



## **International Kundalini Yoga Therapy Professional Training FAQ**

The International Kundalini Yoga Therapy Professional Training is under the direction of the Guru Ram Das Center for Medicine & Humanology. This 34-month, 1,120 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.

The training is comprised of 14 In-Person courses and 7 Online courses. Ongoing additional hours include, teaching KY Therapy group classes, individual mentoring, group clinical supervision, individual client work: supervised practicum, personal development, and capstone project to be completed before you graduate.

**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 semesters of college level 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 complete round of this training (all of the 14 In-Person segments) is in Millis, Massachusetts., Melbourne, Australia and Gottingen, Germany. Some segments of the full training are offered in other locations in the US and in 47 countries internationally. You may take segments that are led by Guru Ram Das Center faculty anywhere you like and have these count toward completion. As enrollment grows, sites for the complete training will expand to other countries.

**3) Will I have to attend all of the courses in person?** There are 14 in-person segments that you are required to attend. Attendance for the full duration of each segment is required to obtain a certificate of completion.

**4) Are online or video courses available?** There are 7 online segments in addition to the 14 In-Person segments. Both the individual mentoring and group clinical supervision are online, as Zoom 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, set by the International Association of Yoga Therapists. 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, 6 In-Person segments and all of the online segments of the training can be completed by any KRI Level I Kundalini Yoga Teacher without enrolling in the full training. If you decide you want to be certified as a Yoga Therapist and complete the full training, you can transfer courses you have taken by our faculty and receive a tuition credit.

**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, set by the International Association of Yoga Therapists. Requests are reviewed on an individual basis. A maximum of 300 hours can be transferred.

**10) What does the group clinical supervision involve?** Group clinical supervision involves individual mentoring and group supervision that begins during the second year of the training. Group supervision occurs every other month and individual mentoring occurs between the group supervision months.

**11) What will I be able to do when I have completed the training?** When you complete this professional 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, safely and effectively, to people with most health conditions. 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 the International Kundalini Yoga Therapy Professional Training and received your diploma, you are eligible 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](http://www.iayt.org) or [www.grdcenter.org](http://www.grdcenter.org)

