



**International Kundalini Yoga Therapy
Professional Training**

Student/Trainee Handbook

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Table of Contents

Introduction 5

Admission 5-6

Prerequisites 5

Application & Application Fee 5

Interview 5

Acceptance 6

Enrollment 6

Transfer Hours Policy 6-7

Attendance Policy 7-9

Postponement of Courses & Program Policy 8

Program Completion Requirements 8

Progress & Dismissal Policy 8

Leave of Absence Policy 9

Tuition & Fees 9-11

Payment Policy 9

Cancellation & Refunds 10

Refund Table for Veterans 11

Statement of Honor Code for Faculty, Staff & Trainees 12

Code of Conduct Policy 12-14

Professional Competence 12

Advertising & Promotion 13

IAYT Consented Touch in Yoga Therapy Training, Teaching, & Practice 13

The Role & Caliber of a Kundalini Yoga Therapist 14

Student / Trainee Discipline Policy 15-16

Honor Code Violations Reporting 15

Honor Code Violations Report Procedure 15

Grievance & Complaint Policy 16-19

Honor Code Violations Report Procedure 16

Anti-Discrimination & Harassment Policy 17

Sexual Harassment Policy 18

Discrimination & Sexual Harassment Complaints 18

Confidentiality Policy 19-20

Limits of Confidentiality 19

Safekeeping of Confidential Records 19

Record Keeping 20

Violations of Confidentiality 20

Privacy Policy 20-23

Personal Identification Information 21

How We Us Collected Information 21

Sharing Your Personal Information 21

Compliance & Legal Regulations 21

How You Can Access, Update, or Delete Your Data 22

How We Secure, Store, & Retain Your Data 22

Age Restrictions 22

Data Protection Authority 22

Contact Us 22

Use of Artificial Intelligence (AI) Policy 23-28

Introduction & Purpose 23

Scope of AI Use 23

1. Permitted Applications 23

2. Limitations & Boundaries 23

3. Ethical Considerations 23

4. Data Privacy & Security 24

5. Quality Assurance 24

6. Training & Education 24

7. Accountability Framework 24

8. Risk Management 25

9. Implementation Guidelines 25

10. Review & Updates 25

<i>11.Adherence & Enforcement</i>	25
Website Terms of Use Policy	26-27
<i>Use License</i>	26
<i>Disclaimer</i>	26
<i>Limitations</i>	26
<i>Revisions & Errata</i>	27
<i>Links</i>	27
<i>Changes to This Privacy Policy & Website Terms of Use</i>	27
<i>Governing Law</i>	27
<i>Your Acceptance of These Terms</i>	27
Course Hours & Descriptions	28-31
<i>Synchronistic Segments</i>	28
<i>On Demand Segments</i>	29
<i>Additional Requirements</i>	31
Faculty	32
<i>Professional Education & Qualifications of Faculty</i>	32
Board	32

The International Kundalini Yoga Therapy Professional Training

INTRODUCTION

The International Kundalini Yoga Therapy Professional Training is sponsored by the Guru Ram Das Center for Medicine & Humanology, a non-profit organization.

The training is an 800-hour course of study accredited by the International Association of Yoga Therapists. It is held in 2 parts: a 300-hour Bringing Kundalini Yoga Into Healthcare Certificate and a 500-hour Clinical Application of Kundalini Yoga Therapy. Together, these lead to the designation as a Kundalini Yoga therapist.

The 300-hour Bringing Kundalini Yoga Into Healthcare Certificate consists of seven live synchronous courses, two in person courses, two on-demand courses, and seven hours of individual mentoring.

The 500-hour Clinical Application of Kundalini Yoga Therapy training consists of five live synchronous courses, one in-person course, and three on-demand courses. In addition, twenty-one hours of Group Practicum Mentorship, One hundred fifty hours of Practicum Delivery with individual clients and groups, and 14 hours of individual mentoring are required. A total of 60 hours of college level Anatomy and Physiology synchronistic study are to be transferred as a co-requisite into your transcript..

The in-person courses are held in Europe, Australia, and in the United States. Our trainees are from 54 countries.

Certified Kundalini Yoga Level I instructors may participate in any of the 300-hour courses in the International Kundalini Yoga Therapy Professional Training and any of the on-demand courses without being officially enrolled. Applicable courses taken will be transferred with a tuition credit when the instructor applies for admission into the 300-hour Bringing Kundalini Yoga Into Healthcare Certificate training.

ADMISSION

The International Kundalini Yoga Therapy Professional Training does not discriminate based on race, sex, gender, religion, ethnic origin, sexual orientation or disability. Applicants must be at least 18 years of age.

PREREQUISITES

Applicants must be Certified Kundalini Yoga Level I Instructors in good standing, have taught Kundalini Yoga for a minimum of 200 hours, and have a demonstrated personal practice. Applicant must be at least 18 years of age.

APPLICATION AND APPLICATION FEE

The application for admission must be received at least 1 month prior to the next program start date. A non-refundable \$108 application fee must be submitted with the written application. If admitted into the program, this fee is applied to tuition.

INTERVIEW

Applicants are required to be interviewed before acceptance into the program. During the Interview we further explore the applicants:

- goals for participation in the program to teach therapeutically, and for becoming a Kundalini Yoga Therapist
- ability to manage change, conflict, and the demands of the training

ACCEPTANCE

The interview is factored into the applicant's final evaluation of acceptance into the training. Acceptance is at the discretion of the Admissions Committee. Notification of the Committee's decision is given in writing within 15 days following the interview.

Once accepted into the International Kundalini Yoga Therapy Professional Training, applicants can defer admission up to one year after notification of acceptance. After one year, they need to reapply.

Prior to acceptance into the program, applicants are required to:

- complete the application
- pay the application fee
- be interviewed online or in-person

ENROLLMENT

After notification of acceptance, an Enrollment Agreement is completed that includes:

- Approved transfer credits
- Payment details and schedule
- Refund policy

Upon completion of the Enrollment Agreement and payment of the Enrollment Deposit, the applicant is considered registered in the International Kundalini Yoga Therapy Professional Training. The current training schedule is sent to the enrollee.

Trainees will retain their own yoga teaching insurance for the duration of enrollment.

Program and class size are limited to foster a personalized training atmosphere. Advanced registration is advised to ensure your space.

TRANSFER HOURS POLICY

The International Kundalini Yoga Therapy Professional Training accepts up to 300 transfer hours for Yoga Therapy training, as set by the accreditation requirements of the International Association of Yoga Therapists. Included in the 300 transfer hours is a maximum of 60 transfer hours in conjunction with completion of a college level Anatomy and Physiology Course(s). These course(s) must be taught by a college or university level instructor, in-person or synchronous online, and must directly relate to the Competencies outlined by the International Association of Yoga Therapists.

Yoga therapy courses taken from a yoga tradition other than Kundalini Yoga may be eligible for transfer; however, the content of the transferred course must match the content of the International Kundalini Yoga Therapy Professional Training curriculum and must directly relate to the Competencies outlined by the International Association of Yoga Therapists. Request for transfer hours is reviewed on an individual basis.

