

ABOUT MPA

*“Dont love me, love my teachings.
Become ten times greater than me.”*



Siri Singh Sahib Yogi Bhajan

Miri Piri Academy was founded in 1997 by the Siri Singh Sahib Yogi Bhajan to train the future teachers, leaders and healers of the world.

Located just outside the city of Amritsar in the Indian state of Punjab, Miri Piri Academy accepts students from 3rd grade to 12th grade.

OUR ALUMNI

The Miri Piri Academy Guidance Counselor works with each student to help them prepare for life after graduation.



Graduates were recently accepted at:

- Brown University, Rhode Island
- Clark University, Massachusetts
- ESEI International Business School, Barcelona
- Mt. Holyoke College, Massachusetts
- State University of New York, Stony Brook
- University of California, Berkeley
- University of California, Los Angeles
- University of Virginia, Charlottesville
- Vassar College, New York
- Wellesley College, Massachusetts

Miri Piri Academy

Guru Ki Wadali

Chheharta, Amritsar-143105

Punjab, INDIA

Local phone : +91-805-401-8906

US phone : +1-505-715-6977

Email: info@miripiriacademy.org

Web: www.miripiriacademy.org



MIRI PIRI ACADEMY

MIND

Miri Piri Academy is accredited by the **University of Cambridge International Examinations** (www.cie.org.uk), and enrolls students from 3rd to 12th grade. We offer both **IGCSE** and **A-Level Certification**, and our graduates are eligible for admission to colleges and universities around the world.



Subjects Available for Study

- English Language and Literature
- Mathematics
- Biology, Physics and Chemistry
- History and Geography
- Punjabi as a Second Language
- Applied Information/Communication Technology
- Art and Design
- Yogic Philosophy and Practice
- Sikh Philosophy and Practice
- Gurbani Kirtan and Tabla

Extra Curricular Study Opportunities

The extra-curricular program at Miri Piri Academy allows students an opportunity to delve deeper into specific areas of interest in the fine arts. Recent extra-curricular options have included:

- Classical Raag Vocals
- Tabla
- Sitar
- Bhangara Dancing
- Drawing and Painting
- Pottery and Sculpture
- Metal Work
- Photography



BODY

In Yogic philosophy, the mind, body and spirit are an integrated whole. Each component has an interdependent relationship with the other, providing multiple avenues for growth. In the Miri Piri Academy model yoga, physical fitness, and sports play an essential role in healthy development.



Physical Fitness

From Monday to Friday at least three hours a day is dedicated to the development of physical fitness. All students participate in running, physical training, and a specially designed yoga workout, as well as the US Presidential Fitness Award program to test their physical fitness and set goals for improvement.

DISCIPLINE YOUR MIND,
TRAIN YOUR BODY,
BEFRIEND YOUR SOUL

Sports

Students have the opportunity to receive basic skills training and to participate in a number of interschool competitions and intramural sports. These include:



- Basketball
- Soccer
- Volleyball
- Cricket
- Badminton
- Ultimate Frisbee
- Table Tennis
- Kabaddi



SPIRIT

Spiritual education and practice are a fundamental part of the daily life of Miri Piri Academy students. Based upon the teachings of the Siri Singh Sahib Yogi Bajan, our program integrates the practice of Kundalini Yoga and the Sikh lifestyle.

Spiritual Program Components

- Kundalini Yoga Classes and Teacher Certification
- Sat Nam Rasayan Training and Certification
- Gatka Training and Certification
- Golden Temple Parkarma Seva
- Teachings of Yogi Bajan
- Morning Sadhana
- Recitation of Banis
- Gurbani Kirtan
- Gurmat Studies



The Siri Singh Sahib emphasized that all elements of the Sikh lifestyle have a direct effect on the mind, body and spirit. Our students come from many different backgrounds and faiths, but all adopt practices such as wearing a turban and a vegetarian diet while at MPA.



Kundalini Yoga Teacher Certification

Eleventh grade students take Kundalini Yoga teacher training and obtain **Level 1 Teacher Training Certificates** from the Kundalini Research Institute. Twelfth grade students also take two modules of the **Level II** teacher training course.