

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

Unraveling the Knot: the Interplay of Stress, Pain, Inflammation and Sleep in Wellness and Disease



With the knowledge of science and ancient yogic tradition, we explore how these four aspects of human physiology are entwined and sometimes entangled. Through the technology of Kundalini Yoga and yogic lifestyle, we untangle and liberate the source of these conditions to restore health and vitality.

Unraveling the Knot is the 6. Segment of the **International Kundalini Yoga Therapy Practitioner Training** and is open to Kundalini Yoga teachers as well as teachers in training.



October 24 - 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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