

2017 Kundalini Yoga  
Teacher Training  
*Servants of Peace*

Look for our scheduled open houses.  
Can't make an open house? Email or  
call Pamela to meet for tea.  
513.315.5042  
pamela@elementalom.com

elemental  om

**Kundalini Yoga**  
**Teacher Training**

**Kundalini, Medical Meditations, & Food as Medicine**

200ryt & Holistic Health Educator

specializing in Ayurveda

*Learn to Teach, Teach to Learn*

Dear Yogi,

Thank you for taking the time to learn about the 2017 Kundalini Yoga Teacher Training Program by Elemental OM. I am looking forward to sharing the program I have crafted and to certify you as a 200-hour registered yoga teacher (200RYT) in accordance with the requirements of Yoga Alliance and to certify you as an Elemental OM Holistic Health Educator specializing in Ayurveda.

It's been a dream of mine to share the teachings of Kundalini in a more meaningful way. **There is a tremendous immediate need to have Kundalini yoga teachers helping others** due to the chaotic shift we are in as we propel through this first 30 years of our entrance to the Age of Aquarius. In fact the World Health Organization has predicted by 2020, depression will be the leading cause of disease for the world. Already, anxiety, stress, and lack of meaning are taking their toll on billions. My vision is to have a team of teachers empowered to teach and *teaching* Kundalini yoga in Cincinnati.

As with all of my offerings, I want you to use your Kundalini yoga teacher training to fully connect spiritually, to heal physically, and to shift emotional situations. I want you to make deep spiritual friendships with those who are training with you as well as with the teachers leading the program and teaching at EOM.

To meet the above goal keeping you close to me and the group, we meet once a week on Wednesdays from 6 – 10 pm for 52 weeks. Through this weekly connection, you will stay on track and meet your goals. Please explore what we have to offer and reach out to me with any questions. Oh!! And check out the optional retreat!

Sat Nam,

Pamela Quinn (JeetPrem Kaur)

513.315.5042, pamelaa@elementalom.com

Jeet Prem Kuar means "Warriorress of God who Conquers all through the divine consciousness of love."



*LET IT FLOW....  
A Teacher has no  
territory, no jurisdiction,  
no control, and no  
communication but the  
Will of God. He uses his  
little will, his personal,  
private will to let God's  
Will flow. – Yogi Bhajan*

# Does this sound like you?

I am a Certified Yoga Teacher at a minimum of 200 RYT and I am passionate about learning more to teach others more. (*Certified Yoga Teachers do receive priority placement in this program. If not certified please schedule tea with Pamela additional work will be required outside of program, cost included*).

Yoga has healed me. I have suffered in the past from illness, injury or emotional trauma. Through yoga, meditation and Ayurveda, I have transformed. I want to go deeper understanding and teaching others the healing power of Kundalini.

I'm on a journey. I don't know where I'm going to end up, but I would like a more directed approach to my Spiritual education. I want physical, mental and emotional techniques with proven results.

I'm interested Ayurveda and preventative holistic medicine. *I want a Kundalini yoga teacher training that is the complete package* including nutrition and lifestyle. I want to immerse in and understand Kundalini Yoga on all dimensions in a sacred and held environment.

I want my primary job to be teaching and helping others. I want it all in a teacher training program...movement, breath, philosophy, Ayurveda and a **tangible business model** to create profit as a yoga teacher.



*A Teacher doesn't hear—he's deaf. He doesn't speak—he's dumb. He doesn't see—he's blind. He just carries the teachings. He never amends them, never adds to them, never subtracts from them. You don't interpret it; you just respectfully carry it to another, and that to another, and that to another. When you do this, all knowledge will come to you. Everything will dawn on you. Your Teacher will speak in you. Your Teacher will guide in you ~ Yogi Bhanjan*

# Enrich your life with an in depth study of Kundalini & Ayurvedic Philosophy

- Spend 2017/18 healing on a physical and emotional level.
- Embrace a rewarding Spiritual practice and establish a Sadhana right for you.
- Cultivate a rich understanding of the ancient and proven philosophies of Ayurveda to reduce stress, increase happiness, and extend longevity and SPECIFICALLY to support Kundalini awakening.
- Embrace a yogic path and share your passion helping and serving others.
- Create lasting and deep friendships.
- Certify as a Kundalini Yoga Teacher by Elemental Om and an Ayurvedic Educator.

