance Professionals .



Kundalini Yoga and Meditation teachers develop individually and collectively courses, workshops and specialty programs to serve and inspire people in every corner of a community.



Teachers within the Network are participants in the Kundalini Teacher Council – an inclusive and participatory assembly for Kundalini Yoga and Meditation Teachers worldwide.

* <https://www.yogaalliance.org> <https://www.yogaallianceprofessionals.org>



Kundalini Network



Please note that the above is intended to give you an insight into the kind of inclusive network we are evolving. With the help of your input the projected plans will grow and adjust, as we combine our creative energies and recalibrate ourselves to be ever more relevant in our sharing of Kundalini Yoga and Meditation.

We would love to hear your ideas and needs.

Kundalini Network Feedback



- What are you looking for?
- How do you wish to contribute and participate?
- What organizational expertise and skills do you have to offer to assist our development?
- Are you willing to volunteer to support the translation of any documentation or participate as a translator for future Zoom meetings?
- Please provide any questions you have regarding this presentation and its content to assist us in adding to our FAQs and preparing for our upcoming Zoom meeting on July 18th by completing this survey.

<https://www.surveymonkey.com/r/C8YJMM8>