



An international team of more than 20 yoga teachers, doctors and researchers contribute to the contents of the training.

Our Professional Training is fully accredited by the **International Association of Yoga Therapists IAYT**. According to the standards of IAYT all our faculty are certified yoga therapists.

Worldwide we support people with chronic or life-shortening diseases with **Kundalini Yoga Therapy according Yogi Bhajan** and support research on the medical effects of yoga practice.



Shanti Shanti Kaur from New Mexico, Española USA 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 hours 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*.



Atma Jot Kaur from Goettingen, Germany, is 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 Teacher Trainer and European representative for the Guru Ram Das Center for Medicine and Humanology, she teaches internationally. Atma Jot Kaur studied Indology, Religious Studies and Law and practices as a naturopath and Gestalt therapist.



About International Kundalini Yoga Therapy Professional Training

The **Guru Ram The Center for Medicine & Humanology** was founded in 1986 as a non-profit organization by Yogi Bhajan to develop the Kundalini Yoga therapy as an effective, self-empowering tool for a new age of health care.

Over a period of 9 years, Yogi Bhajan laid the foundation for the **1000hrs IAYT accredited training in Kundalini Yoga Therapy**. We pass on this knowledge and experience in 13 in-person segments, 7 online segments, yoga practice, supervision and individual mentoring, so you develop the skills and practices necessary to safely and effectively teach Kundalini Yoga to people with health conditions.



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Guru Ram Das Center for Medicine & Humanology Europe



International Kundalini Yoga Therapy Training

according to Yogi Bhajan

with

Shanti Shanti Kaur Khalsa, PhD & Atma Jot Kaur Güdel



Structure of International Kundalini Yoga Therapy Professional Training

1,000 hours IAYT certified

The first in-person segments focus on shifting from being a Kundalini Yoga teacher to becoming a Kundalini Yoga Therapist. These segments are open to Kundalini Yoga teachers as well as teachers in training. The subsequent in-person segments are diagnose-related and focus on assessment and clinical application. They take you deep into clinical practice of Kundalini Yoga as therapy.



Guru Ram Das Center
FOR MEDICINE & HUMANOLOGY EUROPE

In Person Segments

Year 1

Segment 1 *

Foundations: Principles and Practices of Kundalini Yoga Therapy

Segment 2 *

Origins & Identity: An Exploration of Your Authentic Self

Segment 3 *

Elements & Alchemy of Kundalini Yoga

Segment 4

Assessment and Treatment Planning

Year 2

Segment 5 *

Yoga Therapy for the Structural System

Segment 6

Unraveling the Knot of Stress, Inflammation, Pain and Sleep

Segment 7

Transforming Anxiety and Depression

Segment 8

Cardio/Respiratory Systems and Pre and Post Operative Care

Segment 9

Men, Women Across the Lifecycle

Year 3

Segment 10

Nervous, Endocrine and Digestive Systems

Segment 11

Immune and Lymphatic System
Cancer & Viral Conditions

Segment 12

Death, Dying and Grief Recovery

Segment 13

Management of Complex Cases, Presentation of Projects, Launch Plan & Graduation



**These segments are open to Kundalini Yoga teachers as well as teachers in training*

Online Segments*

Year 1

Segment 1

Ethics in Yoga Therapy

Segment 2

Exploring Evidence-Based Yoga Therapy Research

Segment 3

How to Build a Successful Holistic Health Practice

Year 2

Segment 4

How Yoga and Meditation Work from a Scientific Perspective

Segment 5

Ayurveda

Year 3

Segment 6

Tracking & Charting a Case Study

Segment 7

Keeping it all Together: The Business of Yoga Therapy



Ongoing

Personal Development / Home Practice

Teaching KY Therapy Group Classes

Individual Clients

Graduation Project

Individual Mentoring

Clinical Supervision

Continuing Education*

Overcoming Cold Depression

Unraveling the Knot

Stress, Inflammation, Pain and Sleep

Teaching Trauma-Informed KY

to People with PTSD

Transformation Intensive

Therapeutic Support for the Grey Period

Three consecutive courses with Atma Jot Kaur

- Overcoming Cold Depression
- Transforming Anxiety and Depression
- Trauma Informed Kundalini Yoga

The Wanderer Vagus Nerve Intensive

Sweet Dreams

Overcoming Sleep Problems

**These segments are open to Kundalini Yoga teachers as well as teachers in training*

Segment 1 Foundations mandatory

Courses available in English or German



Information & Registration:

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