Courses approved for transfer include:

- Sixty hours or 2 semesters of a college level Anatomy and Physiology course taught by a college or university level instructor in-person or synchronous online.
- Any of the synchronous online, on demand, and in-person courses in the 300-hour Bringing Kundalini Yoga Into Healthcare certificate curriculum taught by Guru Ram Das Center faculty from June 2015 to the present.
- Any of the on-demand courses in the 500-hour Clinical Application of Kundalini Yoga Therapy curriculum taught by Guru Ram Das Center faculty.

The process of approval of transfer hours is as follows:

1. The applicant completes the International Kundalini Yoga Therapy Professional Training application listing the courses that they have completed and for which they are requesting approval for transfer credit.
- 2) Applicants must submit a syllabus for the Anatomy and Physiology course(s) that they completed when seeking approval for transfer courses.
- 3) In conjunction with the application process, the Admissions Committee will review the material submitted and will determine courses to be accepted for transfer. Transfer hours will be approved for Anatomy and Physiology only if the syllabus submitted covers the content required by the IAYT competencies. Applicants may be requested to complete competency exams related to course content.
- 4) Applicants are notified in writing of the courses approved transfer credit hours.

Note: The Anatomy and Physiology transfer course hours are for admission into the 500-hour Clinical Application of Kundalini Yoga Therapy. Anatomy and Physiology is not a requirement for the 300-hour Bringing Kundalini Yoga into Healthcare certificate.

ATTENDANCE POLICY

All courses, individual mentoring, and Group Practicum Mentorship in the International Kundalini Yoga Therapy Professional Training are experiential and full participation is required. Trainees are expected to arrive on time with proper materials and be prepared to participate fully.

All segments must be attended in full. If any segment is skipped or part of a segment is missed, the trainee must notify their Faculty Mentor at least 15 business days in advance, unless missing is due to an emergency, in which case the trainee must notify as soon as possible. The trainee is required to prepare, in conjunction with their Faculty Mentor, a written plan to make up the material. The trainee is responsible for any costs if supplemental tutoring is required.

The training schedule for the 300-hour and 500-hour sections are sent to each trainee when the Enrollment Agreement is signed. Trainees receive notice of any changes in the schedule within 30 days prior to the scheduled segment date.

POSTPONEMENT OF COURSES & PROGRAM POLICY

Postponement of a starting date of a segment, whether at the request of the school or the trainee requires a written agreement signed by the trainee and the school.

PROGRAM COMPLETION REQUIREMENTS

The International Kundalini Yoga Therapy Professional Training is an 800-hour course of study accredited by the International Association of Yoga Therapists. It is held in 2 parts: a 300-hour Bringing Kundalini Yoga Into Healthcare Certificate and a 500-hour Clinical Application of Kundalini Yoga Therapy. Together, these lead to the designation as a Kundalini Yoga therapist and prepares the graduate to take the Certification exam offered by the International Association of Yoga Therapists.

The 300-hour Bringing Kundalini Yoga Into Healthcare Certificate consists of seven live synchronous courses, two in person courses, two on-demand courses, and seven hours of individual mentoring.

The 500-hour Clinical Application of Kundalini Yoga Therapy training consists of five live synchronous courses, one in-person course, and three on-demand courses. In addition, twenty-one hours of Group Practicum Mentorship, one hundred & fifty hours of Practicum Delivery with individual clients and groups, and 14 hours of individual mentoring are required. A total of 60 hours of college level Anatomy and Physiology synchronistic study are to be transferred into the training.

- 13 synchronistic segments
- 2 semesters of college level Anatomy and Physiology
- 7 on demand segments covering Ayurveda, Research, Ethics, Business Development
- Group Practicum Mentoring and Individual Mentoring
- Individual Client and therapeutic group classes in Mentored Practicum

Completion of a course and credit for class hours is assessed on a scale of Exceeds Expectations / Meets Expectations / Approaches Expectations / Below Expectations / Not Attempted/Off Topic system.

All enrollees in the International Kundalini Yoga Therapy Professional Training must maintain a Meets Expectations status assessed through attendance, class participation, satisfactory participation in individual mentoring and group practicum mentoring, completion of homework assignments, quizzes, other class assignments, and evaluation of competencies.

Participation in the full duration of each In-Person, Online, or On Demand segment and submission of homework assignments is required in order to receive credit. We do not have provisions to make-up for partial attendance. It is the responsibility of the trainee to fulfill this requirement if they want credit for a specific course.

Trainees must complete all components to successfully complete the training and graduate as a Kundalini Yoga Therapist.

PROGRESS AND DISMISSAL POLICY

A team consisting of the faculty mentor, group practicum supervisor, and school director monitors trainees' progress. Trainees who are falling short of meeting the criteria will have a consultation with their faculty mentor for the purpose of helping them develop a plan to meet training requirements.

Any trainee may be counseled out or dismissed for excessive absences, tardiness, incompleteness of homework assignments, or violations of policies, rules and regulations of the school as set forth in this student/trainee manual.

Trainees who cannot complete the training for any reason, will meet with their faculty mentor to withdraw.

All meetings reflecting a trainee's participation in the training are documented including the decisions and/or conditions of continued participation in the program.

LEAVE OF ABSENCE POLICY

Trainees who meet the criteria for an extended absence may request a Leave of Absence (a temporary interruption in the program.) The International Kundalini Yoga Therapy Professional Training grants a request for a leave of absence for:

- Pregnancy, childbirth or adoption
- Physician documented illness or health restrictions that would prevent participation in the training and are for a limited time period
- Documented family emergency
- Other documented emergency that may interfere with attendance

For a Leave of Absence to be granted, it must meet all the following conditions:

- The request must be made in writing to the trainee's Individual Mentor stating both starting and ending dates, the reason for the leave of absence, and a plan for completion of course work once the trainee returns.
- There must be reasonable expectation that the trainee will return from the leave of absence.
- The leave of absence must be approved by the trainee's Mentor and the School Director.

The decision to approve the Leave of Absence is made within 15 business days of receipt of the request. The Leave of Absence cannot exceed 180 calendar days. Upon return, coursework must be completed in accordance with the terms of the leave request.

If a trainee is granted a Leave of Absence but does not return to the program by the end of the agreed upon leave period, the trainee will be considered withdrawn from the program. After the Leave of Absence period ends, whether successfully completed or not, the trainee's Individual Mentor notifies the School Director.

If a trainee fails to return from an authorized Leave of Absence, the effective date of termination is considered the end date of the Leave of Absence. Any refund due to the trainee will be made within 30 days of the effective date of termination.

TUITION & FEES

From January 1, 2026, through December 31, 2027, tuition for part 1 of the International Kundalini Yoga Therapy Professional Training is \$10,628. Credit for courses taken, the Application Fee of \$108 and the Enrollment Deposit of \$1,063 are applied to the tuition. Books and supplies for each course are the responsibility of the trainee and are not included. Estimated cost of books for 800-hour training ranges

from \$590.00 to \$880.00, depending on format. Any cost of travel and accommodation are the responsibility of the trainee and are not included in this agreement. The Enrollment Deposit is due at the time the Enrollment Agreement is signed. Payment plans are available. Tuition, fees and deposits are made payable to the Guru Ram Das Center for Medicine & Humanology.

PAYMENT POLICY

Applicants have the opportunity to establish a tuition payment plan on their Enrollment Agreement & are required to make payments based on the plan established in their Enrollment Agreement. If needed, adjustments in the payment schedule can be made upon mutual written agreement with the school.

