



# Guru Ram Das Center

FOR MEDICINE & HUMANOLGY EUROPE

*Text kommt noch!*  
*The thread of God in you,  
this candle of light, is the  
breath of life. And all  
breathe the same way.  
Some short, some long,  
some big, some hold it,  
some don't. But as long  
we are alive.*



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this candle of light, is the  
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the breath is in us,  
we are alive.*

## Welcome



### Become a Kundalini Yoga Therapist

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### Looking for Therapeutic Support

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#### Contact

Atma Jot Kaur Güdel  
GRDC Europe Güdel Mansch GbR  
+ 49 (0) 5504 - 94 90 980  
[admin@ky-therapy-training.eu](mailto:admin@ky-therapy-training.eu)








## Kundalini Yoga Therapy according to Yogi Bhajan

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## Introductory Segments

|   |   |
|---|---|
|    | Foundations: Practices & Principles of Kundalini Yoga Therapy |
| <div><div><b>Grundlagen der Kundalini Yoga Therapie – Leitlinien und Techniken eines Kundalini Yoga Unterrichts für Menschen mit gesundheitlicher Beeinträchtigung*</b></div><div>Dieser Kurs vermittelt Kundalini Yoga Lehrenden die ersten Grundlagen dieser therapeutischen Arbeit, um mit Yoga Philosophie, yogischen Techniken und Prinzipien bewusster Lebensführung die Regeneration erkrankter Kursteilnehmer unterstützen zu können...</div><div><i>Flyer download</i></div></div> |   |
|    | Origins & Identity: An Exploration of Your Authentic Self     |
|    | Elements & Alchemy of Kundalini Yoga Therapy                  |

## Application oriented Segments

|   |   |
|---|---|
|  | Yoga Therapy for the Structural System                      |
|  | Unraveling the Knot of Stress, Inflammation, Pain and Sleep |
|  | Transforming Anxiety and Depression                         |

## Continuing Education

|   |   |
|---|---|
|    | Overcoming Cold Depression                          |
| <div><div><b>Überwinde Cold Depression – Durchdringe das Schweigen deiner Seele</b></div><div>Cold Depression stellt unsere größte Herausforderung während des Eintritts in das Wassermann Zeitalter dar. Sie beeinträchtigt unsere geistige Vitalität, führt zu Selbst-Sabotage und lässt uns destruktive Risiken eingehen. Yogi Bhajan warnte bereits, dass die Menschheit beim Übergang in das Wassermann Zeitalter bis ins Jahr 2038 an einem Phänomen leiden würde, welches er ...</div><div><i>Flyer download</i></div></div> |   |
|    | Trauma-informed Kundalini Yoga for People with PTSD |
|    | Transformation Intensive                            |
|    | Sweet Dreams  |
|    | Vagus Nerve Intensive                               |

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## 1,000 hours Kundalini Yoga Therapy Training according to Yogi Bhajan

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minim veniam, quis nostrud exerci . Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet.

### In Person Segments

| Year 1   | Year 2   | Year 3  |
|--|--|---|
| Segment 1 *<br>Foundations: Principles and Practices of Kundalini Yoga Therapy | Segment 5 *<br>Yoga Therapy for the Structural System                    | Segment 10<br>Nervous, Endocrine and Digestive Systems  |
| Segment 2 *<br>Origins & Identity: An Exploration of Your Authentic Self       | Segment 6<br>Unraveling the Knot of Stress, Inflammation, Pain and Sleep | Segment 11<br>Immune and Lymphatic System<br>Cancer and Viral Conditions                      |
| Segment 3 *<br>Elements & Alchemy of Kundalini Yoga                            | Segment 7<br>Transforming Anxiety and Depression                         | Segment 12<br>Death, Dying and Grief Recovery   |
| Segment 4<br>Assessment and Treatment Planning                                 | Segment 8<br>Cardio/Respiratory Systems and Pre and Post Operative Care  | Segment 13<br>Management of Complex Cases, Presentation of Projects, Launch Plan & Graduation |
|  | Segment 9<br>Men, Women Across the Life                                  |   |

### Online Segments

| Year 1  | Year 2  | Year 3   |
|---|---|--|
| Segment 1<br>Ethics in Yoga Therapy                             | Segment 4<br>How Yoga and Meditation Work from a Scientific Perspective | Segment 6<br>Tracking and Charting a Case Study                    |
| Segment 2<br>Exploring Evidence-Based Yoga Therapy Research     | Segment 5<br>Ayurveda   | Segment 7<br>Keeping it all Together: The Business of Yoga Therapy |
| Segment 3<br>How to Build a Successful Holistic Health Practice |   |  |

