

## What is the International Kundalini Yoga Therapy Professional Training?

Chances are you already have students coming to your yoga classes who have a chronic illness or life threatening condition. You may have wondered how best to serve them through Kundalini Yoga and meditation. Level 1 Teacher Training prepares you to teach to healthy people, but you need a different set of skills and a different way of thinking in order to teach Kundalini Yoga therapeutically.

**The International Kundalini Yoga Therapy Professional Training** consists of 1,000 hours of course work, personal development and clinical supervision that guide your transition from being a Kundalini Yoga teacher to being a Kundalini Yoga Therapist.

Nearly 30 years ago, Yogi Bhajan shaped the training as a graduate school for Kundalini Yoga teachers to develop the skills and approach necessary to safely and effectively teach Kundalini Yoga to people with health conditions. It is this approach we train you in when you study with us.

Our Professional Training is fully accredited by the International Association of Yoga Therapists. The 1,000 hours include 14 in-person segments, 7 online segments, personal development and clinical supervision for when you start seeing clients.

The first 4 in-person segments focus on shifting from being a Kundalini Yoga teacher to becoming a Kundalini Yoga Therapist. They take you deep into the consciousness and principles of Kundalini Yoga as Therapy. The subsequent in-person segments take you deep into the clinical practice of Kundalini Yoga as therapy, and are focused on assessment and application.

Any Level 1 Kundalini Yoga teacher can take the first 4 in-person segments without enrolling in, or committing to, the full training. Course locations include Europe, Australia, Southeast Asia and the east and west coasts of the United States. For more information: [grdcenter.org](http://grdcenter.org)



**Sherry Brouman, PT** specializes in walking, gait therapy, and yoga therapy as treatment modalities. She is the author of *Walk Yourself Well*. Sherry offers innovative rehabilitation & treatment options for her patients and clients. She is a licensed Physical Therapist, and

a 500-hr Yoga Alliance Experienced Registered Yoga Teacher in Santa Monica, California. She teaches Walking & Gait and Yoga workshops, Yoga Teacher Training, Continuing Education Classes for Health Professionals and a new Gait Therapy Certification program based on her book.



**Dr. Japa K. Khalsa, DOM** is a Kundalini Yoga teacher and teacher trainer, a level II Sat Nam Rasayan healer and a Doctor of Oriental Medicine. She has a bachelors of science from Northwestern University and completed her masters in Oriental medicine in Chicago. Her work with patients and students



emphasizes growth and transformation through self-care and awareness of the interconnectedness of all life. She is co-author of the book, *Enlightened Bodies: Exploring Physical and Subtle Human Anatomy*.



**Atma Jot Kaur**, is from Goettingen, Germany, and has been a Kundalini Yoga teacher since 1986. Her life is deeply rooted in the teachings of Yogi Bhajan, especially those for women, and in the therapeutic use of Kundalini Yoga. As a KRI certified Professional Teacher Trainer and

the European representative for the Guru Ram Das Center for Medicine and Humanology, she teaches internationally. Atma Jot Kaur holds a BA in Indology and Religious Studies and practices as a naturopath and Gestalt therapist.



**Shanti Shanti Kaur Khalsa, PhD** brings the ancient teachings of Kundalini Yoga into modern medicine as Founding Director of the Guru Ram Das Center for Medicine & Humanology. Under the guidance of Yogi Bhajan she developed and directs the 1,000 hour IAYT accredited International Kundalini Yoga Therapy

Professional Training. Her Kundalini Yoga program for people living with HIV is featured in the book, *Yoga as Medicine* by Timothy McCall, MD, and her groundbreaking work as a Kundalini Yoga Therapist is featured in the book, *Yoga Therapy and Integrative Medicine: Where Ancient Science Meets Modern Medicine*.



**Hari Kirin Kaur Khalsa, MD** started in health care as a nurse's aide in 1976. Through a rewarding nursing career and then in practice as an obstetrician gynecologist for 14 years, she gained a unique perspective on health care. She has been practicing Kundalini yoga and meditation since 2003 and teaching since

2007. She is the Director at the Baba Siri Chand Yoga & Retreat Center at Guru Ram Das Ashram in Millis, MA.



**Gurunam Singh Khalsa, Musician** found Yogi Bhajan and Sikh Dharma at age 22.

He sang and played along with others and over time began leading chants in the early morning hours. It was while he worked at Spirit Voyage that he was encouraged to pursue his dream, and a number of successful CDs and concerts

tours are the result. In 2013 he launched his own independent record label. Through the grace of Yogi Bhajan, Gurunam Singh found balance as chanting became an immense powerful force in his life.