*“Kundalini yoga broke me open, stirred me up, and ultimately healed much emotional suffering and all in such a short period of time.” ~ Pamela*



Pamela Quinn is the founder of Elemental OM and author of “The Elemental Cleanse. She is certified through the Chopra Center for Wellbeing in the Seven Spiritual Laws of Yoga and Perfect Health. She is a teacher of Kundalini Yoga as taught by Yogi Bhanan. TM

Pamela has been studying yoga, meditation, Ayurveda, and astrology for over a decade. She brings this integrated approach of yoga to life in this unique training course.

# Unique opportunity...



*Truth is the same always. Whoever ponders it will get the same answer. Buddha got it. Patanjali got it. Jesus got it. Mohammad got it. The answer is the same, but the method of working it out may vary this way or that. ~ Swami Satchidananda*

There are a many types of Kundalini Teacher Trainings offered through out the world. The most popularly branded is “Kundalini Yoga as taught by Yogi Bhajan” TM (trademark). It is marked through KRI. This program is not a KRI certified program by choice.

After having been certified and teaching since 2013, having my own experience of Kundalini, and realizing the need **for more teachers qualified to be on a teaching schedule at a studio**, I am now offering this course to empower those who want to go deeper and to be able to carry the Kundalini energy in a classroom setting. **The earth needs more teachers** as we quickly shift the dense energy in the cosmos during this Age of Aquarius.

Our approach to learning and experiencing Kundalini will differ from the branded experience in that we will take a 12-month journey compartmentalized into an internal journey of 9 emotional steps of 40 days and an external journey of learning to teach Kundalini Yoga. We will also incorporate Ayurveda. It is a unique offering and will be a very grounded experience. You will be supported weekly as the energy dynamically changes you and your experience of the world.

We will utilize common and readily available books and kriyas during our training to learn the proper way to teach a class. **We will honor the teachings as they have been handed down verbally and in text.** ~ Pamela

# Material Learning

- 1 To properly teach Kundalini Yoga respectfully following the ancient traditions with proper form.
- 2 Kundalini Kriya and how to specifically choose a Kriya correct for your student. (Kriyas include the physical posturing, pranayama and meditation)
- 3 Mantra and Mudra (planetary perspective)
- 4 **Yogic Lifestyle & Diet based in Ayurveda & Kundalini to support the awakening and sustainability of Kundalini.**
- 5 An understanding of the dynamic times we are living in from a planetary perspective, The Aquarian Age
- 6 What is Kundalini and perspectives including Yogi Bhajan, Swami Satchidananda, Dr. Robert Svoboda, Dr. David Frawley, Carl Jung and more.
- 7 What is a spiritual teacher and transmission of energies.
- 8 The Sound Current as the Greatest Teacher & Self Initiation.
- 9 Anatomy of the Energy Body.

# Ethereal Learning

...”the” “real”

*Nine 40 day journeys to become  
Servants of Peace*

1. *Hatred/LOVE*
2. *Injury/PARDON*
3. *Doubt/FAITH*
4. *Despair/HOPE*
5. *Darkness/LIGHT*
6. *Sadness/JOY*
7. *To Console*
8. *To Understand*
9. *To Love*

5 Sutras of the  
Aquarian Age  
Raj Yoga  
Tantra  
Chanting  
Geometry of  
Anatomy

## Wednesdays

6:00 – 10:00 pm

We begin September 20<sup>th</sup>

(new moon at 27 Virgo)\*

The Symmes Studio

### Sample Class:

6 pm: Students arrive accounting for traffic conditions.

6 – 6:30: Community & sharing

6:30 – 8:30: Directed experience of Kundalini.

