

KUNDALINI YOGA THERAPY

PROFESSIONAL YOGA THERAPY TRAINING



Foundations of Kundalini Yoga Therapy – Principles and Practices

Level 1 Kundalini Yoga Teacher training prepares us to teach to people who are healthy. A separate set of skills and a different way of thinking is required to teach to people with health conditions. This training gives Kundalini Yoga teachers the foundation needed to develop the skills to teach Kundalini Yoga safely and effectively. Special emphasis is given to the development of the consciousness of the teacher.

Open to all Kundalini Yoga Teachers. This training is the first module to complete before any further Kundalini Yoga Therapy modules. This course may inspire you to continue your studies in yoga therapy or this course can be taken alone. Attendance for full duration is required to obtain certificate of completion.



Siri Bhagvati (Billie)



Randeep Kaur

WHAT YOU LEARN IN THIS 4 DAY COURSE

Learn the key principles Yogi Bhajan established to teach Kundalini Yoga therapeutically

Explore the unique structure of a therapeutic Kundalini Yoga class and the layering model of teaching Kundalini Yoga to people with health conditions

Learn Yogi Bhajan's principles and practices of the psychology of health recovery and the role of family and friends

Explore your identity as a Kundalini Yoga Teacher, Kundalini Yoga Therapist and Yogic Healer

TRAINING DETAILS

TWO COURSES OFFERED IN 2019

15th - 18th Feb 2019 &
1st - 4th Nov 2019

Course begins at 10am on the first day and finishes at 4pm on the last day.

WITH

Taught by Siri Bhagvati (Billie) & Randeep Kaur

INVESTMENT

(unless paid as part of Mental Health course)

Early Bird Investment: \$990

General Investment: \$1,200

Feb Early Bird - deposit of \$400 by 15th Dec '18

Prices include all meals, accommodation and texts.

WHERE

Feb - Atisha Centre, Bendigo & Nov - Brisbane TBC



2019-20 international in-person and online courses
Guru Ram Das Center for Medicine & Humanology
grdcenter.org | jaye@essenture.com.au

facebook.com/YogaTherapyAustralia/
or the "Kundalini Teacher Training Events" page on
www.kundalinihouse.com.au