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# FOUNDATIONS OF KUNDALINI YOGA THERAPY

## INSTRUCTOR



Shanti Shanti Kaur  
Khalsa, PhD

Shanti Shanti Kaur Khalsa, PhD is founder and director of the Guru Ram Das Center for Medicine & Humanology. A yoga instructor since 1971, she 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.

This training gives Kundalini Yoga teachers the foundation we need to begin to develop skills and to deepen and expand the application of yogic philosophy, technique and habits of conscious living toward **health recovery**.

We will explore the unique structure of a therapeutic Kundalini Yoga class and the layering model of teaching Kundalini Yoga to people with health conditions.

**Yogi Bhajan's 15 principles of teaching Kundalini Yoga as a therapeutic intervention are detailed and the psychology of health recovery and the role of family and friends are addressed.**

Experience the differences between a yoga teacher, yogic healer, and a yoga therapist and the specific language of each.

**A six week Kundalini Yoga curriculum for a mixed conditions group class are included.**

Early registration (through 9/30/18) cost is **\$545**. After 9/30/17 cost goes to **\$645**. Lunch is included.

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