

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.



Contact

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Guru Ram Das Center Europe
Kundalini Yoga Therapy Trainings

**Guru Ram Das Center
for Medicine & Humanology Europe**
Kundalini Yoga Therapy according to Yogi Bhajan

The Journey of the Soul

**Kundalini Yoga Therapy for Facing
Death and Transforming Grief**

with Shanti Shanti Kaur



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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