



# International Kundalini Yoga Therapy Professional Training

## 500 hour — Clinical Application of Kundalini Yoga Therapy

### Schedule of Courses: 2026—2027

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

Date	Course	Faculty	Credit Hours
2026			
Concurrent or Transferred	Two Semesters Anatomy and Physiology (Synchronistic, College Level Transfer)	N/A	90
Sept 15–20	Assessment and Treatment Planning	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	45
Oct 15–18	Gender and Health Across the Lifespan	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	30
Nov 7	Unraveling the Knot of Stress, Inflammation, Pain and Sleep — Practicum Day	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	4-5
Dec 2026 (on-demand)	The Complete Course of Ayurveda	Jai Dev S Khalsa, CAS	14
2027			
Jan 9-15 (in-person)	Application of Kundalini Yoga Therapy for Nervous, Endocrine and Digestive System Conditions	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	45



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Jan 17 (in-person)	Practicum Practice Clinic (with real clients from local area)		4-5
Feb (on-demand)	How Yoga Works: The Scientific Foundations	Julie Staples, PhD	7
Mar 11-14	Application of Kundalini Yoga Therapy to Cardiovascular and Respiratory System Conditions & Perioperative Care	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	30
Apr 13-18	Application of Kundalini Yoga Therapy to Immune, Viral and Cancer Conditions	HariKirin Kaur, MD, C-IAYT & Shanti Shanti Khalsa, PhD, C-IAYT	45
May 2027 (on-demand)	Keeping it all Together: The Business of Yoga Therapy	Crystal Frazee, PT, C-IAYT, NBC-HWC	6
Concurrent	Group Practicum Mentorship		21
Concurrent	Individual Mentoring		14
Concurrent	Practicum Delivery to clients or groups		145
Jun 5 or 12, 2027	Graduation Day!		
			500