

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

Teaching Trauma Informed Kundalini Yoga to People Recovering from Post Traumatic Stress Disorder



The GRDC created an evidence-based KY curriculum that clinically demonstrated to be effective in helping people reconnect with their body, reduce symptoms and provide the support to move from a state of reactivity to an experience of safety and calm.

This training provides the specific skills you need to compassionately, safely and effectively instruct a trauma informed Kundalini Yoga course for people with PTSD:

- ... identify the indicators of PTSD and what is necessary for recovery;
- ... understand the impact of trauma on brain, glandular and nervous systems and how a specific practice of Kundalini Yoga restores healthy regulation to these systems;
- ... gain skills in helping a person who has been triggered to safely restore calm and presence;
- ... skillfully apply language and manner to deliver a Trauma Informed Kundalini Yoga program;
- ... latest yoga and meditation research for PTSD;
- ... evidenced based 10-week Trauma Informed Kundalini Yoga curriculum for group course.



Feb. 28 - March 4, 2018 in Bad Gandersheim

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 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.