Applicants who choose to establish a tuition payment plan are assessed a service charge. The service charge for payments made annually is 3.5%. For payments made quarterly, the service charge is 4.0%. The service charge for payments made monthly is 4.5%.

Annual payments may be made via Check, PayPal, Electronic Funds Transfer, Master Card, or Visa. Monthly payments are made via PayPal, Electronic Funds Transfer, Master Card, or Visa.

Trainees who are more than thirty days late in making a payment may be assessed a fee of \$30 per month unless late payment arrangements are made with the school. Trainees are not eligible for continued participation in the training until they become current.

CANCELLATION & REFUNDS

- 1) A full refund of the enrollment deposit will be made if the applicant withdraws within three business days after signing the enrollment agreement and making an initial payment, provided that the applicant has NOT commenced training.
- 2) Applicants who withdraw after three business days, but before commencement of classes are entitled to a full refund of all tuition except a cancellation fee of \$250.
- 3) Trainees withdrawing from the International Kundalini Yoga Therapy Professional Training are entitled to a refund based on the chart below, minus a cancellation fee of \$250. The amount of the refund is based on the percentage of program hours completed, including in-person and online segments, group practicum mentoring and individual mentoring.

Percentage of Training Attended	Percentage of Refund Amount
Less than 10%	90%
After 10% but within the first 25%	75%
After 25% but within the first 50%	50%
After 50% but within first 75%	25%
After 75%	No refund

- 4) All refunds are made within 30 days from the date of termination or withdrawal. The official date of termination or withdrawal of a trainee is determined by one of the following criteria:
- The date on which the school receives written notice of the trainee’s intention to discontinue the training.
 - The date on which the trainee violates published school policy, which provides for termination.
 - The last recorded date of attendance.
 - If a trainee fails to return from an excused Leave of Absence, the effective date of termination is considered the start date of the Leave of Absence. In this case the refund will be made within 30 days of receipt of written notice of withdrawal.
- 5) The Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training shall not consider any claim that is filed more than two years after the date the trainee discontinues training at the school.
- 6) If the Guru Ram Das Center for Medicine and Humanology ceases operation of the International Kundalini Yoga Therapy Professional Training, Trainees are refunded tuition paid in excess of the percentage of segments, individual mentoring, group practicum mentoring, completed prior to the termination of the program, and less 12% for accreditation adherence and administration.
- 7) Refunds for Veterans In accordance with VA Regulation 21.4255-1, for Veteran’s Receiving the GI Bill, trainee who cancel the Enrollment Agreement by notifying the school in writing within three (3) business days are entitled to a full refund of all tuition and fees paid provided that the trainee has NOT commenced training.

REFUND TABLE FOR VETERANS

Percentage of Training Attended	Percentage of Refund Amount
10% Completed	90% Refunded
20% Completed	80% Refunded
30% Completed	70% Refunded
40% Completed	60% Refunded
50% Completed	50% Refunded
60% Completed	40% Refunded
70% Completed	30% Refunded
80% Completed	20% Refunded
90% Completed	10% Refunded

STATEMENT OF HONOR CODE FOR FACULTY, STAFF & TRAINEES

This Honor Code embodies the level of integrity we expect of ourselves and of our peers. We agree to uphold the standards, integrity, and ethics of the profession of Yoga Therapy by promoting honesty in academic and professional activities.

It is expected that each trainee will make a personal commitment to abide by the Honor Code, which includes both self-monitoring and reporting violations. The Honor Code applies to faculty, staff and trainees and is enforced by the School Director and an Honor Board. All trainees who are enrolled in courses offered in the International Kundalini Yoga Therapy Professional Training will be held to the Honor Code. The Honor Board consists of faculty and mentors, named by the School Director.

Violations include actions that fall into behavioral, academic, legal and safety categories. Consequences of all violations include self-assessment and remediation. Categories of violations are tiered and cumulative such that repetitive violations, even of a lower tier, may lead to increased consequences.

CODE OF CONDUCT POLICY

It is the intention of the Guru Ram Das Center for Medicine & Humanology and its International Kundalini Yoga Therapy Professional Training to offer the highest quality services and educational programs. All faculty, staff and trainees are required to adhere to the values, ethical and professional standards of International Kundalini Yoga Therapy Professional Training.

Code of Conduct is based on the following:

1. Yoga Alliance Code of Practice
<https://www.yogaallianceinternationalregistry.com/code-of-practice>
2. Yoga Alliance Code of Conduct
3. <https://yogaalliance.org/yoga-alliance-policies/code-of-conduct/>
4. IAYT Code of Ethics and Professional Responsibilities
https://cdn.ymaws.com/www.iayt.org/resource/resmgr/docs_certification_all/docs_ethics_scope/ciayt_code_of_ethics.pdf
5. IAYT Code Of Consented Touch
6. The Role and Caliber of A Kundalini Yoga Therapist

PROFESSIONAL COMPETENCE

A Kundalini Yoga Therapist:

1. Recognizes their individual boundaries of competence and scope of practice and is forthcoming about professional experience, qualifications, and credentials.
2. Continues to actively practice Kundalini Yoga and update their knowledge and skills, including Advanced Professional Development as recommended or required by IAYT, and the International Kundalini Yoga Therapy Professional Training.
3. Is committed to personal spiritual development, and so will have a regular, daily spiritual practice.

ADVERTISING AND PROMOTION

The following guidelines uphold the quality of the delivery of Kundalini Yoga Therapy and how Kundalini Yoga Therapy is represented, as well as protect against legal allegations arising from our actions, comments, or printed material. A Kundalini Yoga Therapist:

1. Does not misrepresent his or her professional qualifications, affiliations, or falsely imply sponsorship or certification by any organization.
2. Describes announcements and brochures promoting services with accuracy. These promotional materials should not include exaggerated claims about the effects of yoga or Yoga Therapy.
3. Does not make public statements that contain any false, fraudulent, misleading, deceptive, or unfair statements or any statements intended or likely to exploit a client's fears, anxieties, or emotions.
4. Represents themselves, the Guru Ram Das Center for Medicine & Humanology, and the International Kundalini Yoga Therapy Professional Training, truthfully and accurately in all public relations, following the guidelines set by the Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training for advertising that will correctly reflect the organization's purpose, scope of practice and mission.
5. Treats all communications with clients with professional confidentiality.

INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS

CONSENTED TOUCH IN YOGA THERAPY TRAINING, TEACHING, AND PRACTICE

Touch can be a powerful tool in teaching and in healing and transformation. The use of touch is integral to many approaches to yoga therapy as a nonverbal means of assessment, instruction, and information-sharing. Individuals' experiences with and feelings about touch are varied and informed by their cultural and societal orientations, personal experiences, and other factors. When used skillfully, with clear boundaries, sensitive application, and good clinical judgment, touch has a legitimate and valuable role as a body-oriented mode of engagement.

IAYT-certified yoga therapists (C-IAYT) are ethically bound to employ touch appropriately and to abide by the scope(s) of practice that apply to them.

