Guru Ram Das Center
FOR MEDICINE & HUMANOLOGY

International Kundalini Yoga Therapy Professional Training

300 hour — Bringing Kundalini Yoga into Healthcare

Schedule of Courses: 2025—2026

Note: Schedule and faculty are subject to change. Classes are live and virtual unless noted otherwise.

Date	Course	Faculty	Credit Hours
2025			
Sep 12–15: Australia Sep 11–14:N&S Amer	Foundations of Kundalini Yoga Therapy: Principles & Practices	Siri Bhagvati, C-IAYT	30
Oct 8, 15 & Nov 5	The Conscious, Powerful & Ethical Care of Self & Others	HariKirin Kaur, MD, C-IAYT	8
Oct 23-26	Journey of the Soul: Kundalini Yoga Therapy to Prepare for Death and Transform Grief	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	30
Dec (on-demand)	Finding and Understanding Yoga Research	Julie Staples, PhD	7
2026			
Jan 15–18	Transforming Anxiety and Depression	Shanti Shanti Khalsa, PhD, C-IAYT	30
Feb 6-8 & 20-22	Elements and Alchemy of Kundalini Yoga	Japa Khalsa, DOM, C-IAYT Atma Jot, C-IAYT	45
Mar 19-22	Unraveling the Knot of Stress, Inflammation, Pain & Sleep	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	22
Apr 10-12 & 24-26	Functional Yoga Therapy for the Structural System	Dr. Crystal Frazee, PT, C-IAYT, NBC-HWC	45

June (on-demand)	Business Growth Clarified: How to Market Your Holistic Business to Drive Sales With Ease	Dr. Crystal Frazee, PT, C-IAYT, NBC-HWC	8
Oct 22–25	Origins and Identity: An Exploration of Your Authentic Self	Shanti Shanti Khalsa, PhD, C-IAYT	30
TBD (in-person)	Trauma Responsive Kundalini Yoga for Recovery from Post-traumatic Stress	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	38
Concurrent	Individual Mentoring: Transition to teaching therapeutically in group classes		7
			300