## Become a Certified Kundalini Yoga Therapist

with

**Shanti Shanti Kaur Khalsa, PhD  
& Senior Faculty**



**As a Kundalini Yoga teacher, have you ever wondered how you could share even more? The decision to become a Kundalini Yoga Therapist is a way to channel this giving spirit and help others ever more deeply. Consider training with the Guru Ram Das Center for Medicine & Humanology.**





## Foundations of Kundalini Yoga Therapy – Principles and Practices

Level 1 Kundalini Yoga Teacher training prepares us to teach to people who are healthy. A separate set of skills and a different way of thinking is required to teach to people with health conditions. This training gives Kundalini Yoga teachers the foundation needed to develop the skills to teach Kundalini Yoga safely and effectively. Special emphasis is given to the development of the consciousness of the teacher. In this 4 day training you will:

- Learn the key principles Yogi Bhajan established to teach Kundalini Yoga therapeutically.
- Explore the unique structure of a therapeutic Kundalini Yoga class and the layering model of teaching Kundalini Yoga to people with health conditions.
- Learn Yogi Bhajan’s principles and practices of the psychology of health recovery and the role of family and friends.
- Explore your Identity as a Kundalini Yoga Teacher, Kundalini Yoga Therapist and Yogic Healer .



## Origins and Identity of Kundalini Yoga as Therapy

The ancient teachings of Kundalini Yoga give us an understanding of our origins, the source of illness and the pathway to health recovery through our identity as Sat Nam. In this 4 day training you will:

- Experience a deep exploration of the 36 Tattwas and the 10 bodies and their relationship to health, illness and health recovery.
- Move from thought frequency to karma, from Dukh to Sukh, as we come to discover the meaning and impact of each of these states of being on consciousness and on the body you have in this incarnation.
- Identify and resolve inner conflict through the transformative understanding of the Bhagavad Gita, Patanjali’s Sutras and the 5 Sutras of the Aquarian Age.
- Gain a deeper understanding of the meaning, purpose and practical application of these ancient principles to healing and health recovery.
- Deepen your relationship to your Radiant, Subtle and Pranic bodies as manifestation of the Guru’s presence through your unique being.
- Establish your stillness, frequency and presence.

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## The Elements & Alchemy of Kundalini Yoga

Discover, explore and experience how each unique element of Kundalini Yoga and meditation practice works and how these elements together form an alchemy of transformation.

In this 6 day training you will learn:

- The role and application of Kundalini Yoga technologies: drishti, mudra, bhandas, pranayama, mantra, asana, kriya, meditation and bhavana.
- How each of these technologies impact the five main prana vayus, the nadis, chakras, tattwas, gunas and the meridians.
- The pathway of each of the Meridians and their function in asana and kriya.
- The relationship of asana, bhandas, mudra, drishti, bhavana, mantra, pranayama and kriya to meridian flow and function.
- Mantra and movement as the basis of Kriya.
- How to chant a mantra correctly for the fullest experience.



## Yoga Therapy For The Structural System

In this comprehensive training you will experience the therapeutic power of yoga. We are brought into the structural forms of the moving body and introduced to common imbalances that can lead to injuries and pain. We review key muscles and joint movements through asana and experiential exercises. Common injuries and ailments of the musculoskeletal system— including low back and sacroiliac joint, hip, knee, foot, shoulder, wrist and neck— are addressed. By the end of this training you will:

- Understand various contributors, including the manner of breathing, to musculoskeletal ailment, injuries and pain.
- Appreciate the different roles of soft tissues such as muscles, tendons, ligaments, fascia and cartilage in musculoskeletal discomforts.
- Assess students structurally to create treatment choices for recovery from structural ailments, injuries and pain.
- Understand the therapeutic application of asana for structural ailments, injuries and pain recovery.
- Create a yoga program to help bring the body into balance and recovery.

Although portions of the Yoga Therapy for the Structural System training are from the tradition of Kundalini Yoga as taught by Yogi Bhajan, Yoga Teachers from all traditions will benefit from this fundamental workshop that puts anatomy in motion.