



Guru Ram Das Center
FOR MEDICINE & HUMANOLOGY

and



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

Are so pleased to offer:

**First 15 Enrollees take
\$50 off!!
Use Promo Code:
EarlyBirdFeb**

**Foundations: Principles and Practices of
Kundalini Yoga Therapy
With Hari Kirin Kaur Khalsa, MD
Includes the 2.5 hour
Meditation to Invoke the Master's Touch**

**Includes the Workshop: Yoga and
Yoga Therapy: Understanding the
Science and the Research
with Sat Bir Singh, PhD**

**Feb 15-18,
2018**

**9-5 Thurs & Friday
8:30-5:30-Saturday
9-4 Sunday**



*The First Segment of the IAYTA Accredited 1000 hour training Required to become a Professional Kundalini Yoga Therapist
This Segment is also Open to all Level 1 KY Teachers for enrichment and CEUS.
You do not have to be enrolled in the entire yoga therapy program yet.*

As Level 1 Kundalini Yoga Teachers, we serve people who are healthy.

**A separate set of skills is required
to teach people with health conditions.**

**A six week Kundalini Yoga curriculum for a mixed conditions group class is
included.**

Over for Faculty Bio and Registration Information

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

368 Village St. Millis, MA 02054

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**. It 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. It is open to all KY teachers for enrichment and CEUs.

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



Hari Kirin Kaur Khalsa, MD, developed a unique understanding of health care first as a registered nurse, then as a physician. She is a board-certified Obstetrician Gynecologist. She has been teaching Kundalini Yoga & Meditation since 2007, developing a focus toward bringing this technology into inpatient and outpatient health settings under the Guru Ram Das Center for Medicine and Humanology with Shanti Shanti Kaur, PhD. She is a member of the International Association of Yoga Therapists and serves as the yoga center director at Guru Ram Das Ashram in Millis, Massachusetts.

Sat Bir Singh Khalsa, Ph.D. is Director of Research for the Kundalini Research Institute, Research Associate at the Benson Henry Institute for Mind Body Medicine, Research Affiliate at the Osher Center for Integrative Medicine, and Assistant Professor of Medicine at Harvard Medical School. He has conducted biomedical research on yoga for insomnia, stress, anxiety disorders, and yoga in public schools and workplaces. He is editor-in-chief of the International Journal of Yoga Therapy and the medical textbook The Principles and Practice of Yoga in Health Care, and is author of the Harvard Medical School ebook Your Brain on Yoga.



Register for Foundations of Kundalini Yoga Therapy:

Online at <http://www.yogaattheashram.org/kundalini-yoga-therapy/>

Or contact us as listed below

Tuition: Regular Rate: \$644

First 15 people to register get \$50 off :

Sign up for \$594 use Promo Code EarlyBirdFeb

Course includes a delicious homemade,
vegan gluten free lunch each day and a six week curriculum.

Guest space : available at a reduced rate of \$50/night – contact us for availability

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

CEUS: This training is approved for 36 contact hours for nurses as required by the California Board of Registered Nurses, Provider #CEP 13960, for 30 Continuing Education Credits for MFT's and LCSW's as required by the California Board of Behavioral Sciences, Provider #PCE1361, and for 30 Continuing Education Credits by IKYTA

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