

THE TRAINING IS DESIGNED FOR

- Yoga teachers who want to employ yoga skills therapeutically
- Yoga teachers who want to work with people in medical facilities using yoga therapy
- Therapists and doctors who are looking for a holistic treatment approach for their clients.

TRAINING AIMS/GOALS

The training will enable the trainees to work with yoga therapeutically, in individual and / or groups settings.

All yoga teachers will benefit from a deepening of their yogic knowledge and their consultation skills, allowing for more differentiated and knowledgeable teaching.

PREREQUISITES/REQUIREMENTS

- Kundalini Yoga teacher
- Yoga teachers from other traditions
- Individuals with at least 3 years of Kundalini Yoga experience and practice - please contact us.

„The total rhythm of life is achieved when a person experiences their own body, their own mind, and their own soul.“

Yogi Bhajan 11.02.85

COURSE INFORMATION AND DESCRIPTION

This professional training is a basic training program for yoga therapists.

The goal is to equip people with the necessary means to use Kundalini Yoga therapeutically. The approach of the training is based on the knowledge that all individuals carry within themselves the resources and means to become healthy and creative human beings. Through awareness and respect, yoga therapy creates the necessary conditions for the healing and growth of body, mind and soul.

We consider therapeutic Kundalini Yoga to be both preventative and therapeutic. The training will focus as much on psychological as on physical aspects of healing.

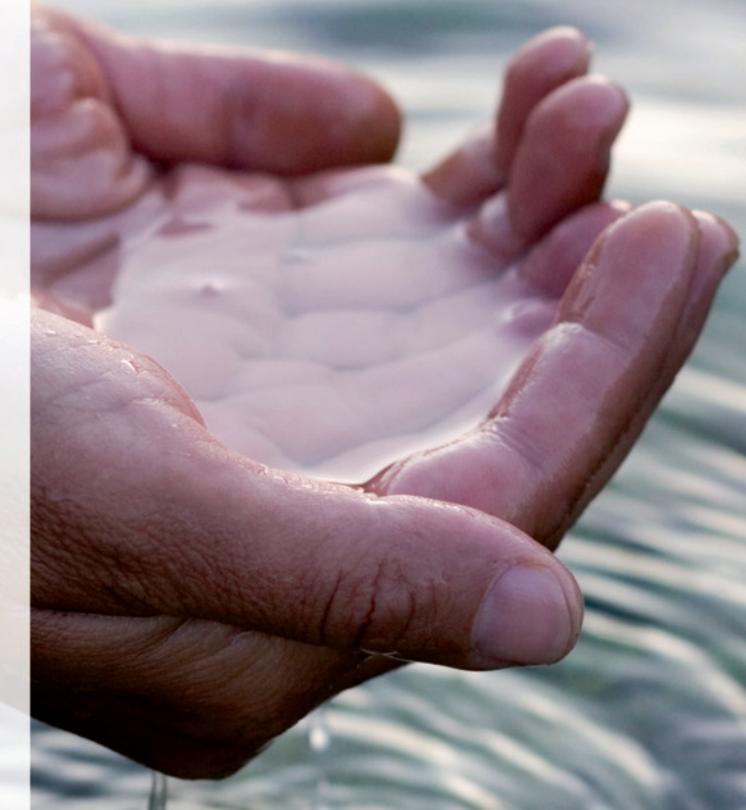
We teach our trainees to evaluate the specific needs of each client and design a yoga therapy program to meet those needs. Another component of the training is the development of skills for the therapeutic work with groups who share a common topic or diagnosis.

Yogi Bhajan bestowed us with a rich treasure chest of knowledge and healing methods. We will pass these on as practical tools and explore their therapeutic efficacy. A central focus is to introduce the knowledge-base of kriyas and meditation to convey a more in-depth understanding of their subtle effects.

Yoga therapy is an ideal answer to the complex challenges of our time.