1. General or specialized consent to touch must be in alignment with current laws in the locality of the yoga therapy practice. It is the responsibility of the practitioner to understand the specific legal requirements that apply to their practices.
2. IAYT-accredited yoga therapy training programs and Approved Professional Development (APD) courses shall have in place procedures to obtain informed consent to touch. These procedures must apply to all faculty, staff, volunteers, and trainees.
3. Informed consent is the practice of providing information to clients to enable them to make informed, reasoned decisions regarding the methods used during yoga therapy sessions.
4. The intent of informed consent is to support legal and ethical rights of clients to direct what is happening to their bodies, to involve clients in their own care, and to provide opportunity for self-empowered decision-making.
5. Informed consent may also function to reduce practitioner exposure to liability.

6. Informed consent may be verbal, written, or both. It is advised that written consent is given in the event of care being given over a long time period. Individual state and country laws may also dictate methods used to obtain consent.
7. To enable a client to provide informed consent to touch, the parameters and intentions for the use of touch must be clearly communicated in understandable language.
8. Each training program or course must provide information on the intention of the use of touch in the approach, style, or method of yoga therapy being taught.
9. The intention must be limited to guidance for correct understanding and use of yoga practices, improvement of proprioceptive awareness, and/or increasing self-awareness, emotional awareness, and other forms of interoceptive awareness.
10. To ethically use touch, practitioners must have received training and mentorship on the use of touch within yoga therapy.
11. Practitioners shall limit the manner of touch used in their clinical practices to that acquired through their training and professional experience.
12. Regardless of whether verbal or written consent has been given, any action that puts at risk a trainee, practitioner, volunteer, or client's body integrity is unconsented physical intrusion and a violation of human rights.
13. All touch in reference to yoga therapy practice shall be nonsexual in intent. Sexual touch by a yoga therapist or client within the context of yoga therapy is always inappropriate.

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THE ROLE AND CALIBER of A KUNDALINI YOGA THERAPIST

In addition to having knowledge and understanding of health conditions and yoga therapy interventions, the caliber of the Kundalini Yoga Therapist is essential. Kundalini Yoga Therapy trainees are assessed on their ability to:

- Keep a confidence
- Manage frustration
- Refrain from gossip
- Be present with a student/client
- Address their own reactivity and distress
- Work as a team, and support and uplift their team members
- Adhere to ethical standards and practice
- Demonstrate personal responsibility in situations of challenge or conflict
- Demonstrate personal endurance
- Self-Reflect and work through blocks
- Demonstrate compassion both for themselves and for others, Demonstrate humility
- Accept feedback and utilize feedback to self- direct change as needed

- Demonstrate an awareness of how their personal habits and patterns impact their interpersonal relationships and functioning as a Kundalini Yoga Therapist.
- Show sensitive regard for the moral, social, and religious standards of yoga therapy clients, and avoids imposing his or her personal beliefs on others.
- Recognize that they are a vehicle for the yoga practices, never their source.
- Assists the yoga therapy client to connect with the yoga practice and to their own soul, rather than to a personality. The Kundalini Yoga Therapist never considers themselves a “guru” nor initiates anyone as a disciple.

STUDENT/TRAINEE DISCIPLINE POLICY

Trainees are expected to adhere to all ethical and professional practices of Yoga Therapy, and all federal, state, and local laws. Activities in violation of these are grounds for review by the Honor Board and such activities may be grounds for dismissal.

Honor Code Violations Reporting

Alleged Honor Code violations may be self-reported, reported by peers, or by faculty, staff or other members of the community via the Honor Code Violation Report Form. This form is available by request from the School Director.

1. **Self-report:** If a trainee violates, or has a concern about a possible violation of, the Honor Code, either intentionally or unintentionally, the trainee must inform their mentor or the School Director about this matter as soon as possible
2. **Peer report:** In order to promote the principle that trainees are mutually invested in the community and as such are responsible for each other, if a trainee has concerns that another trainee has violated the Honor Code they are required to report the violation as soon as possible to their mentor or the School Director
3. **Faculty report:** If a member of the faculty believes a trainee has violated the Honor Code they must speak directly with the trainee and if the violation is a repeated Tier 1 offense, or involves conduct in Tiers 2-4, or if concern remains about the trainee’s conduct after discussion with the trainee, the faculty member shall report same to the School Director.

Honor Code Violations Report Procedure

Trainee concerns are to be first addressed directly with the individual with whom the trainee certified mail. The trainee will confirm receipt of the letter within 24 hours and is required to send a signed written response within 10 business days to the School Director.

The School Director will review the violation report and the response and will determine if it is necessary to convene the Honor Board. If so, the Honor Board will be convened within 15 business days of receipt of the trainee’s written response. Once convened, the Honor Board assumes responsibility for investigating the alleged Honor Code violation and determining what course of action, if any, will be taken in response to the complaint.

Upon receipt of the written response of the trainee, the Honor Board chair will forward the response to the complainant. If the complainant responds with additional information, that information will be forwarded via the Honor Board to the trainee.

Following receipt of all relevant materials, the Honor Board will meet independently with the trainee. The Honor Board may investigate the complaint further by interviewing peer trainees, other faculty or staff members. All meetings will be documented and signed by the individuals in attendance. All documentation will remain in the trainee's academic file.

Within 60 business days of the date the Honor Board is convened the Board makes a decision as to what actions, if any, will be taken. The complainant, trainee, and the School Director receive a written copy of the Board's findings and recommendation(s).

If the trainee or person filing the alleged Honor Code Violation report would like to appeal the outcome, they make a written request to the School Director. The Director makes a final determination within 15 business days, and notifies the trainee, the person filing the report, and the Honor Board.

If the trainee is put on probation, suspended, or terminated, any later request for reinstatement would be based on the reason for the discipline and will be reviewed by the Honor Board in conjunction with School Director. The Honor Board's decision for reinstatement is final and communicated in writing.

GRIEVANCE & COMPLAINT POLICY

Honor Code Violations Report Procedure

Trainee concerns are to be first addressed directly with the individual with whom the trainee experiences the difficulty.

If the concern is with a faculty or staff member, and a satisfactory resolution is not reached through discussion, the trainee may file a written complaint of the alleged Honor Code violation via the Honor Code Violation Form available through the School Director. This report may include any supporting documentation and is to be submitted to the School Director.

The School Director will send a copy of the complaint to the faculty or staff member in question via certified mail. The faculty or staff member will confirm receipt of the letter within 24 hours and is required to send a signed written response within 10 business days to the School Director.

The School Director will review the complaint and the response and will determine if it is necessary to convene the Honor Board. If so, the Honor Board will be convened within 15 business days of receipt of the faculty member's written response. Once convened, the Honor Board assumes responsibility for investigating the alleged Honor Code violation and determining what course of action, if any, will be taken in response to the complaint.

Upon receipt of the written response of the faculty or staff member, the Honor Board chair will forward the response to the complainant. If the complainant responds with additional information, that information will be forwarded via the Honor Board to the faculty or staff member.

Following receipt of all relevant materials, the Honor Board will meet independently with both the trainee and the faculty or staff member. The Honor Board may investigate the complaint further by interviewing peer trainees, other faculty or staff members. All meetings will be documented and signed by the individuals in attendance. All documentation will remain in the trainee's file.

Within 60 business days of the date the Honor Board is convened the Board makes a decision as to what actions, if any, will be taken. The complainant, faculty or staff member and the School Director receive a written copy of the Board's findings and recommendation(s).

If the trainee, staff or faculty member would like to appeal the outcome, they make a written request to the School Director. The Director makes a final determination within 15 business days, and notifies the trainee, staff or faculty member and the Honor Board.

