International Kundalini Yoga Therapy Professional Training

Yogi Bhajan founded the Guru Ram Das Center for Medicine & Humanology in 1986 as a non-profit organization 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 trained Shanti Shanti Kaur Khalsa, PhD in the art of Kundalini Yoga Therapy and laid the foundation for the 1000 hours IAYT accredited Kundalini Yoga Therapy Professional Training.

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 Europe
Kundalini Yoga Therapy Trainings
The Journey of the Soul
Kundalini Yoga Therapy for Facing Death and Transforming Grief

When we cultivate our own relationship with death, we become free to live fully, fearlessly, and with joy. In these four days you will develop your capacity for presence as you gain skill and understanding into the powerful yogic approach to facing death and transforming grief.

What you will learn:
The yogic understanding of death: What happens when we die?
Sound current and the Praan Sutra
Tattvas, Ten Bodies, Blue Ethers and the process of conscious dying
The Sacred 17 days after the soul leaves the body
Yogic response to suicide and sudden death
The medical process of death: What happens when we die?
End of life decision making
Grief Recovery as a process of integration of change and key decisions

What you will experience:
A yogic practice to prepare for leaving the body
Exploration and transformation of core beliefs to uplift your frequency
Your presence and stillness in Being with Dying
Kriyas & Meditations to transform generational fear, anger and grief
Yogic Practices and Processes to connect with the light and power of your own soul.

Shanti Shanti Kaur, 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 1000 hour IAYT accredited International Kundalini Yoga Therapy Professional Training.

Course is held in english with german translation.

Course dates
October 10 - 13, 2019

Course location and Registration
Heilpraxis für Kundalini Yoga Therapie
Oberburgstraße 1 · 37213 Witzenhausen · Germany

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Guru Ram Das Center FOR MEDICINE & HUMANOLGY EUROPE