



and



YOGA AT THE ASHRAM
The Baba Siri Chand Yoga and Retreat Center



Are so pleased to offer:

Foundations of **Kundalini Yoga Therapy:** Principles and Practices



Photo by Matthew Cabret on Unsplash

**Remote Training on
Thursday, September 10 -
Sunday, September 13, 2020
With
Hari Kirin Kaur, M.D., C-IAYT**

Includes the additional 2.5 hour
Ad Such meditation
Saturday, September 12

Course Hours are Noon-4pm EST Synchronous during Days 1, 2, and 4. Day 3, from noon-5:30pm, includes the Ad Such Meditation and a midpoint break. Attendees should plan on spending 2-4 additional hours each course day, made up of practice and self-paced content which informs each of the synchronous sessions on Zoom.



Hari Kirin Khalsa, M.D., C-IAYT, started in health care as a nurse's aide in 1976, becoming a registered nurse in 1982 and a physician in 1993. She found kundalini yoga in 2003, for her own stress reduction as a busy obstetrician/gynecologist. From there, she became a kundalini yoga teacher, going on to study yoga therapy while also coming on board as faculty with the Guru Ram Das Center for Medicine & Humanology. Dr. Khalsa serves as volunteer faculty for the University of Massachusetts Medical School. Her mission is to champion people into their unique inner strength, via awareness and lifestyle change.

Open to all Kundalini Yoga Teachers

Teaching Kundalini Yoga to groups of people with health conditions

More and more students come to a Kundalini Yoga class wanting to address a health concern. Yet, Level 1 Teacher Training prepares us to teach Kundalini Yoga to healthy people, not to those with a health condition.

For this, we need a different set of skills and a new way of thinking: a therapeutic approach. This 4-day intensive training teaches you this method. You'll be introduced to the skills, language and pacing you need to teach Kundalini Yoga to groups with health conditions safely and effectively.

Special attention is given to personal development of the teacher to engender awareness, strength and subtlety of the sensory system, intuition, compassion, deep listening, sensitivity, humility, endurance & grace.

This training gives Kundalini Yoga teachers the foundation needed to begin to develop those skills and to deepen and expand the application of yogic philosophy, technique and habits of conscious living toward health recovery.

Foundations is a pre-requisite to other therapeutic stand-alone trainings offered by the Guru Ram Das Center such as assisting people with Post Traumatic Stress Disorder, Cold Depression, and Death & Grief. It is also the first course in the 1,000 hour Kundalini Yoga Therapy Training, which is accredited by the International Association of Yoga Therapists.

Continuing Education units for yoga teachers through IKYTA. *Attendance for full duration is required to obtain certificate of completion.*

Topics of this course include:

- Building vitality for change
- The Kundalini yoga therapy mandala
- The language of teaching Kundalini yoga therapeutically
- The differences between a yoga teacher, yoga therapist and yogic healer
- Structure and flow of a Kundalini yoga therapy class
- The psychology of health recovery
- How to include friends and family for support
- Curriculum for group health conditions class

Register for Foundations of Kundalini Yoga Therapy:

Click the Register Now link at the bottom of this flyer or visit the Yoga at the Ashram webpage at yogaattheashram.org.

Tuition

Regular Rate: \$697.00

In recognition of the current financial strain many of our customers may be facing, we will be offering this course at a discounted rate of **\$425.00**.

Pre-Requisite: You must be a Level 1 Certified Kundalini Yoga Teacher to attend

CEUS: The four day session meets the qualifications for 36 contact hours for nurses, as required by the California Board of Registered Nurses; provider number CEP 13960. 30 continuing education credits available for certified yoga instructors through IKYTA. *Attendance for full duration of four-day course is required to obtain certificate of completion.*

[REGISTER NOW](#)



Register Online: www.YogaAtTheAshram.org or call 508-376-4525

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