If the staff or faculty member is put on probation, suspended, or terminated, any later request for reinstatement would be based on the reason for the discipline and will be reviewed by the Honor Board in conjunction with School Director. The Honor Board's decision for reinstatement is final and communicated in writing to the staff or faculty member.

If the complaint that is raised is with the Director of the School in her role as instructor, another faculty member will be asked to moderate the complaint.

The filing of a complaint will not affect the trainee's fair evaluation in completing the training or course of study.

ANTI-DISCRIMINATION AND HARASSMENT POLICY

The Guru Ram Das Center for Medicine & Humanology and its International Kundalini Yoga Therapy Professional Training is committed to providing a learning environment that is free of discrimination and/or harassment. Discrimination/harassment is prohibited in all programs sponsored by the Guru Ram Das Center for Medicine & Humanology whether committed by staff, faculty, or trainees. We are committed to creating a learning environment based on integrity and is respectful and uplifting to all.

All staff and faculty have a key responsibility in establishing and maintaining a learning environment free from personal discrimination/harassment. All faculty members are directly responsible for the conduct of trainees in a class or mentored practicum setting. All participants in the International Kundalini Yoga Therapy Professional Training are expected to adhere to this policy, and it is the personal responsibility of all participants whether faculty, staff or trainee to ensure that inappropriate conduct does not occur.

Discrimination or harassment based on race, color, religious affiliation, gender, sexual orientation, national origin, citizenship, age status, disability, marital status, or any other basis prohibited by law, will not be tolerated. The Guru Ram Das Center for Medicine & Humanology prohibits inappropriate conduct based on any of the above characteristics in all contexts of the International Kundalini Yoga Therapy Professional Training programming.

Harassment/ Discrimination is defined as behavior that is unwanted, unreasonable and offensive to the recipient, which creates an intimidating, hostile or humiliating learning environment for that person. This list is not meant to be exhaustive. Harassment can occur between members of the same or opposite sex. There are various types of harassment which can occur, these can be based on:

- Race, ethnic origin, nationality or skin color
- Gender and/or sexual orientation
- Religious or political convictions
- Membership or non-membership of an organization or affiliation
- Disabilities, illness, sensory impairments or learning difficulties
- Age

SEXUAL HARASSMENT POLICY

Sexual harassment has been defined as unwanted and unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature that is made either explicitly or implicitly a term or condition of participation in programs or as an influence on continued participation or evaluation in the International Kundalini Yoga Therapy Professional Training OR has the purpose or effect of substantially interfering with an individual's ability to learn or comfortably participate in programs creating an intimidating, hostile, or offensive learning environment.

All participants in the International Kundalini Yoga Therapy Professional Training including core and guest faculty, staff and trainee's will refrain from conduct that is sexual in nature including the following:

- Comments or jokes, or degrading language or behavior that is sexual in nature
- Sexually suggestive objects, books, magazines, photographs, cartoons, pictures, electronic communication or other material
- Unwelcome sexual advances, requests for sexual favors, or any sexual touching
- Offering favorable terms or conditions of program participation or benefits in exchange for sexual favors or threatening or imposing less-favorable terms or conditions of program participation if sexual favors are refused.
- Sexual harassment is prohibited whether it's between members of the opposite sex or members of the same sex.

DISCRIMINATION AND SEXUAL HARASSMENT COMPLAINTS

Any claims of discrimination or harassment are investigated promptly, and appropriate action taken to eliminate inappropriate behavior. Creating a discrimination/ harassment free learning environment is everyone's responsibility.

If you receive a complaint or observe or believe you are a target of discrimination, sexual harassment or any other form of harassment while participating in any International Kundalini Yoga Therapy Professional Training or sponsored event, you must immediately report it to one of the following:

- A faculty member
- The School Director

All complaints received by the Honor Board will be treated with sensitivity and kept confidential, according to the steps in Honor Board process. You are not required to report your complaint to anyone who is the subject of it. For example, if your complaint concerns a faculty member or other trainee, you are not required to directly address that person before bringing your concern to the School Director. However, if anyone at a training or event behaves in an inappropriate manner, we encourage you to tell that person that the conduct is unwelcome, that you find it offensive, and that you request that it stop immediately.

After reviewing a Discrimination or Harassment complaint, the School Director will refer the complaint to the members of the Honor Board. Timelines and the procedure for completing the investigation are the same as that described in the Grievance Policy.

Following the completed investigation, the School Director and/or designee, may develop a corrective action plan with the individual who engaged in the harassing or discriminating behavior. Further, contingent on the outcome of the investigation and/ or progress made related to the corrective action plan, the individual may be asked to leave the program.

The Guru Ram Das Center for Medicine & Humanology prohibits any form of retaliation for making a report of discrimination or harassment or participating in the investigation of a complaint of discrimination or harassment. If you believe you have been subjected to retaliation, you can use any of the resources described above to report your concerns.

CONFIDENTIALITY POLICY

It is the policy of the Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training to protect the confidentiality of its clients and trainees. Except for the limitations listed below, staff will share information about clients and/or trainees only with other Guru Ram Das Center for Medicine & Humanology staff as necessary. All prospective clients and trainees are informed of the scope and limitations of confidentiality through this written policy.

During the International Kundalini Yoga Therapy Professional Training, faculty and/or trainees may present case studies for the purpose of learning. Both faculty and trainees will de-identify all personal information that is presented. Faculty and staff are required to sign a confidentiality agreement.

Identifying information (including names, photographs, videos, etc.) of trainees may be used in Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training publications or promotional materials only upon written consent.

LIMITS OF CONFIDENTIALITY

- Information may be provided to law enforcement officials or the courts pursuant to a subpoena.
- Information may be provided to legal counsel in the event of litigation or potential litigation involving the Guru Ram Das Center for Medicine & Humanology or the International Kundalini Yoga Therapy Professional Training. Such information is considered privileged and protected by law.
- Information may be shared with an individual faculty mentor or group practicum mentor so that the trainee may safely and effectively provide Kundalini Yoga Therapy. As few client identifying features as possible will be disclosed.

SAFEKEEPING OF CONFIDENTIAL RECORDS

The School Director and Registrar of the International Kundalini Yoga Therapy Professional Training, and the Executive Director and Administrator of the Guru Ram Das Center for Medicine & Humanology are considered the custodians of confidential records. It is their responsibility to supervise the management of confidential information in order to ensure safekeeping, accuracy, accountability, and compliance with policies.

RECORD KEEPING

The Guru Ram Das Center for Medicine & Humanology creates and maintains a file for each applicant and participant in the International Kundalini Yoga Therapy Professional Training. Additionally, a file is maintained for each faculty member of the Program.

Applicants, and certification track enrollees' files include, but are not limited to:

- Complete Application Packet
- Enrollment Agreement
- Payment Tracking Form
- Course Completion Listing for segment participants
- Course transcripts for enrollees
- Certificate of Completion Copies
- Applicable Release Forms

Faculty files include, but are not limited to:

- CV/Resume
- Contract(s)
- Applicable Release Forms

All records are kept confidential and are covered by the conditions outlined in the confidentiality policy. Archival records or those records of past applicants and participants in the International Kundalini Yoga Therapy Professional Training are maintained and kept confidential.

All files are regularly maintained and updated within an electronic database and/or hard copy filing system.

