

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

# Origins and Identity of Kundalini Yoga as Therapy: An Exploration of Your Authentic Self



Establish endurance, subtlety, stillness, frequency and radiant presence  
to stay strong in the presence of suffering.  
Yogic philosophy gives us an understanding of the source of illness and the pathway  
of health recovery as self-discovery. In this 4 day training you will:

- ... experience the interconnectivity of the gross and subtle forces;
- ... discover meaning and impact of 36 Tattwas, 3 Gunas and Ten Bodies on consciousness and body;
- ... identify and resolve inner conflict as source and solution of illness;
  - ... dive into the transformative wisdom of Bhagavad Gita, Patañjali Yoga Sutras, Gobind Geet and the 5 Sutras of the Aquarian Age;
  - ... explore the impact of thought and belief on health recovery, penetrate the influence of Karmas and Samskaras;
  - ... deepen your relationship to Radiant, Subtle and Pranic Bodies as manifestation of your soul's presence.

**Origins & Identity** is the second module of the International Kundalini Yoga Therapy Practitioner Training and is open to Kundalini Yoga teachers as well as teachers in training.



**Nov. 1 - 5, 2017 in Bad Gandersheim, Germany**  
*Please register here: [KundaliniYogaTherapyEurope@grdcenter.org](mailto: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 hr 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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