

KUNDALINI YOGA THERAPY

PROFESSIONAL YOGA THERAPY TRAINING



MENTAL HEALTH FOR THE AQUARIAN AGE

We are delighted to offer a course that focuses on Mental Health in the Aquarian Age and equips you to teach Kundalini Yoga therapeutically. In Australia, one in five people experience a mental illness in a year*, with anxiety and depressive disorders being most common. We also know that trauma is ubiquitous in the community, with many developing post-traumatic stress disorder (PTSD).

Yogi Bhajan gifted us with his insight on the Aquarian Age and shared many tools to help us develop an increased capacity to deal with these rapidly changing times. He says, 'The Age of Aquarius is coming our way. Emptiness, insanity and pain shall be everybody's affair. People will like to hit walls to find out where they can go. They shall come to you'. Learn the tools, language, theories and technology to serve and elevate people, so that they may not only cope in life, but excel.

* https://www.blackdoginstitute.org.au/docs/default-source/factsheets/facts_figures.pdf?sfvrsn=8



Siri Bhagvati (Billie)



Shanti Shanti Kaur Khalsa



Randeep Kaur

IN THIS 18 MONTHS COURSE YOU LEARN

Foundations of Kundalini Yoga Therapy -
Principles and Practices
in 2019 & 2020

Teaching Trauma Informed Kundalini Yoga to
People Recovering from PTSD
in 2019 & 2020

Overcoming Cold Depression:
Penetrate the Silence of the Soul
May 2020

Kundalini Yoga for Anxiety and Depression
May 2020

TRAINING DETAILS

WHEN

Please refer to each course module.

WITH

Taught by Shanti Shanti Kaur Khalsa,
Siri Bhagvati (Billie) & Randeep Kaur

INVESTMENT

(Modules already completed will be credited and will change the overall cost. Please email for more details.)

General Investment: \$5,000

(includes a 1-2hrs mentoring session)

Prices include all meals, accommodation and texts.

WHERE

Please refer to each course module.



As taught to Shanti Shanti Kaur Khalsa directly by Yogi Bhajan



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