VIOLATIONS OF CONFIDENTIALITY

A known violation of the Confidentiality Policy by either a trainee, faculty, or staff member may result in disciplinary action including termination from the program.

PRIVACY POLICY

The Guru Ram Das Center for Medicine and Humanology and the International Kundalini Yoga Therapy Professional Training cares about your privacy. For this reason, we collect and use personal data only as it might be needed for us to deliver to you our products, services, websites and trainings (collectively, our "Services"). Your personal data includes information such as:

- Name
- Address
- Telephone number
- Email address
- Course and events participated in
- Tuition payments made

Our Privacy Policy is intended to describe how and what data we collect, and how and why we use your personal data. It also describes options we provide for you to access, update or otherwise take control of your personal data.

If at any time you have questions about our practices or any of your rights described below, you may contact us at kundaliniyogatherapy@grdcenter.org This inbox is actively monitored and managed.

This Privacy Policy governs the manner in which the Guru Ram Das Center for Medicine and Humanology and the International Kundalini Yoga Therapy Professional Training collects, uses, maintains and discloses information collected from each trainee.

PERSONAL IDENTIFICATION INFORMATION

We collect information so that we can provide the best possible experience when you utilize our services. Much of what you likely consider personal data is collected directly from you when you:

- (1) Attend a training or purchase any of our services (ex: billing information, including name, address).
- (2) Request assistance from our customer support team (ex: phone number).
- (3) Complete contact forms or request newsletters or other information from us (ex: email).
- (4) Participate in fundraisers, or otherwise participate in activities we promote that might require information about you.

Account related information is collected in association with your use of our services, such as training dates, purchases, information requests, and customer service requests and notes or details explaining what you asked for and how we responded.

HOW WE USE COLLECTED INFORMATION

We strongly believe in both minimizing the data we collect and limiting its use and purpose to only that (1) for which we have been given permission, (2) as necessary to deliver the services you purchase or interact with, or (3) as we might be required or permitted for legal compliance or other lawful purposes. We utilize this information to:

- *To improve trainee experience*
Information you provide helps us respond to your requests and support needs more efficiently.
- *To personalize trainee experience*
We may use information in the aggregate to understand how our trainees as a group use the services and resources provided
- *To send periodic emails*
We may use trainee email addresses to send information and updates and to respond to trainee inquiries, questions, or other requests.

SHARING YOUR PERSONAL INFORMATION

We do not share, sell, trade, or rent your personal information to others.

COMPLIANCE AND LEGAL REGULATIONS

We cooperate with government and law enforcement officials to enforce and comply with the law. We will disclose any information about you to government or law enforcement officials that is necessary or appropriate to respond to claims and legal process (such as subpoena requests), to protect our property

and rights or the property and rights of a third party, to protect the safety of the public or any person, or to prevent or stop activity we consider to be illegal or unethical.

To the extent we are legally permitted to do so, we will take reasonable steps to notify you in the event that we are required to provide your personal information to third parties as part of legal process.

HOW YOU CAN ACCESS, UPDATE, OR DELETE YOUR DATA

To easily access, view, update, or delete your personal data, please contact us at kundaliniyogatherapy@grdcenter.org

If you make a request to delete your personal data and that data is necessary for the products or services you have purchased, the request will be honored only to the extent it is no longer necessary for any services purchased or required for our legitimate business purposes or legal or contractual record keeping requirements.

HOW WE SECURE, STORE, AND RETAIN YOUR DATA

We follow generally accepted standards to store and protect the personal data we collect, both during transmission and once received and stored, including utilization of encryption where appropriate.

We retain personal data only for as long as necessary to provide the services you have requested and thereafter for a variety of legitimate legal or business purposes. These might include retention periods:

- mandated by law, contract or similar obligations applicable to our business operations.
- for preserving, resolving, defending or enforcing our legal/contractual rights; or
- needed to maintain adequate and accurate business and financial records.

AGE RESTRICTIONS

Our services are available for purchase only for those over the age of 18. If you know of or have reason to believe anyone under the age of 18 has provided us with any personal data, please contact us.

DATA PROTECTION AUTHORITY

If you are a resident of the European Economic Area (EEA) and believe we maintain your personal data subject to the General Data Protection Regulation (GDPR), you may direct questions or complaints to the UK's Information Commissioner's Office, as noted below:

www.ico.org.uk

Information Commissioner's Office

Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF, United Kingdom

Phone: 0303 123 1113

CONTACT US

If you have any questions, concerns or complaints about our Privacy Policy, our practices or our services, you may contact us at kundaliniyogatherapy@grdcenter.org. Alternatively, you may contact us by either of the following means:

- By Mail: The Guru Ram Das Center, PO Box 1926, Espanola, NM 87532 USA.
- By Phone: 1 (505) 469-7699

- We will respond to all requests, inquiries or concerns within thirty (30) days.

USE OF ARTIFICIAL INTELLIGENCE (AI) POLICY

Introduction and Purpose

The Guru Ram Das Center's (GRDC) approach to artificial intelligence (AI) within the International Kundalini Yoga Therapy Professional Training is grounded in a careful consideration of both legal and humanistic aspects. Our concerns center on ensuring equitable access to these technologies, redefining the faculty's role, and maintaining data privacy standards.

Our motivation also stems from observing the increasing integration of AI tools in healthcare settings to support professional work. We anticipate a high probability that our graduates will encounter AI applications in their professional contexts in the coming years, making AI literacy an important component of their preparation.

Scope of AI Use

1. Permitted Applications

Our policy on AI use is guided by an analysis of our curriculum's learning objectives, which fall into six categories:

- Knowledge (recall of ideas)
- Comprehension (demonstrating understanding of ideas)
- Application (putting ideas into practice)
- Analysis (contrasting and relating ideas)
- Synthesis (combining ideas)
- Evaluation (judging ideas through criteria)

We permit AI use for knowledge acquisition through topic-related research and investigation. Trainees may use AI to gain an overview of knowledge areas as a complement to our recommended study materials. This includes using AI to create article summaries. When trainees use AI-generated materials as a knowledge base in their homework, they must cite these sources appropriately, as with any other reference.

2. Limitations and Boundaries

We do not encourage AI use for learning objectives related to comprehension, application, analysis, synthesis, and evaluation. This limitation is designed to give trainees the opportunity to develop their judgment and strengthen their cognitive capacity for critical thinking and analytical reasoning.

We do encourage appropriate uses of AI and generative AI tools to enhance practical professional skills, such as creating marketing materials or blog entries, and the incorporation of these applications into our training courses, where reasonably possible.

3. Ethical Considerations

ChatGPT, Claude, and similar AI language models have demonstrated remarkable capabilities in accessing and analyzing large volumes of information, generating, categorizing, and summarizing text with high

coherence and accuracy. However, this poses potential challenges to the integrity and ethics of our training curriculum.

AI technologies can have far-reaching impacts in healthcare, including summarizing patient medical histories, creating treatment plans, suggesting possible diagnoses, and aiding in administrative tasks. While recognizing these benefits, we remain committed to maintaining the human element in yoga therapy practice.

Our curriculum is designed to foster critical thinking and analytical reasoning. We aim to build trainees' confidence in their ability to evaluate and improve AI outputs while mitigating potential negative consequences of AI-generated responses. Therefore, we educate our graduates for ethical use of AI language models that are available to the public. Privacy of our clients is the most important asset in the client-therapist relationship and cannot be compromised.