### Ongoing Support

|  |
|--|
|  Personal Development / Home Practice |
|  Teaching KY Therapy Group Classes    |
|  Individual Clients                   |
|  Graduation Project                   |
|  Individual Mentoring                 |
|  Clinical Supervision                 |

### Student Handbook

downloads

### Admissions and Enrollment Policy

downloads

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## Therapeutic Support with Kundalini Yoga Therapy

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### Therapeutic Classes

Based on treatment studies and under the guidance of Yogi Bhajan the Guru Ram Das Center team developed courses for example for people wanting to recover from long-term stress, people suffering from non-restorative sleep, wanting to transform anxiety and depression or PTSD. Our KY therapists are trained to teach these courses in group classes or individual sessions and are able to adapt the yoga practice to the individual needs for being safe and effective.

### Individual Support

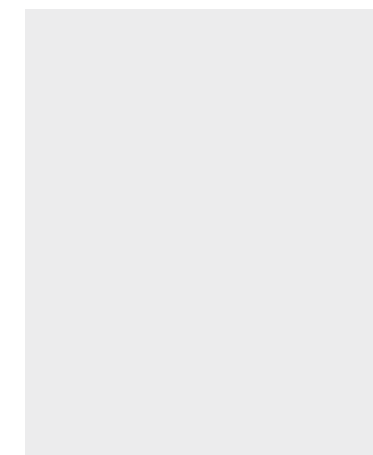
Individual Yoga Therapy provides an opportunity to work one on one with your KY therapist and focus on your specific needs. In the course of a session you will experience a Kundalini Yoga practice that incorporates movement, breath and meditation and perhaps life-style recommendation you can take home in order to support your healing process.

## Find your Therapeutic Support

*This section is under construction*



**Atma Jot Kaur Güdel C-IAYT**  
Pic, Offer + Qualification, Location, Link



**N. N.**  
Pic, Offer + Qualification, Location, Link

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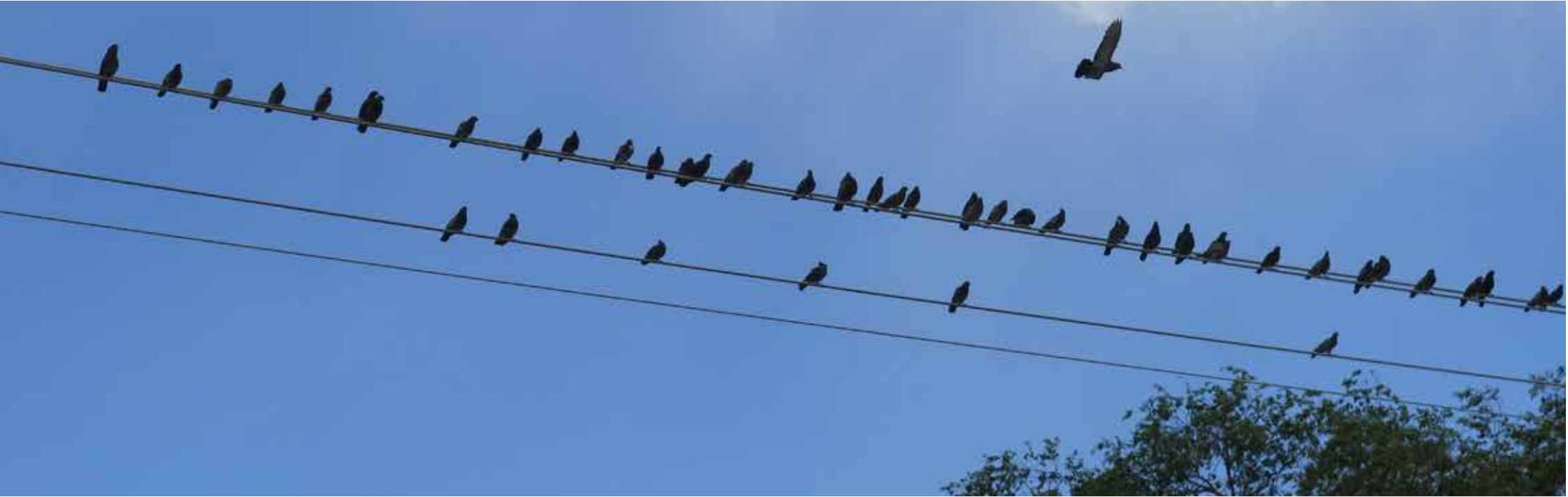
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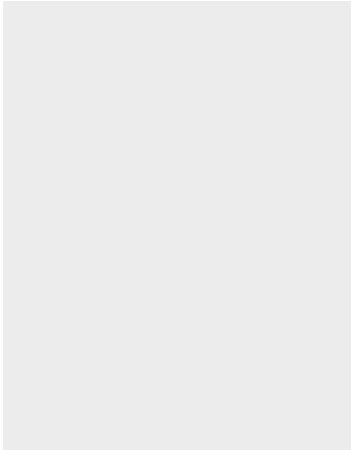
Our Team – Guru Ram Das Center Europe



