

**The Aquarian Teacher™**

"If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it." – Yogi Bajan

**The Kundalini Research Institute**

Awards this

**Level Two Practitioner  
CERTIFICATE OF TRAINING**

to

*Stephanie Selhorst - Dhanpal Kaur*

For successfully completing all the requirements of the  
International Teacher Training Level Two Program (300 hrs)  
in Kundalini Yoga as taught by Yogi Bajan®



*Arund Khanna*

International Director

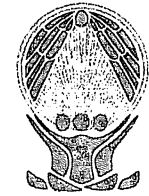
*December 30, 2019*  
Date of Certification

*Dev Anus Kaur*  
Lead Trainer Signature



## The Code of Ethics & Professional Standards of a Kundalini Yoga Teacher

*The following reflects the consciousness and conduct of a Kundalini Yoga Teacher as represented by the 3HO International Kundalini Yoga Teachers Association (IKYTA), and the Kundalini Research Institute (KRI). This Code reflects the highest standards of conduct for Kundalini Yoga Teachers.*



### Teacher-Student Relationship

It is the responsibility of the Teacher to maintain a conscious and professional relationship with students and with other Teachers. A Teacher recognizes that the teacher-student relationship involves a power imbalance. This is true even with a student who is no longer studying with the Teacher.

1. A Teacher recognizes the implicit trust placed in him or her because of the unique power of the teacher-student relationship. A Teacher consciously avoids any relationship with a student that is exploitive in any way. i.e., he or she never uses such a relationship for personal gain or benefit.

2. All forms of sexual involvement with students are unethical, even when a student invites or consents to such behavior. Sexual behavior includes, but is not limited to, all forms of overt and covert seductive speech, gestures, and actions.

3. All forms of financial involvement with students are discouraged and may be subject to a disciplinary review. Financial involvement includes but is not limited to loans, gifts and business relationships. Payment for teaching services is acceptable. If you have any question about financial involvement, contact the Office of Ethics & Professional Standards & Conscious Conflict Resolution (EPS).

4. The above points shall be in effect as long as the Teacher is in a teacher-student relationship and for not less than 6 months after the student has ceased taking any classes or trainings from the Teacher.

5. A Teacher never engages in harassment, abusive words or actions, or coercion of students or former students.

6. A Teacher shows sensitive regard for the moral, social, and religious standards of students, and avoids imposing his or her personal beliefs on others.

7. A Teacher will not advise a student to go against the advice of his or her health care provider.

8. A Teacher realizes that he or she is a vehicle for these Teachings, never their source. A Kundalini Yoga Teacher does not initiate anyone as a disciple.

9. A Teacher strives to build the student's connection to the teachings and to his or her own soul, rather than to any personality.

10. If a Teacher is unable to continue the teacher-student relationship, the Teacher will upon the request of the student connect the student to other appropriate Teacher resources in the 3HO Global Community.

11. A Teacher treats all communication with students with respectful and appropriate confidentiality.

### Class Structure

1. A Teacher teaches kriyas (which includes postures, mantras, meditations or sets) as they were taught by Yogi Bhajan, with the exception of reducing the timing of postures, or providing variations of postures when necessary to accommodate physical limitations of students.

2. A Teacher does not create kriyas (postures, mantras, meditations or sets.) A Teacher does not combine teachings or practices from other paths into a Kundalini Yoga kriya as taught by Yogi Bhajan.

3. A Teacher acknowledges that they are part of the Golden Chain by beginning every class with the Adī Mantra, chanting "Ong Namō Guru Dev Namō" at least 3 times. Every class ends with the "Long Time Sun" song.

4. A Teacher is responsible to maintain the integrity and sacredness of the Kundalini Yoga Teachings.

5. A Teacher does not exaggerate or misrepresent the benefits of Kundalini Yoga as taught by Yogi Bhajan®.

6. In a Kundalini Yoga class, a Teacher wears appropriate, modest, clean white clothing. A head covering is strongly recommended.

7. A Teacher upholds the yogic law "If you come empty handed, you will leave empty handed" by encouraging students to make an offering.