4. Data Privacy and Security

GRDC is committed to the highest standards of data protection when AI tools are utilized in the International Kundalini Yoga Therapy Professional Training. All trainee and client data shared with or processed by AI systems must be anonymized, with personally identifiable information removed prior to submission. Faculty and trainees must obtain explicit informed consent before entering any client information into AI systems, clearly explaining how the data will be used and what safeguards are in place. We prohibit the storage of sensitive client information on third-party AI platforms and require the use of secure, password-protected systems when AI tools are necessary for educational purposes. All AI interactions involving client cases must comply with healthcare privacy regulations and our institute's confidentiality guidelines.

5. Quality Assurance

To ensure the quality and integrity of our training, our faculty will not use AI to assess or evaluate homework and examinations. Faculty members are required to personally evaluate trainee performance, maintaining the principle that an instructor must directly review and assess trainee work.

We are committed to continuously nurturing the essential values of traditional teaching and learning methods, particularly the faculty-trainee and trainee-trainee relationships that form the foundation of yoga therapy education.

6. Training and Education

We are committed to supporting AI literacy by providing adequate training and support for both faculty and trainees. This includes education about the appropriate use of AI tools, understanding their limitations, and developing critical evaluation skills.

7. Accountability Framework

GRDC establishes clear roles and responsibilities regarding AI use within the International Kundalini Yoga Therapy Professional Training. Faculty members are accountable for monitoring appropriate AI use in their courses, providing guidance to trainees, and reporting potential misuse. Trainees bear responsibility for adhering to these guidelines and disclosing AI assistance in their work when utilized.

For addressing complaints or policy violations, we follow a three-tier approach: first, educational intervention and guidance; second, formal warning with remediation plan; and third, appropriate

disciplinary action proportional to the violation. Throughout this process, we maintain transparency while respecting confidentiality.

8. Risk Management

GRDC acknowledges several potential risks associated with AI integration in yoga therapy training. These include over-reliance on AI for clinical decision-making, potential reinforcement of biases present in AI training data, misapplication of generalized AI recommendations to individualized yoga therapy contexts, and the diminishment of critical thinking skills through excessive AI dependence. To mitigate these risks, we implement a multi-faceted approach. First, we require all AI-generated content used in clinical applications to undergo human expert review before implementation. Second, we conduct regular faculty training on AI limitations, with particular emphasis on recognizing and addressing potential biases in AI outputs. Third, we maintain a database of documented AI misapplications in healthcare settings as teaching examples for trainees. Fourth, we design assignments that specifically develop skills in critically evaluating and refining AI-generated content.

Our contingency planning includes established protocols for addressing immediate concerns about any harmful AI recommendations. These protocols include a rapid review process by senior faculty, temporary restrictions on specific AI tools when necessary, and ready-to-deploy alternative teaching methods that do not allow for trainee reliance on AI technologies. We maintain a commitment to the primacy of human judgment in yoga therapy clinical practice, ensuring that AI tools remain supportive resources rather than replacements for the carefully cultivated therapeutic skills and presence that define our profession.

9. Implementation Guidelines

We continually adapt our trainee assessment methods to measure true learning and understanding rather than simply the ability to collect information, which can easily be done with AI tools. This includes ongoing refinement of assessment strategies that focus closely on trainees' comprehension and their professional application of yoga therapy principles.

In our training, we emphasize trainee-trainee peer dyads to apply required skills in action, supported by faculty-trainee discussion and final assessment. Our faculty-to-trainee group practicum mentoring also involves direct interaction and knowledge application. Both faculty and trainees use assessments that minimize opportunities for AI misuse, such as oral examinations or controlled settings with limited internet access, to help maintain academic integrity.

10. Review and Updates

GRDC commits to interim reviews of this AI policy whenever significant advancements in AI technology relevant to yoga therapy emerge or when regulatory changes affecting AI use in healthcare education occur. This approach to policy refinement reflects our commitment to responsible AI adoption that honors both technological innovation and the holistic, human-centered traditions of yoga therapy.

11. Adherence and Enforcement

Adherence to this AI policy is mandatory for all faculty members and trainees associated with GRDC's International Kundalini Yoga Therapy Professional Training. All participants must acknowledge their understanding and acceptance of these guidelines by signing the policy document upon program entry. Non-compliance with this policy may result in progressive disciplinary action, up to and including dismissal from the program, depending on the severity and frequency of violations.

WEBSITE TERMS OF USE POLICY

By accessing the Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training website, you agree to these Terms of Use, all applicable laws and regulations, and agree that you are responsible for compliance with any applicable local laws. If you do not agree with any of these terms, you are prohibited from using or accessing this site. The materials contained in the website are protected by applicable copyright and trademark law.

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LIMITATIONS

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LINKS

The Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training have not reviewed all the sites linked to its website and is not responsible for the contents of any such linked site. The inclusion of any link does not imply endorsement by Guru Ram Das Center for Medicine & Humanology or the International Kundalini Yoga Therapy Professional Training of the site. Use of any such linked website is at the user's own risk.

CHANGES TO THIS PRIVACY POLICY AND WEBSITE TERMS OF USE

The Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training have the discretion to update this Privacy Policy at any time. We encourage trainees to check this page for any changes. You acknowledge and agree that it is your responsibility to review this Privacy Policy periodically and become aware of modifications. If we make material changes to this Privacy Policy, we will notify you here, by email, or by means of a notice on our home page, at least thirty (30) days prior to the implementation of the changes.

The Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training may revise these Terms of Use for its website at any time without notice. By using our website, you agree to be bound by the then current version of these Terms of Use.

GOVERNING LAW

Any claim relating to the Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training website shall be governed by the laws of the home jurisdiction of the Guru Ram Das Center for Medicine & Humanology and the International Kundalini Yoga Therapy Professional Training, without regard to its conflict of law provisions.

YOUR ACCEPTANCE OF THESE TERMS

By using the website and our services, you signify your acceptance of this Privacy Policy and Terms of Use. If you do not agree to this Privacy Policy and Terms of Use, please do not use the website or our services. Your continued use of the website and our services following the posting of changes to this Privacy Policy and Terms of Use will be deemed your acceptance of those changes.

COURSE HOURS & DESCRIPTIONS

Course sequence is subject to change, pending faculty availability. Attendance for the full duration of each In-Person, Synchronous Online, and On Demand segment, and satisfactory completion of homework, quizzes, and exams are required in order to pass that segment.

