



The Guru Ram Das Center for Medicine & Humanology International Kundalini Yoga Therapy Professional Training FAQs

The International Kundalini Yoga Therapy Professional Training is under the direction of the Guru Ram Das Center for Medicine & Humanology. This 3 year, 1,000 hour integrated training was developed under the guidance and direction of Yogi Bhajan and is fully aligned with his teachings. The training is accredited by the International Association of Yoga Therapists (IAYT) and adheres to—and surpasses—the standards they have set for Yoga Therapy Training.

1) What are the entry requirements to attend the International Kundalini Yoga Therapy Professional Training? You will need to have completed the Level I Kundalini Yoga Teacher training and have 200 hours of documented Kundalini Yoga teaching experience. It is possible to be accepted with less than 200 teaching hours provided you submit your plan for how you will complete them within the first year of the professional training. In addition, two college semesters of Anatomy and Physiology must be completed either prior to application or by the end of your first year of training. Once your application has been accepted you will be contacted for an interview.

2) Where is the training located? The first complete round of this training (all of the 13 in person segments) is in Millis, Massachusetts. Some segments of the full training are offered in other locations in the US and in 21 countries internationally. You may take segments that are led by Guru Ram Das Center faculty anywhere you like and have these count toward completion.

3) Will I have to attend all of the courses in person? Yes, there are 13 in person segments that you are required to attend.

4) Are online or video courses available? There are 7 online segments in addition to the 13 in person segments. Both the individual mentoring and group clinical supervision are online, generally as Skype calls. Both the online segments and the clinical supervision are required elements of the training.

5) Are Kundalini Yoga Level II or Level III courses required? No. Only Level I is required.

6) Can I transfer yoga therapy courses that I have taken in other traditions? For course hours to be transferred, the content must match the content of the International Kundalini Yoga Therapy Professional training curriculum. Requests are reviewed on an individual basis. A maximum of 300 hours can be transferred.

7) What about other programs that I have taken such as Superhealth or Sat Nam Rasayan, do they count towards my hours? These are not counted because their content does not match the requirements for Yoga Therapy Training as set by the International Association of Yoga Therapists.

8) Can I take some of the segments and not be enrolled in the full yoga therapy training? Yes, four in person segments and all of the on line segments of the training can be completed by any KRI Level I Kundalini Yoga Teacher without enrolling in the full training.

9) Will my training as a health professional in the medical community count towards some of the required hours? For course hours to be transferred, the content must match the content of the International Kundalini Yoga Therapy Professional Training curriculum. Requests are reviewed on an individual basis. A maximum of 300 hours can be transferred.

10) What does the clinical supervision involve? Clinical supervision involves a combination of individual mentoring and group supervision that begin during the first year of the training. Starting with the second year, group supervision occurs monthly and individual mentoring occurs quarterly.

11) What will I be able to do when I have completed the program? When you complete this training you will have the knowledge and skills to be certified as a Kundalini Yoga Therapist. Yoga Therapy is an emerging career in health care as part of Behavioral or Lifestyle Medicine. You will have developed the ability and expertise to teach Kundalini Yoga to people with most health conditions, safely and effectively. You will have the opportunity to work with hospitals and clinics that have an interest in integrating Kundalini Yoga into their health care approach, and you will be able to work in independent practice.

12) Will I be certified as a yoga therapist? Yes! Once you have completed all requirements from International Kundalini Yoga Therapy Professional Training and received your diploma, you are eligible to apply to apply for certification from the International Association of Yoga Therapists.

13) Is this training accredited? The International Kundalini Yoga Therapy Professional Training is fully accredited through the International Association of Yoga Therapists (IAYT) and meets and surpasses the IAYT standards for Yoga Therapy Training. For more information visit www.iayt.org or www.grdcenter.org

