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**International Kundalini Yoga Therapy Professional Training**

**Application**

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Legal Name Spiritual Name

Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing Address:

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Street Apt # City

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State Zip/Postal Code Country

Phone Number(s):

Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Daytime \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Total Tuition:**

Total Tuition for the complete 1,000 hour International Kundalini Yoga Therapy Professional Training is as follows: For applications received October 1, 2019 – December 31, 2020 tuition is $29,000.

Training starts at each quarter of the year: January 1, April 1, July 1, October 1. Total tuition less any applicable credits may be paid either in one lump sum, in 3 annual installments, quarterly or monthly installments. For payments made annually the service charge is 3.5%. For payments made quarterly, the service charge is 4.0%. For payments made monthly the service charge is 4.5%.

**Application Fee:**

A non-refundable Application Fee of $108 is due at the time the application is submitted. Send to Guru Ram Das Center at PO Box 1926, Espanola, NM 87532 or via PayPal at [Healthnow@grdcenter.org](mailto:Healthnow@grdcenter.org). This fee is applied to tuition if the candidate is accepted into the program.

**Application Due Dates:**

Program start dates are quarterly. The Application for Admission must be received at least 3 months prior to the next scheduled start date. Application/program start dates are as follows:

Application due: 3/31 for 7/1 start date Application due: 6/30 for 10/1 start date

Application due: 9/30 for 1/1 start date Application due: 12/31 for 4/1 start date

# KRI Level I Training:

Where did you complete your KRI Kundalini Yoga Teacher Training? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When did you complete this training? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who was your lead teacher? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Include A Copy of Your KRI Level 1 Training Certificate in Your Application Packet**

Applicants must be KRI Approved Kundalini Yoga Level I Instructors in good standing, have 200 hours of teaching experience, and have a demonstrated personal practice. Please use form on next page to show your teaching hours.

List any training you have attended that was sponsored by the Guru Ram Das Center for Medicine & Humanology from January 2010 to the present. Attendance for full duration of each In-Person and Online segment is required in order to receive transfer credit.

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| Name of Course | Location | Date Completed | # of Hours |
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List any other course work that you have completed that you would like considered towards your transfer or elective hours for example- Anatomy and Physiology.

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| Name of Course | Location | Date Completed | # of Hours |
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Courses Approved for Transfer Credit: (This section to be completed by the Admissions Committee)

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| Name of Course | Location | Date Completed | # of Hours | Initials |
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**Teaching Hours Tracking Form**

**KY Classes taught since Level One certification:** Please *summarize* and total each page at the bottom. You must have a total of 200 teaching hours.

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| --- | --- | --- | --- | --- | --- |
| Course Title | Where Taught | Dates | Type\* | # Students | Hours |
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| TOTAL | | | | | |

\* C = class which is from 1 – 1.5 hours

# Personal Narrative:

Please answer the following questions:

1. Why are you interested in becoming a yoga therapist? How has your life experience brought you to this point?
2. What are your expectations for this Professional Training? What do you want to come away with? Describe your plans for using what learn over the 3 years.
3. Are you or have you been active in health care? In what capacity? If you are a licensed health professional which license (s) do you hold?
4. What strengths do you bring to teaching Kundalini Yoga to people with health conditions?
5. What areas have you identified where you need to grow?
6. What is your current personal sadhana?
7. Have you or anyone in your family experienced a chronic or life threatening illness? If so, please describe how this affects you.
8. What are your thoughts and beliefs about how a person becomes ill? About how a person gets well or recovers from illness?
9. What is Yoga Therapy in your view? How does it help someone become well again?
10. What support do you have as you start the training?
11. What support do you need to develop for yourself or to ask for from others? What is most important to insure your success?
12. Are you currently teaching Kundalini Yoga, or have you taught in the past? Please describe your student population and where you teach (kind of facility).
13. Please list any seva (volunteer) projects that you have completed or regularly participate in and give a brief description of each.
14. What else is important for us to know about you?

# Additional Application Materials to Be Submitted:

Current Photo

Videotaped Teaching:

Each applicant is required to submit a recent video of them teaching a Kundalini Yoga Class and instructing a group meditation and getting in and out of relaxation. Please use Dropbox, YouTube, WeTransfer or Google Drive for your video submission.