Tune in. Pranayama. Hatha Yoga to support Kriya. Kriya. Rest. Meditation.

Snack: Provided rotationally by students, yogi tea, turkish apricots, almonds and other by choice.

8:30 – 10: Lecture and/or Experience

\*Commitment, Character, Purity:

On 9/20 the planets Venus, Mars, Mercury, Moon, and Sun all in the serving sign of Virgo. Yogi Bhajan was a Virgo. Love, Action, Communication, the Soul, and the Self all in harmony and opposing the spiritual planet of Neptune in it's watery home of Pisces.

Beautifully supported by Jupiter in opposition to Uranus.



*"People are in pain, and they need the pain alleviated. They need to know that you can see that pain. If a person is hungry, first feed him. To a starving person, food is God. Once he is satisfied and a little secure, he can consider the possibility that God is food. The ability to apply consciousness will make you a good teacher." ~ Yogi Bhajan*

## OPTIONAL RETREAT

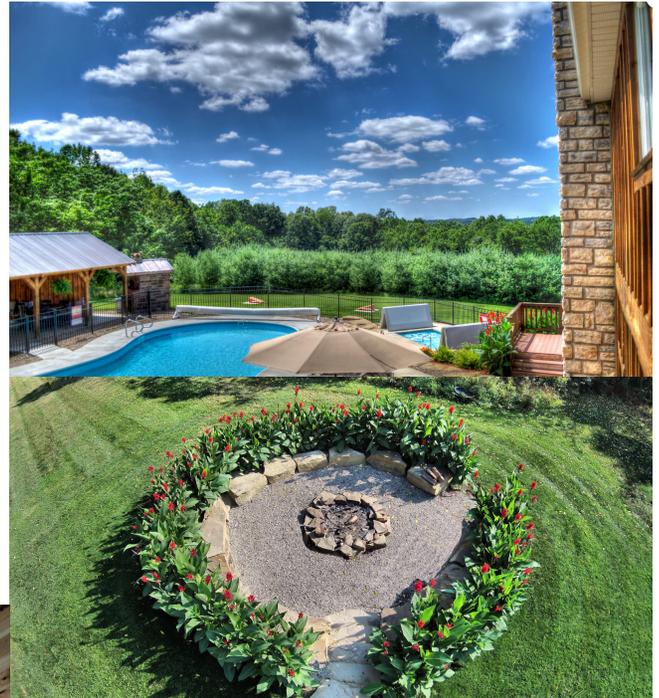
Thursday, October 26 –  
Saturday, October 28<sup>th</sup>

Hocking Hills, 202 private acres of hiking, 15 minutes from caves

Bourbon Ridge Lodge, [www.bourbonridgeretreat.com](http://www.bourbonridgeretreat.com)

Additional \$200 paid in check by September 20<sup>th</sup>.

We intend to break 18 of us into groups to prepare 2 dinners and 2 lunches. Breakfast will be light granola, etc. Additional minimal cost to this.



# Tuition and Payment Options

\$3,800 paid in full by September 13<sup>th</sup>, 2017

Or \$336/month for 12 months

There is a \$575 non refundable deposit

\$200 for optional retreat Thursday, October 26 — 28<sup>th</sup> paid in check by 9/20

## Your Tuition Includes:

- 1 Certification as a 200 RYT and Elemental OM Holistic Health Educator specializing in Ayurveda.
- 2 Unlimited Yoga at EOM studios for 12 months
- 3 Required Reading:
  - 1 Meditation as Medicine, Dharma Singh Khalsa, M.D. & Cameron Stauth
  - 2 The Hue-man, In form & Function, Hari Simran Singh Khalsa, D.C.
  - 3 The Psychology of Kundalini Yoga by Carl Jung



Registered Yoga School



*“Why are you becoming Teachers? Because it is the highest status in a human life. It is elegant, it is excellent and it is very, very, very, very, very fulfilling”. ~ Yogi Bhajan*

# Frequently Asked Questions

## **What if I need to miss a class?**

You may miss no more than 15% of the yoga requirements as dictated by Yoga Alliance. That equals 4 total classes. We have accounted for holidays. If you must miss any part of the Yoga Teacher Certification Classes, you will be given the opportunity at additional cost to participate in additional workshops and events to either supplement your education or "make-up" for missed time.

