



Guru
RAM DAS
Project

& KUNDALINI LOUNGE

Presents

KUNDALINI YOGA

A Chair-Based Programme for the Silver Age

**with Raghurai Singh
Sat & Sunday 17 & 18 March 2018**

“Please understand that nobody is handicapped. Understand that we only do not know how to manage our energy. No person has to learn everything to be anything.” - Yogi Bhajan



**A Kundalini Yoga Manual as taught by Yogi Bhajan with Kriyas
Meditations, Guidelines and Techniques to Teach Older
Adults and People with Mobility Problems**

“Life is a continuous process of growing up by being responsible – able to respond spontaneously. Those who have the capacity can deliver the responsibility.” – Yogi Bhajan

KRI Level 1 Kundalini Yoga teacher training prepares you to teach to people who are relatively healthy. A separate and unique set of skills is highly valuable and recommended to teach to older adults and people over 60 who may be dealing with mobility difficulties – e.g. lack of flexibility, joint problems or difficulties sitting on a yoga mat.

This 2 day training will give Kundalini Yoga teachers the foundation they need to develop and deepen their own resources to teach older adults. The training will be filmed by Kundalini Lounge. Participants can opt out from appearing on the video.

We will learn how to structure a general class or program for a mixed conditions group and people dealing with some mobility difficulties.

The program includes learning to structure different set of warm ups, Kundalini Yoga sitting kriyas, standing up kriyas, and meditations that can be taught both sitting on chairs or on the floor. Any Kundalini Yoga teacher can benefit from this training.

Investment: £90 per day or £160 for the 2 days. The training will include a manual and a letter from the GRDP confirming that you have completed the training. Places are limited, for more information about the program, please contact Raghuraiky@gmail.com

Registration & payment open from 1 June: Please email

Criteria for attendance: KRI Level 1 certificate in Kundalini Yoga as taught by Yogi Bhajan.

Venue:

Raghurai Singh



Raghurai Singh (MSc, B.A.) is a KRI (Levels 1&2) certified. He has been teaching Kundalini Yoga since 1999.

He teaches older adults for Open Age at The 2nd Half Centre in St Charles Hospital, The Reed Centre near Portobello and two other Residential Homes. He organises Level 2 Kundalini Yoga trainings in Spain with Shiv Charan Singh and is currently doing Level 3 Kundalini Yoga with KRI.

He works at Waterloo Counselling Community Centre as a counsellor/psychotherapist and supervisor. He is a consultant of Karam Kriya - the applied science of spiritual numerology.

He is a trustee and sevadar for Guru Ram Das Project.