

The *Guru Ram Das Center for Medicine & Humanology* was founded as a non-profit organization by Yogi Bhajan to develop Kundalini Yoga and his teachings into effective, self-empowering tools for a new age of health care. The first therapeutic Kundalini Yoga class was taught on Guru Ram Das's birthday in October 1986 for people living with HIV. By the grace of Guru Ram Das, this marked the beginning of what we have grown into today: a global network of Kundalini Yoga Therapists, Yoga Therapy researchers and health professionals working together to serve individuals and families facing chronic or life-threatening illness.

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In 2015 we launched the *International Kundalini Yoga Therapy Professional Training*, a globally accredited 1000-hour course of study to transform a Kundalini Yoga Teacher into a Kundalini Yoga Therapist. Yogi Bhajan spent nine years shaping this training so that our Kundalini Yoga therapists can develop the skills and practices necessary to safely and effectively teach Kundalini Yoga to people with health conditions.

Kundalini Yoga Therapy is a satisfying new career in an emerging and rapidly growing field within healthcare. Our trainees already teach in clinical settings, hospitals and in independent practice.

Will you join us? It takes more than medicine to get well®.

For more information regarding this training please visit our website at www.grdcenter.org.