	Segment	Hours	Brief Course Description
Segment 1	Foundations of Kundalini Yoga Therapy: Principles and Practices Synchronous online	30	Identify and explore core principles and practices of Kundalini Yoga (KY) Therapy and begin the transition from being a KY Teacher to becoming a Kundalini Yoga Therapist.
Segment 2	Origins and Identity: An Exploration of Your Authentic Self Synchronous in person	30	Understand Yogic Philosophy, the 10 bodies and 36 tattvas in relationship to one's origin and identity and identify and address unresolved inner conflict as the source and resolution of illness. Begin to develop radiance and neutrality in the presence of suffering.
Segment 3	Elements and Alchemy of Kundalini Yoga Synchronous online	45	Understand how the key elements of Kundalini Yoga and the 12 main meridians relate to mantra, mudra, drishti, bhandas, asana, pranayama, meditation and kriya.
Segment 4	The Conscious, Ethical, and Powerful Care of Self and Others Synchronous online	8	Ethical living is sourced in personal values and lived experience. When groups of people come together, they must agree to shared values across varied experiences. This is the heart of ethics.
Segment 5	Unraveling the Knot of Stress, Inflammation, Pain and Sleep Synchronous online	22	Learn the science and ancient yogic tradition of how these 4 aspects of human physiology – stress, pain, inflammation and sleep – are entwined and sometimes entangled. Discover the technology of Kundalini Yoga and yogic lifestyle to untangle and liberate the source of these conditions to restore health and vitality.
Segment 6	Functional Yoga Therapy Synchronous online	45	Develop an in-depth understanding of the muscles and joints of the body, how to complete an assessment of imbalances and how to utilize asana/kriya to increase flexibility and range of motion, strengthen and support the structural system. Gain skill in developing a treatment plan for full recovery.
Segment 7	Transforming Anxiety and Depression Synchronous online	30	Develop an understanding of the physiology and the yogic and Western psychology of anxiety and depression. Learn how the application of Kundalini Yoga Therapy addresses these conditions. Curriculum for each is included.

Segment 8	Trauma Responsive Kundalini Yoga Therapy for Recovery from PTS Synchronous in person	38	Develop specific skills to compassionately, safely and effectively instruct trauma responsive Kundalini Yoga Therapy to people with PTS. Identify the indicators of PTS and what is necessary for recovery. Understand the impact of trauma on the brain, glandular, nervous, and structural systems and how a specific practice of Kundalini Yoga restores healthy regulation to these systems. Gain skill in helping a person who has been activated to safely restore calm and presence.
Segment 9	Journey of the Soul: Kundalini Yoga Therapy to Prepare for Death and Transform Grief Synchronous online	30	Develop the capacity of the yoga therapist to be present with dying, explore western & yogic understanding of death, and how to support grief recovery from a yogic perspective.
Segment 10	Finding and Understanding Yoga Research Asynchronous On Demand	7	Develop an understanding of the different types of research designs, how to assess the quality of research and how to locate published yoga therapy research.
Segment 11	Business Growth Clarified: How to Market Your Holistic Business to Drive Sales Asynchronous On Demand	8	Explore successful strategies for marketing as a professional Yoga Therapist. Trainees learn how to build a community of practice and write a marketing plan for their business.
Segment 12	Assessment and Treatment Planning Synchronous online	45	Explore the yogic understanding of the process of change and the therapeutic relationship. Learn how to complete a comprehensive assessment, form a treatment plan, and track progress over time. Gain skill in motivational interviewing for changing health behavior and identify the influence of social determinants of illness and health.

Segment 13	The Complete Course of Ayurveda Asynchronous on demand	14	Develop an understanding of the philosophy of Ayurveda as a context for Kundalini Yoga therapy. The basic use of diet, herbs and lifestyle as a support for health recovery are covered.
Segment 14	The Application of Kundalini Yoga Therapy for Nervous, Endocrine and Digestive System Conditions Synchronous in person	45	Develop an understanding of the western and yogic approaches to illnesses related to the nervous, endocrine, and digestive systems, yogic psychology of these conditions, western and yogic treatment approaches, contraindications and the application of KY therapy to support recovery. Key learning is

			incorporated into an assessment and treatment plan for these considerations.
Segment 15	The Application of Kundalini Yoga Therapy to Cardiovascular & Respiratory System Conditions & Perioperative Care Synchronous online	30	Develop an understanding of the western and yogic approaches to illnesses related to the cardiovascular and respiratory systems, yogic psychology of these conditions, western and yogic treatment approaches, contraindications and the application of KY therapy to support recovery. This segment also addresses the role of KY Therapy in the process of pre and post-operative care and wound healing. Key learning is incorporated into an assessment and treatment plan for these considerations.
Segment 16	The Application of Kundalini Yoga Therapy to Support Immune Health: Infective, Post-infective, Cancer & Cancer Recovery Synchronous online	45	Develop an understanding of the western and yogic approaches to illnesses related to the immune and lymphatic system, infective, post-infective, cancer, & the cancer recovery year. Included are yogic psychology of these conditions, western and yogic treatment approaches, contraindications and the application of KY Therapy to support recovery. Key learning is incorporated into an assessment and treatment plan for these considerations.
Segment 17	Gender and Health Across the Lifespan Synchronous online	30	Review relevant concepts of normal liver/renal/adrenal, urinary & reproductive systems and common disorders, then the patho-physiology of common challenges to these systems. By deeply understanding biomedical, psychoneuroimmunologic, Ayurvedic and yogic approaches, trainees will see how, where & when to apply yogic interventions to support masculine and feminine health considerations, including LGBTQ+ awareness, and healthy aging for all people. Via didactics, group discussion, and practicum role playing material is incorporated into an assessment and treatment plan for these considerations.
Segment 18	How Yoga Works: The Scientific Foundations Asynchronous on demand	7	Review the scientific evidence that demonstrates the impact of yoga and meditation on physiology and supports their use as an intervention for health maintenance and recovery.
Segment 19	Building Skill in Managing Complex Cases Synchronous online	3	Identify the components of a complex case, practice the essential key steps to unpacking the client history in what may at first seem unconnected, perplexing, and overwhelming information. Discover how to unlock the starting point that opens up the whole case. Draft a treatment plan

			that meets the most pertinent needs of the client to create change.
Segment 20	Keeping it All Together: The Business of Yoga Therapy Asynchronous on demand	3	Develop the skills necessary to manage the business aspect of being a practicing Yoga Therapist including writing a business plan, setting a fee structure, record keeping and accounting practices.

Additional Requirements

		Hours	Brief Description
Transfer as co-requisite	College level Anatomy & Physiology Synchronous either in person or online	60 hours or 2 semesters	Demonstrate an understanding of the human body's structure (anatomy) and function (physiology) body organization, cells, tissues, and the integumentary, skeletal, muscular, and nervous, endocrine, digestive, cardiovascular, respiratory, & immune systems and senses.
Ongoing	Group Yoga Therapy Classes	32 (4 six-week series, 1.25 hrs each class, 2 hrs curriculum preparation)	Gain skill in teaching a therapeutic KY group class.
Ongoing	Individual Mentoring	21	Personal support and reflection during practicum; tracking and monitoring progress, addressing personal development throughout the training
Ongoing	Group Practicum Mentoring	21	Peer and faculty support and reflection, progression of skill development and training in key clinical areas including safety, legal and ethical issues, helping clients when stuck or setbacks accurate assessment and treatment application.
Ongoing	Individual Client Practicum	153	Increase skill in assessment, treatment and tracking clinical outcomes using Kundalini Yoga Therapy with individual clients.



International Kundalini Yoga Therapy Professional Training
PROFESSIONAL EDUCATION AND QUALIFICATIONS OF FACULTY

Faculty for the International Kundalini Yoga Therapy Professional Training are selected based on their expert knowledge, practical experience, and personal caliber.

Shanti Shanti Kaur Khalsa, PhD C-IAYT, School Director
 Hari Kirin K Khalsa, MD, C-IAYT
 Atma Jot Kaur Güdel, C-IAYT
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