INFORMATION & REGISTRATION

3HO Fachausbildung Yogatherapie
Phone: 49 [0]40. 55 44 77 55
Fax: 49 [0]40. 55 44 77 54
yogatherapie@3ho.de | www.3ho.de
www.yoga-als-therapie.de



**PROFESSIONAL TRAINING
KUNDALINI YOGA THERAPY
AT 3HO e.V.
Therapeutic Use of Yoga**

COURSE CONTENT

The Training is divided up into 3 modules.

• MODUL 1

CONSULTATION EXPERTISE AND THERAPEUTIC COMMUNICATION

Consultation and evaluation settings present complex processes that cannot be satisfactorily resolved using a formulaic trained approach. They require flexible, process-orientated communication skills, which will be presented and practiced in this module.

The contents of this module will include: basic therapeutic skills, conversational skills, therapeutic stance, dealing with difficult conversations, limits and possibilities of yoga therapy.

• MODUL 2

AWAKING THE BODIES POTENTIAL

In Yoga, healing means re-establishing, strengthening and harmonising the connection of body, mind and soul. The focus of this module is to understand this connection and to facilitate and support the healing process through the use of Kundalini Yoga.

In addition, this module will build on and deepen existing knowledge about asana alignment and the major body systems with a particular focus on how to employ these in a practical and relevant way.



• MODUL 3

MENTAL HEALTH AND SOLUTION FOCUSED STRATEGIES

This part of the training will focus on how to successfully cope with and overcome times of crises and transition. Especially in this context, Kundalini Yoga's comprehensive knowledge of pranayama and meditation comes to preference.

We will address the following themes:

- Moving from fear and depression to trust and balance
- Burn-out and stress management
- Addiction: from searching to finding
- Relaxation and meditation: Experiencing and applying our limitless potential.

TIMEFRAME

The professional yoga therapy training spans 13 weekends within a 1,5 year timeframe. We are also prepared to run the training in models from 4-7 days, resulting in a total of 355 training hours.

TRAINING COSTS/FEES

Training costs 2.450 Euros

Early bird fee 2.300 Euros - for registration up to 4 months before the programme starts.

Fee can be paid in instalments.

The examination weekend costs 150 Euros.

Please refer to our website or contact our office for further information on payment modalities.



TRAINERS *

Antje Kuwert

Yoga teacher and teacher trainer, teaches yoga for people with disabilities and trains teachers to teach people with disabilities, prenatal yoga teacher, sport therapist, yoga therapist.

Anja Lührs

Studied sports science and romance studies, registered naturopath, Shiatsu therapist, Professional teacher trainer for example in D, S, HU, CZ, PL and CH.

Petra Mayer

Sociologist, naturopath, Ayurvedic medical consultant, Yoga therapist, systemic-integrative social therapist with her own practice in Hamburg, lecturer for holistic medicine and therapy.

Carola Karta Purkh Kaur Mehli

Lead Trainer for Kundalini Yoga, Yogatherapy, physiotherapist, special education teacher working with families and individuals in crises.

Eva Guru Sant Kaur Pawlas

Kundalini Yoga teacher trainer, Gestalt-therapist, couple Therapist, Psychotherapist (HP) with her own practice, psychiatric nurse, specialized for addiction

Karta Purkh Singh Pomarius

Registered naturopath with his own practice, Yoga therapist, NLP-Master Practitioner, executive director of 3HO Deutschland e.V.

Miriam Wessels

Registered naturopath, teacher for professional trainer programs for Yoga for children and adolescent, body oriented Gestalt therapist, published author on yoga and healing methods.

Nicole Siri Adi Kaur Witthoefft

Art therapist, Gestalt therapist with her own practice, professional trainer for Gestalt therapists, executive director and teacher for training programs for yoga for children.

Shanti Shanti Kaur Khalsa [Guest lecturer]

Director of the Guru Ram Das Center for Medicine and Humanology, lead trainer for level 1 and 2, co-author of "Yoga as Medicine" with Timothy McCall M.D.

*) All our trainers
are certified 3HO e.V.

Kundalini Yoga teachers level 1 + 2 with several years of experience as yoga therapists.