

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

Elements & Alchemy of Kundalini Yoga Therapy



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



Founded in 1995 as a non-profit organization by Yogi Bhajan the **Guru Ram Das Center for Medicine & Humanology** brings the techniques of Kundalini Yoga as a treatment modality into the health care field. For nine years Yogi Bhajan taught **Shanti Shanti Kaur Khalsa, PhD** intensively the principles and practices of KY therapy in order to support those with chronic or life-threatening diseases. This knowledge is the foundation of the 1000 hrs IAYT accredited “Kundalini Yoga Therapy Professional Training”, in Europe exclusively taught by Shanti Shanti Kaur and Atma Jot Kaur. **Atma Jot Kaur Güdel**, Kundalini Yoga teacher since 1986, is KRI certified trainer Level I / II and trainer for the GRDC. Atma Jot Kaur studied Indology and Religious Studies and practices as a naturopath and Gestalt therapist.



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