## **Are there any other costs?**

Each student is responsible for securing a yoga mat, props, and recommended reading materials. You will be offered to purchase Manduka yoga gear at a 40% discount as well as Auskin Sheepskin rugs at a 30% discount. There is an optional retreat of an additional cost of \$200 Thursday, October 26 — Saturday, October 28<sup>th</sup> in Hocking Hills at Bourbon Hill Lodge. Additionally, snacks will be assigned throughout the training and 1 meal will be prepared in groups of 3 for the optional retreat.

## **What if I have to leave the program? Is there a refund?**

There are no refunds if you need to drop out of the program for any reason. The initial deposit of \$575 is non-refundable to secure your space.

## **Are there payment plan options?**

There is a 1-month payment plan option. You may create your own payment plan of 2, 3, or 6 payments. Let us know.

## **What if I don't want to teach Kundalini or Ayurveda?**

The program was created to be in alignment with the requirements of Yoga Alliance and suggestions of NAMA for credentialing as a 200RYT and Elemental OM Holistic Health Educator. Many of our graduates are teaching yoga and coaching others. Many are not. Participants can use the experience to conquer less favorable habits and detrimental thinking, to explore spirituality and establish a personal and meaningful relationship with spirit, and to self-study. Pamela's goal for the program is to inspire you to share the teachings of Kundalini and Ayurveda.

## **Will there be a lot of work outside the classroom?**

It is expected that teachers in training will establish a daily personal home practice that includes a routine, meditation and yoga. In accordance with Yoga Alliance, you will be expected to attend 20 yoga classes and keep a log of attendance as well as practice teach or assist at 2 additional classes. There will be "OM" work (homework) and required reading. If you are not already certified in yoga, you will have additional work.

# Frequently Asked Questions

## Why have you chosen NOT to be a KRI certified Program ?

My personal Kundalini story I'll save for teacher training. I was inspired to do Kundalini Teacher Training by my first Kundalini Teacher. She now only teaches teachers and not regulars so... I do not have access to her. I chose to do a KRI certified program in Rishikesh, India in 2013 because I honestly didn't even know there was another way. It was a 28-day immersion and upon my return I felt lost and unsupported as I reentered the world. Kundalini is powerful and magical energy and needs to be taught in a community environment with a teacher who is your Guru (**this means Friend, No More. No less.**) While having access to famous and amazing teachers was, well, amazing, I didn't have any guidance to learn how to move the energy or live with the energy as a householder. I didn't have access to these teachers post training and the trainings are quick and intense. I embraced Kundalini, I rejected Kundalini...It was a teeter totter. I love it. I hate it. *I needed a community. I needed a teacher who was there for me.*

I went on to study Kundalini Dream Yoga and experience Sat Nam Rasayan. From each of these seasoned teachers was the story of Yogi Bhajan's intentions for revealing these secret teachings. His intentions were not to create a big organization for certifying teachers, but to teach what he knew and encourage others to teach it. It's really that simple.

There are certain things about Kundalini I find provocative. I don't like the turban although I enjoy covering my head for meditation with a scarf. Sometimes I get a vibe from Kundalini teachers that makes me feel like the other forms of yoga I also love are less than and I really love Hatha yoga too. Some Hatha teachers had aversion to Kundalini. It can feel like joining a tribe of exclusivity of that which is inherently inclusive. I don't love a patriarchy and don't want my yoga to be or feel like a religion. I also revolt against any fear based approach to teaching yoga. It's just not what we need for the already turbulent times we live in. And I've had a realization and we can talk about that in person.

