Here is the answer to your question:

**How does Kundalini Yoga work?**

Understand the alchemistic synergies of Kundalini Yoga techniques and be a more effective Kundalini Yoga Teacher.

**In this 6 day training you will ...**

... explore Asana and Kriya through the function of meridians.

... tap into the subtle source of power of the Prana Vayus, Pittas and Kaphas.

... discover how Bandha, Mudra, Drishti and Bhavana guide the subtle energies.

... experience the transformational impact of Rhythm, Naad and Mantra.

*Elements & Alchemy* is the 3. Segment of the International Kundalini Yoga Therapy Practitioner Training and is open to Kundalini Yoga teachers as well as teachers in training.

**Oct. 22 - 28, 2018 · Bad Gandersheim, Germany**

*Please register here: KundaliniYogaTherapyEurope@grdcenter.org*