**Note: If you include faces of participants, releases will need to be obtained from all student participants.**

Letters of Recommendation:

The applicant is required to have five different letters of recommendation with at least one from each of the following categories: a health professional, community member or yoga student, another Kundalini Yoga teacher. It is suggested that you select people who have known you for different lengths of time, for example: some who have known you a year or so, another who has known you 5-7 years.

**Note: Please use the LETTER OF RECOMMENDATION FORM on the following page.**

**International Kundalini Yoga Therapy Professional Training Letter of Recommendation**

Please use this form for your letter of recommendation. You may elaborate on a separate piece of paper if you do not have enough room on this page.

1. Contact information: Please list the candidate’s name, mailing address, along with home, business, cell phone numbers, and e-mail address.
2. How long and in what capacity have you known this candidate?
3. What strengths does this person bring to becoming a Kundalini Yoga Therapist?
4. What are this person’s challenge areas?
5. Is there anything in this person’s past, since they have become a Kundalini Yoga teacher, that could jeopardize his/her ability to function in the International Kundalini Yoga Therapy Professional Training?
6. Are there any areas of further development that you believe this candidate needs to strengthen before participating in the International Kundalini Yoga Therapy Professional Training?
7. How does the person interact with community members, students and other health professionals?
8. Is there anything else you would like to tell us?
9. Please provide your contact information: Name, title, mailing address, along with home, business, and cell phone numbers, and e-mail address. What is the best way to contact you?

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Signature Date

Please send your **signed** letter of recommendation directly to Guru Ram Das Center for Medicine and Humanology, Attn: Admissions, PO Box 1926, Espanola, NM 87532, or email it to kundaliniyogatherapy@grdcenter.org. Thank you for taking the time to complete this letter of recommendation. All comments remain confidential.

**International Kundalini Yoga Therapy Professional Training Affidavit of Conduct**

“We must now have a standardized process…it must stand in a court of law. In a court of law this documentation is necessary.” Yogi Bhajan, April 1996.

You may attach additional pages as needed

1. Have you ever had criminal charges brought against you? If so, please explain.
2. Have you ever been convicted of a crime? If so, please explain.
3. Have you ever had disciplinary action taken against you in any state or country by an employer and/or governmental licensing agency? If so, please explain.
4. Have you ever been hospitalized for a mental/emotional condition? If so, please explain.
5. Have you engaged in behavior since being certified as a Kundalini yoga teacher that is counter to the Professional Standards of a Kundalini Yoga Teacher? (See next page.) If so, please explain.

I certify that all of the information in this affidavit and application is true and correct.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# The Code of Professional Standards of a Kundalini Yoga Therapist

## Kundalini Yoga Therapist/Client Relationship

It is the responsibility of the KY Therapist to maintain a professional relationship with clients. This also applies to anyone assisting the KY Therapist or engaged in any related activities.

1. A KY Therapist recognizes that trust placed in and unique power of the Client/Yoga Therapist relationship. A KY Therapist avoids any relationship with a Yoga Therapy client that could impair his or her professional judgment. He or she does not use the relationship for personal gain.
2. All forms of sexual involvement with Yoga Therapy clients and their family members are unethical, even when a client invites or consents to such behavior. Sexual behavior includes but is not limited to, all forms of overt and covert seductive speech, gestures, and behavior.
3. A KY Therapist does not engage in harassment, abusive words or actions, or coercion of clients or former clients.
4. A KY Therapist shows sensitive regard for the moral, social, and religious standards of Yoga Therapy clients, and avoids imposing his or her personal beliefs on others.
5. A KY Therapist realizes that he or she is a vehicle for these teachings, never their source.
6. A KY Therapist strives to build the Yoga Therapy client’s connection to the teachings and to their own souls, rather than to a personality. The KY Therapist never considers him or herself a “guru” nor initiates anyone as a disciple.
7. A KY Therapist does not abandon or neglect clients. If unable to continue a professional relationship, every reasonable effort is made to arrange continued instruction with another KY Therapist or health care professional.
8. A KY Therapist makes only realistic statements regarding the benefits of yoga and yoga therapy.
9. A KY Therapist recognizes that the Client/Yoga Therapist relationship may involve a power imbalance, even with a client no longer receiving the services of the KY Therapist. Therefore, the KY Therapist will not enter into a personal relationship with a current or former client or the client’s family members.