I love the Kundalini Ayurvedic Cleansing processes and understand as a teacher not to let you be mired in your stuff and how to teach YOU to move through it. I want to share all of this with you. I will honor the teachings as will you because there is great love there. Honestly, the teachings work so why re-invent the wheel. All the obstacles have gone away and Guru's grace flows.

Mostly, really, these teachings need to get out there. I have worked in groups and one on one coaching and I see what happens when we implement Kundalini. It heals. It transforms. I have 2 studios and have had an impossible time getting and keeping Kundalini teachers. And the demand is HUGE. People love it. They feel it. They need it. We also have had a real struggle developing a Kundalini community. There are very few teachers actually teaching and the community doesn't exist. I want to be part of a community. There is great work to be done and I want to create a team to do it. I hope this is helpful. Sat Nam ~ Pamela

# Application

## DEADLINE:

September 13<sup>th</sup>, 2017 paid in full or payment plan activated.

## TUITION

Tuition, \$3,800

Optional Retreat \$200 (paid separately by check by 9/20))

*A \$575 nonrefundable fee is due with the application.*

Payment Plan is \$336/month for 12 months

## CHECK OR MONEY ORDER:

Elemental OM

## MAIL TO:

Elemental OM

Attn: Rachel Clifton

9510 Montgomery Road

Cincinnati, Ohio 45242



## Personal Information

Full Name as it would appear on a graduation certificate:

Primary Phone Number: (    )

Secondary Phone Number: (    )

Address:

Email address:

Emergency Contact Name and Phone:

# Release

Name:

I am aware that Elemental OM School is here to serve me by sharing knowledge of Yoga and health. I recognize yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Program.

In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program.

I agree to indemnify and hold harmless the Program; Elemental OM School, Elemental OM LLC and any affiliations and/or subordinate corporations not stated herein, their officers, directors, employees, agents, or volunteer staff from and against all claims, actions, demands, proceedings, liabilities, cost and expenses, including reasonable attorney's fees, which they may have ascertained against or incurred by them arising as a result of my participation in the Program .

I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue or make any claims of any kind whatsoever against the Program or any of the aforementioned parties for any injury, property damage/loss, or death caused by their negligence or other acts.

The Undersigned agrees that they have read, understand, and agree to all the Release information stated herein and that all the Registration information provided is correct to the best of the their knowledge:

Signed \_\_\_\_\_

Date \_\_\_\_\_



Name:

# Payment and Course Information

\_\_\_\_\_ FULL PAYMENT OF \$3,800 by September 13<sup>th</sup>, 2017. Paid cash , check, or money order to Elemental OM  
Or

\_\_\_\_\_ DEPOSIT OF \$575 with final FULL PAYMENT OF \$3,225 due by September 13<sup>th</sup>, 2017  
Or

\_\_\_\_\_ DEPOSIT, \$575 due with application (Not necessary if paid in full or paid in full with early discount)

And

\_\_\_\_\_ Retreat, \$200 paid by check by 9/20

For payment plan, there must be a valid credit card on file. \$575 will be charged on enrollment. Each subsequent payment begins on September 13th, unless you would like to begin making payments sooner.

Please begin my payments on (no later than September 13th)\_\_\_\_\_ 2017

Name on card\_\_\_\_\_ Card Number\_\_\_\_\_ Security Code\_\_\_\_\_  
expiration\_\_\_\_\_ Billing address\_\_\_\_\_ phone\_\_\_\_\_

To withdrawal from the course before it begins, we must receive your written request by June 30<sup>th</sup>, 2017. There is a \$575 non-refundable deposit.\_\_\_\_\_ (initial).

I agree to the terms and conditions for registration and participation in the Elemental OM School. I understand that I am 100% liable for the full agreed upon tuition regardless of continued participation. I further agree to allow Elemental OM to use photographs and video recordings to be used in promotional materials and products. I hereby grant my permission to be taken to a doctor or hospital and hereby authorize medical treatment, including, but not in limitation to, emergency surgery or medical treatment, and I assume the responsibility of all medical bills, if any.

\_\_\_\_\_(sign) \_\_\_\_\_(date)

