



## **International Kundalini Yoga Therapy Professional Training Segment Hours and Descriptions**

Segment sequence is subject to change, pending faculty availability. Attendance for the full duration of each In-Person and Online segment, and satisfactory completion of homework, quizzes and exams are required in order to pass that segment.

### **In-Person Segments**

<b>Year 1</b>	<b>Segment</b>	<b>Hours</b>	<b>Brief Course Description</b>
Segment 1	Foundations of Kundalini Yoga Therapy: Principles and Practices	30	Identify and explore core principles and practices of Kundalini Yoga (KY) Therapy and begin the transition from being a KY Teacher to becoming a Kundalini Yoga Therapist.
Segment 2	Origins and Identity: An Exploration of Your Authentic Self	30	Understand Yogic Philosophy, the 10 bodies and 36 tattwas in relationship to one's origin and identity and identify and address unresolved inner conflict as the source and resolution of illness. Begin to develop radiance and neutrality in the presence of suffering.
Segment 3	Elements and Alchemy of Kundalini Yoga	45	Understand how the key elements of Kundalini Yoga and the 12 main meridians relate to mantra, mudra, drishti, bhandas, asana, pranayama, meditation and kriya.
Segment 4	Assessment and Treatment Planning	45	Explore the yogic understanding of the process of change and the therapeutic relationship. Learn how to complete a comprehensive assessment, form a treatment plan, and track progress over time. Explore motivational interviewing for changing health behavior and the influence of social determinants of illness and health.
Independent	Anatomy and Physiology 1st semester (college level)	60	

Year 2	Segment	Hours	Brief Course Description
Segment 5	Unraveling the Knot of Stress, Inflammation, Pain and Sleep	30	Explore the interplay of the physiology and yogic psychology of stress, inflammation, pain and sleep and their role in health and illness.
Segment 6	Yoga Therapy for the Structural System	45	Develop an in-depth understanding of the muscles and joints of the body, how to complete an assessment of imbalances and how to utilize asana/kriya to increase flexibility and range of motion, strengthen and support the structural system.
Segment 7	The Application of Kundalini Yoga Therapy for Nervous, Endocrine and Digestive System Conditions	45	Develop an understanding of the Western and yogic psychology and physiology of illnesses related to the nervous, endocrine, and digestive systems, western and yogic treatment approaches, contraindications and the application of KY therapy to support recovery.
Segment 8	Transforming Anxiety and Depression	30	Develop an understanding of the physiology and the yogic and western psychology of anxiety and depression. Learn how the application of Kundalini Yoga Therapy addresses these conditions. Curriculum for each is included.
Segment 9	Gender and Health Across the Lifespan	30	Understand the western and yogic perspective of human development across the life span and lifecycles and male and female psychology and physiology. The health challenges unique to men and to women and the application of Kundalini Yoga Therapy to support recovery. Special attention is given to LGBTQA+ considerations.
Independent	Anatomy and Physiology 2nd semester (college level)	60	

Year 3	Segment	Hours	Brief Course Description
Segment 10	The Application of Kundalini Yoga Therapy to Cardiovascular and Respiratory System Conditions and Perioperative Care	30	Understand the yogic psychology and western physiology of illnesses related to the cardiovascular and respiratory systems, western treatment approaches, contraindications and the application of Kundalini Yoga to support recovery. This segment also addresses the role of Kundalini Yoga Therapy in the process of pre and post-operative care.
Segment 11	The Application of Kundalini Yoga Therapy to Immune, Viral Cancer	45	Understand the western and yogic psychology and physiology of illnesses related to the immune and lymphatic system, cancer and viral conditions, western treatment approaches, contraindications and the application of Kundalini Yoga Therapy to support recovery.
Segment 12	Trauma Informed Kundalini Yoga for Recovery from PTSD	37.5	Develop specific skills to compassionately, safely and effectively instruct trauma informed Kundalini Yoga Therapy to people with PTSD. Identify the indicators of PTSD and what is necessary for recovery. Understand the impact of trauma on the brain, glandular and nervous systems and how a specific practice of Kundalini Yoga restores healthy regulation to these systems. Gain skill in helping a person who has been activated to safely restore calm and presence.

Segment 13	The Journey of the Soul: Kundalini Yoga Therapy to Prepare for Death and Transform Grief	30	Develop the yogic understanding of death, the capacity of the yoga therapist to be present with dying, and how to support grief recovery from a yogic perspective.
Segment 14	Managing Complex cases/Yoga Therapist as Healer/Capstone Project Presentation/ Graduation	30	Integrate the knowledge, competencies and identity of a Kundalini Yoga Therapist as applied to the management of complex cases. This segment includes presentation of Graduation projects and a detailed post-graduation plan.

## Online Segments

Year 1	Segment	Hours	Brief Course Description
Segment 1	How to Build A Successful Holistic Health Practice: Strategic Marketing and Branding Fundamentals	8	Explore successful strategies for marketing as a professional Yoga Therapist. Trainees learn how to build a community of practice and write a marketing plan for their business.
Segment 2	Finding and Understanding Yoga Research	7.5	Develop an understanding of the different types of research designs, how to assess the quality of research and how to locate published yoga therapy research.
Segment 3	The Ethical Practice of Yoga Therapy	7.5	Understand ethics as applied to the practice of KY therapy including: scope of practice, boundaries, and the therapeutic relationship. The role of self-reflection, self-awareness and peer support are addressed.

Year 2	Segment	Hours	Brief Course Description
Segment 4	How Yoga Works: The Scientific Foundations	6.5	Review the scientific evidence that demonstrates the impact of yoga and meditation on physiology and supports their use as an intervention for health maintenance and recovery.
Segment 5	The Complete Course of Ayurveda	14	Develop an understanding of the philosophy of Ayurveda as a context for Kundalini Yoga therapy. The basic use of diet, herbs and lifestyle as a support for health recovery are covered.

Year 3	Segment	Hours	Brief Course Description
Segment 6	How to Do Case Study Research	3	Learn how to write a case study and about the case study approach to research and its applicable strengths and weaknesses.
Segment 7	Keeping it all Together: The Business of Yoga Therapy	3	Develop the skills necessary to manage the business aspect of being a practicing Yoga Therapist including writing a business plan, setting a fee structure, record keeping and accounting practices.

## Requirements

Additional Hours Years 1, 2 and 3		Hours	Brief Course Description
Ongoing	Teaching KY Therapy Group Classes	49	Gain skill in teaching a therapeutic KY group class.
Ongoing	Individual Mentoring	14	Personal support and reflection; assists with defining Graduation Project and tracking and monitoring trainee progress, personal development and completion of training.
Ongoing	Group Clinical Supervision	21	Personal support and reflection, progression of skill development and training in key clinical areas including safety, legal and ethical issues, helping clients when stuck or setbacks and accurate assessment and treatment. application.
Ongoing	Individual Client Work: Supervised Practicum	171	Increase skill in assessment, treatment and tracking clinical outcomes using Kundalini Yoga Therapy with individual clients.
Ongoing	Personal Development/Home Practice	120	Develop the trainee's vitality, endurance, neutrality, and compassion to meet the challenge of supporting individuals with health conditions, and to further develop the trainee's sensitivity, intuition and relationship to their inner guidance.
Ongoing	Capstone Project	73	Addresses the trainee's personal talents and interests as a final project which is determined with the Faculty Mentor.

