



**International School of Kundalini Yoga (ISKY)**  
in association with **The Institute of Medical Yoga** present

# INTERNATIONAL KUNDALINI YOGA THERAPY TRAINING WITH GURU DHARAM SINGH

We offer you an opportunity to learn to apply the science of Kundalini Yoga to the one to one therapeutic relationship in the first international presentation of the Kundalini Yoga Therapy Training devised by Guru Dharam Singh and Goran Boll.

This course of 200 hours will train you to apply the principles and practice of Kundalini Yoga as a one to one therapy, to develop a healing modality utilizing the individual constituents of Kundalini Yoga which create a powerful healing regime for the specific condition and circumstances of the patient.

The course is constructed to present the different biosystems of the human being, from a holistic paradigm, both in health and harmony as well as in disease and disharmony. The student will receive a series of clear, user friendly, energetic models and techniques to view, assess, diagnose and treat the 8 chakras, the 10 bodies and the 14 meridians.

This includes detailed study of the subtle anatomy and physiology of these energy maps (the wheels, the forms and the dragonlines) from the physical, the emotional, the psychological and the spiritual levels.

Further information is gathered by asking questions during a case history and by observing how the patient interacts with the different lifecycles, how the 5 colours refract through their bodymind, how numerology affects their transitions and how the shapes of sacred geometry are influencing their life.

We will participate in, and witness the event of healing from the metaphysical perspective and methodology of the Rishis and Shamans. You will learn the practice of energetic healing together with powerful yogic techniques and sequences which form a comprehensive, integrated yogic skillset to apply to a wide variety of conditions.

The yoga therapist, having assessed and diagnosed the constellation of symptoms then creates a treatment regime from a combination of the following elements;

- ***Kundalini yoga postures and Kriyas specifically selected to accelerate the healing process of your patient.***
- ***Meditation to cleanse the subconscious of mental debris and self limiting patterns.***
- ***Pranayama to purify and synchronize the levels of consciousness and express their transformation.***
- ***Marma/acupressure points to balance and stimulate the chakras and the meridians.***
- ***How to add or take away heat, cold, dryness, dampness and wind from the body.***
- ***Yogic nutrition and dietary advice to rebalance and fine tune the metabolism.***
- ***Herbs add organic matter to enrich the body and target specific biosystems.***
- ***Spiritual symbols and affirmations to create positive mental rejuvenation.***
- ***Visualization to develop the faculty of projection and self healing.***

The patient then works with their individually designed therapeutic package until their next session. The course includes study of the energetic physiology and pathology of, and specific interventions for:

- **stress/burnout**
- **chronic pain**
- **addiction and rehab**
- **anxiety / panic**
- **depression**
- **life transitions**

A masterclass seminar, of one and a half days, in **yogic scientific research methodology and networking and resources** will be presented by Goran Boll, the co-creator of the course curriculum and the Director of the Institute of Medical Yoga Stockholm. Goran directs the Swedish version of this course.

A four day seminar by the eminent Peter Ljungsberg who introduces the **core concepts of Ayurvedic medicine in relation to yogic theory and practice** is an integral part of the course.

Successful completion of the course will give entitlement to join the International Association of Yoga Therapists. **To receive certification you must provide evidence of your attendance of a 100 hour course in anatomy and physiology completed in your home country.**

In recognition of the need for consistent refinement of our healing skills, the course directors provide post course support via an on-line clinical forum open to all graduates. ISKY and the IMY are co presenting a series of seminars and events addressing specific health issues and illnesses as well as a support facility to develop your capacity as a yoga therapist.

This course is **designed for yoga teachers, alternative therapists, counsellors, energy healers, paramedics and medical personell** who wish to apply yogic therapeutics to enhance their current practice.

The International course is arranged as **three one week residential retreat style modules**. Participants are set home study assignments and are expected to assist in the karma yoga programme.

#### **Last years graduates said this about the course:**

*\*I have just finished a fantastic training and I am very proud to have been a part of it. I have learned a lot and have now a stable platform to stand on. The course materials have been great and the teachers too. It has been a great year and I am glad that I had the possibility to do this.' Ann-Sofie Olofsson, Visby*

*\*A unique thing about this course is that there was plenty of time for both questions and practice to train ourselves to become therapists. The course structure suited me perfectly. The teachers really know what they are doing and they can teach it. Thanks for the fantastic meditations and the beautiful finale.' Tom Jensen, Huddinge.*

## The Faculty

**Guru Dharam Singh Khalsa BACh RCHM:** Guru Dharam is the course Director. He has taught Kundalini yoga since 1980 and been practising Oriental medicine since 1988 when he founded the Lotus Healing Centre (London), a multi disciplinary holistic facility in 1989. He served as the Vice Principal of the London Academy of Oriental Medicine, training students to practitioner level until 1997. His formal qualifications have been complemented by intensive post graduate interdisciplinary study of the esoteric; Kabbalah, meso-American Shamanic Dreaming, West African healing practice and many years study of Tibetan medicine (the Mastery Path, White Lotus healing, Black Hat Feng Shui and the Red Thread empowerments).

Guru Dharam founded the School of Kundalini Yoga in the UK in 1996 ( with Darryl O'Keeffe his coauthor of 'Kundalini the Essence of Yoga') which became the International School of Kundalini Yoga in 2007, teaching people to become yoga teachers in the USA, the Middle East, South East Asia, and Scandinavia as well as Europe and the UK. He is a registered as a Teacher Trainer (Levels 1 and 2) with the Kundalini Research Institute.

Since 1980 Guru Dharam has developed a practical system of Yogic Therapy, applying the science of Kundalini, mantra and visualization, helping to empower many thousands of people to a healthier and happier life.

He has taught KY and many forms of energy healing at all levels globally; as Associate Director of the Institute of Medical Yoga, Guru Dharam has developed the curriculum of this course with Guran Boll to be a safe, effective, therapeutic complementary alternative to the mechanics of modern western medical practice.

Guru Dharam is well known as a healer and teacher of both Kundalini Yoga and energy medicine. He has a yoga therapy practice in the UK and Sweden.

**Goran Boll:** Goran is the Founder Director of the Institute of Medical Yoga (Stockholm) He has introduced Kundalini Yoga to the corporate arena in Scandinavia as well as the wider yogic community in the form of the several hundred yoga teachers he has trained with his School of Kundalini Yoga. He has initiated various research studies with hospitals, universities and the Karolinska Institute.

**Peter Ljungberg:** Peter has 20 years experience of practice as an Ayurvedic physician. He has a busy clinic in Stockholm and is a member of the teaching faculty of the prestigious Karolinska Institute of Stockholm.

Kundalini Yoga as taught by Yogi Bhajan

## Course Information

**Cost:** £1950 Sterling. This includes accommodation with full board, course materials and teaching fees. This does not include flight and travel costs or certification in a separate supporting 100 hr course in Anatomy and Physiology.

**Module I:** 13 oct – 20 oct 2008

**Module II:** 4th-10th May 2009

**Module III:** 13th-20th September 2009

**Place:** Letorpet, Filipstad, Sweden.

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