

**1000 Hour
International
Kundalini Yoga
Therapy Professional
Training
2019-2021 Millis MA**



Open course?*	#days	In Person	Year	Millis Dates	Online	Clinical Supervision/Practicum	Personal Devel	Grad Project	Co-Req
			Year One						
yes	4	Foundations of Kundalini Yoga Therapy: Principles & Practices		Sept 19-22, 2019	Research	17 hours group classes	40 hrs	17 hrs	A&P 60 hrs
yes	4	Origins and Identity: An Exploration of Your Authentic Self		TBA Jan 2020	How to build practice	6 hrs Group supervision			4 day courses are 30 hours
yes	6	Elements and Alchemy of Kundalini Yoga		Feb 2019	ethics: TBA				6 day are 45 hours
	6	Assessment and Treatment Planning		Nov 14-19, 2019					
			Year Two						
yes	4	Unraveling the Knot of Stress, Inflammation, Pain and Sleep		Nov 21-24, 2019	Scientific Foundations how yoga works	17 hrs group	40 hrs	23 hours Grad Project	A&P 60 hrs
	6	Yoga Therapy for the Structural System (add more KY and a little biomed)		TBA Jan 2020					
	6	Application of Kundalini Yoga Therapy to Immune Viral Cancer		Mar 29-Apr 3 2020	Complete Course of Ayurveda	40 clients (20 direct 20 prep + Doc)			
yes	4	Journey of the Soul: Facing Death, Transforming Grief		Apr 5-8 2020		6 indiv. mentoring			
	6	Application of Kundalini Yoga Therapy for Nervous Endocrine and Digestive Systems		Nov 10-15, '20		9 clinical supervision			

			Year Three							
	4	Transforming Anxiety and Depression		Jan 21-24, '21						
	4	Application of Kundalini Yoga Therapy to Cardiovascular and Respiratory Systems and Perioperative Care		Jan 26-29, '21	Case Study Research	4 indiv. mentoring	40 hrs	33 hrs Grad Project	Elective Courses**	
yes	4	Gender and Health Across the Life Cycle		Mar 26-29, '21	Business of Yoga Rx	6 clinical supervision			PTSD	Oct 18-22, 2019 Millis
yes	4	Managing Complex Cases/ Healer/ Project Presentation		Mar 31-Apr 3, '21		60 hrs client indiv. work			Cold Depression	Nov 5-8, 2020 Millis
<i>subject to change as need be</i>										

*"Open Course" means that all Level 1 Kundalini yoga teachers may attend without having to enroll yet in the 1000 hour training.

** Elective Courses are not required in the 1000 hours and available for enrichment and CEUs.

Founded as a non-profit organization by Yogi Bajan, the long-term mission of the Guru Ram Das Center for Medicine & Humanology is to bring the techniques of Kundalini Yoga as a treatment modality into the health care field, just as other methods — such as acupuncture and chiropractic services — have been integrated in the recent past.

The International Kundalini Yoga Therapy Professional Training is comprised of 13 in-person segments and 7 online segments. The training is fully integrated. This is not simply a sequence of courses you take where you finish and get a certificate; you are undergoing an integrated process across 1,000 training hours, including clinical supervision, where you qualify yourself to become a Kundalini Yoga therapist. The first 3 in-person segments are focused on shifting from being a Kundalini Yoga teacher to becoming a Kundalini Yoga Therapist. They are primarily yoga focused and take the trainee deep into the consciousness of Kundalini Yoga as Therapy. The subsequent in-person segments are focused on assessment and clinical application. They take the trainee deep into clinical practice of Kundalini Yoga as therapy.

Any Kundalini Yoga teacher can take the first 3 in-person segments in any order (although it is more integrative to take them as 1, 2, 3) without enrolling in, or committing to, the full training. After that, yoga therapy trainees must enroll in the full program so that they may benefit from supervision and the integrated process of developing skills, sensitivity, experience and consciousness over the 3 year 1,000 hour training. All of the 7 online segments are open to any Kundalini Yoga Teacher whether they enroll in the full training or not. All segments will be posted on our website 3

- 5 months before they are available. The International Kundalini Yoga Therapy Professional Training is accredited by the International Association of Yoga Therapists.

For more information and to apply, visit www.GRDC.org