

SKY Requirements 2011/2012

- Attended all Teacher Training classes within two years - a minimum of **180** contact hours - and satisfied any specific additional coursework requirements
- Received a passing grade of at least 75% on the exam/s.
- Completed 20+ Kundalini Yoga Classes during or after the completion of Teacher Training - 20+ hours
- Performed satisfactorily in the practicum assessment
- Created two acceptable yoga course curricula
- Completed the assigned 40-day yoga kriya (set/meditation 11 minutes minimum each)
- Participated in at least five full morning Aquarian sadhana - 2 ½ hours each
- Participated in one day of White Tantric Yoga
- Read, understood, and signed the *Code of Professional Standards for Kundalini Yoga Teachers*.