### Public Communications

The following guidelines are designed to uphold the quality of the Teachings and to be in compliance with all legal guidelines for appropriate representation of our services.

1. A Teacher accurately represents his or her professional qualifications and certifications along with his or her affiliations and or sponsorships from any organization(s.)

2. Announcements and brochures promoting classes or courses based on the Teachings of Yogi Bhajan shall describe them and picture them with accuracy and grace.

3. A Teacher will represent himself or herself, 3HO, IKYTA, KRI, and Yogi Bhajan truthfully and accurately in all public communications. Promotional communications will follow guidelines set by 3HO, IKYTA or KRI that correctly reflect these organizations' missions.

### Teachers in Community

1. A Teacher supports the service of other Teachers through conscious communication that avoids negativity or wrongful attributions regarding the efforts of other Teachers.

2. A Teacher speaks and acts respectfully to other Kundalini Yoga Teachers, as well as Teachers of other yoga traditions (and health modalities), and does not knowingly solicit another Teacher's students.

3. A Teacher builds the unity of the 3HO Global Community by embracing diversity, willingness to collaborate and a commitment to act for the benefit of all.

4. A Teacher acts as an integral contributing member of all International (and national, where appropriate) teaching organizations: 3HO, IKYTA, KRI. He or she acts as a representative of the professional and ethical policies of these organizations.

5. A Teacher cultivates the ethical integrity of our culture as Teachers by seeking assistance for a Teacher involved in what appears to be a breach of these standards, through EPS.

6. At all times a Teacher's behavior represents the purity and integrity that Yogi Bhajan taught.

7. At all times a Teacher shall acknowledge the lineage of the Golden Chain and the Teachings with respect and reverence.

8. Any Teacher found liable or guilty in a civil or criminal court in which findings of fact or a judgement have been entered for moral turpitude, felony or fraud, is subject to discipline by EPS.

9. Any Teacher whose actions are against the interests of 3HO, IKYTA, KRI, Yogi Bhajan or the entities which support their services, and which involve breach of fiduciary (acting for or holding in trust) responsibility or financial misconduct is subject to discipline by EPS.

### Professional Competence

1. A Teacher commits to and maintains a regular, daily spiritual practice that includes Kundalini Yoga and meditation as taught by Yogi Bhajan®.

2. A Teacher commits to the continuous improvement of his or her professional knowledge and skills. He or she fulfills all training requirements developed and presented by 3HO, IKYTA, EPS, the KRI Aquarian Trainer Academy, and National Associations where appropriate.

3. A Teacher abstains from the use of, or dependency on, alcohol, tobacco, or drugs (except when medically prescribed.) A Teacher does not permit the use of alcohol, tobacco, or drugs at any Kundalini Yoga course, class, or event.

4. In the yogic tradition, a Teacher eats a vegetarian diet. A Teacher insures that a vegetarian diet is served at any Kundalini Yoga course, class or event.

5. A Teacher conducts his or her Yoga Teaching Services in accordance with recognized business and accounting procedures.

6. A Teacher must comply with all agreements, contracts, and licenses with KRI.

The purpose of this Code is to help Teachers serve in their purest consciousness and to protect our students, communities and organizations. If a Teacher is in breach of this Code he or she may be subject to review by EPS. Substantial violations of this Code (including changing the teachings, actions that may be harmful to students, or substance use or abuse) can result in discipline, including being prohibited from representing 3HO IKYTA, KRI and Kundalini Yoga as taught by Yogi Bhajan®, in any capacity as a Kundalini Yoga Teacher, termination as a KRI Teacher Trainer and Termination of IKYTA Membership (Good Standing.) By signing this Code of Ethics and Professional Standards I understand and agree that any final decision involving a probation, a suspension or a termination will be a public document. A Teacher is responsible for compliance with the most current Code found at epsweb.org and ikyta.org.

Print Legal Name: \_\_\_\_\_

Print Spiritual Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

I hereby agree to live and teach in compliance with the above 3HO IKYTA KRI Code of Ethics and Professional Standards of a Kundalini Yoga Teacher.