## CONFIDENTIALITY

1. A KY Therapist treats all communications with clients with professional confidentiality.

## Yoga Therapy Group Class Structure

1. A KY Therapist teaches Kundalini Yoga as it was taught by Yogi Bhajan, with the exception of reducing the timing of postures, or providing variations of postures when necessary to accommodate limitations of students.
2. A KY Therapist does not create or invent postures or incorporate other teachings into a Therapeutic Kundalini Yoga class or individual therapeutic session.
3. Acknowledging that we are part of the Golden Chain of Teachers, a KY Therapist begins each class or session by chanting *Ong Namo Guru Dev Namo* at least three times, and ends with the Sunshine song.
4. In class, a KY Therapist wears appropriate, modest, clean, white clothing.
5. Yogi Bhajan strongly encourages Kundalini Yoga Teachers and KY Therapists to wear a white head covering of natural fabric while teaching class, for his or her personal protection and upliftment when handling the powerful energies involved with teaching a Therapeutic Kundalini Yoga group class.
6. A KY Therapist will always arrive prepared to teach the class or the individual session and avoid being late.
7. A KY Therapist recognizes the tradition respecting the sacredness of yogic teachings, and encourages clients to pay for the class/session or make an offering according to their ability to pay.

## ADVERTISING AND PROMOTION

The following guidelines uphold the quality of the Teachings and how they are represented, as well as protect against legal allegations arising from our actions, comments, or printed material:

1. A KY Therapist does not misrepresent his or her professional qualifications, affiliations, or falsely imply sponsorship or certification by any organization.
2. Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should not include exaggerated claims about the effects of yoga or yoga therapy.
3. A KY Therapist does not make public statements that contain any false, fraudulent, misleading, deceptive, or unfair statements or any statements intended or likely to exploit a client’s fears, anxieties, or emotions.
4. A KY Therapist will represent him or herself, the Guru Ram Das Center for Medicine & Humanology, IKYTA, KRI, 3HO, and Yogi Bhajan, truthfully and accurately in all public relations, following the guidelines set from time to time by the Guru Ram Das Center for Medicine & Humanology, IKYTA, KRI, 3HO, or Yoga Bhajan for advertising that will correctly reflect the organization’s mission.

## PROFESSIONAL COMPETENCE

1. A KY Therapist recognizes his or her individual boundaries of competence and is forthcoming about professional experience, qualifications, and credentials.
2. A KY Therapist is committed to the improvement of his or her professional knowledge and skills in order that his or her performance will better serve others. A teacher continues to actively practice Kundalini Yoga and update his or her skills, particularly continuing education as recommended or required by the Guru Ram Das Center for Medicine & Humanology.
3. A KY Therapist is committed to his or her personal spiritual development, and so will have a regular, daily spiritual practice.
4. A KY Therapist abstains from taking alcohol, tobacco, or drugs (except for medical purposes).
5. A KY Therapist practices the yogic tradition of eating a vegetarian diet.

I, the undersigned, am in agreement to live according to IKYTA and the Guru Ram Das Center for Medicine & Humanology ethical standards of a Kundalini Yoga teacher and Kundalini Yoga Therapist. I am currently a member in good standing of IKYTA and/or the International Association of Yoga Therapists (IAYT).

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Name Date

**International Kundalini Yoga Therapy Professional Training**

**Application Checklist**

Application [ ]

Level 1 Certificate [ ]

Personal Narrative [ ]

Videotaped Teaching [ ]

Affidavit of Conduct [ ]

Ethics Agreement [ ]

Application Fee (send check to Guru Ram Das Center, or PayPal to healthnow@grdcenter.org) [ ]

Teaching Hours Form [ ]

Wallet Size Photo of Yourself [ }

Letters of Recommendation are sent directly by the person writing the recommendation. Please list the names of the people you have asked to write a recommendation.

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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