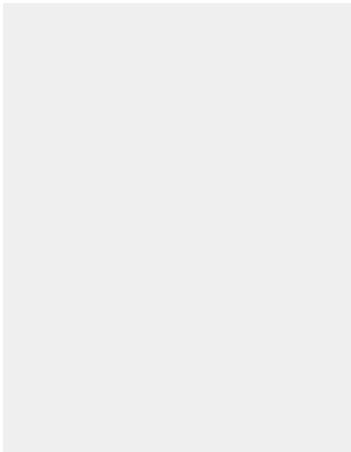
**Shanti Shanti Kaur Khalsa, PhD C-IAYT**  
Shanti Shanti Kaur Khalsa, PhD brings the ancient teachings of Kundalini Yoga into modern medicine as Founding Director of the Guru Ram Das Center for Medicine & Humanology. Under the guidance of Yogi Bhajan she developed and directs the 1,000 hour IAYT accredited International Kundalini Yoga Therapy Professional Training.  
A Kundalini Yoga teacher since 1971, Dr. Khalsa began to specialize in teaching Kundalini Yoga and Meditation to people with chronic or life threatening illness and their family members in 1986, under the direction of Yogi Bhajan. She is a Certified Yoga Therapist, a Mentoring Lead Trainer for Levels 1 and 2 Kundalini Yoga teacher training, a Medical Family therapist, and a charter member of the International Association of Yoga Therapists. Her Kundalini Yoga program for people living with HIV is featured in the book,



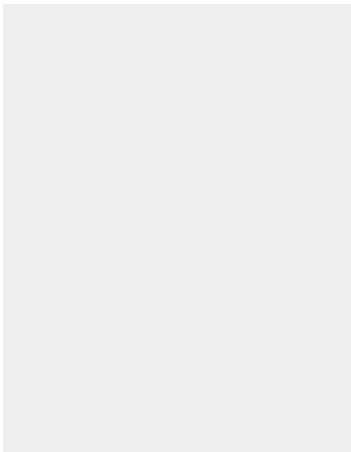
**Atma Jot Kaur Güdel C-IAYT**  
Atma Jot Kaur , is from Goettingen, Germany and has been a Kundalini Yoga teacher since 1986. Her life is deeply rooted in the teachings of Yogi Bhajan and in the therapeutic application of Kundalini Yoga. She teaches internationally as the European Representative for the Guru Ram Das Center for Medicine & Humanology and as a KRI certified Teacher Trainer. Atma Jot Kaur studied Indology, Religious Studies and Law and practices as a Kundalini Yoga Therapist, a naturopath and Gestalt therapist.



**Sat Bir Singh Khalsa, Ph.D.**  
received his doctorate in human physiology and neuroscience at the University of Toronto and has conducted research in neuroscience, biological rhythms, sleep and sleep disorders for over 30 years. For over 10 years he has been fully engaged in basic and clinical research on the effectiveness of yoga and meditation practices in improving physical and psychological health. He has been personally involved in the practice of a yoga lifestyle for over 40 years and is a certified Kundalini Yoga Teacher. He is currently the Director of Research for the Kundalini Research Institute, Research Director of the Kripalu Center for Yoga and Health and an Assistant Professor of Medicine at Harvard Medical School in the Department of Medicine at Brigham and Women’s Hospital in Boston. He is a board member of the Guru Ram Das Center for Medicine & Humanology. He has conducted clinical research trials evaluating a yoga treatment for



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to be continued...

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## Registration – Workshops

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Sprache Auswahl

Workshop Auswahl – mit *Terminen, Locations, Preisen*

*erst einmal reine Anmeldung??*

*dann auch wie Shop als Bestellfunktion mit Bezahlung bzw. Abbuchung??*

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