



200 Hour Kundalini Yoga Teacher Training Information Packet

Authenticity Depth Connection Trauma-Sensitivity



The Soul of Yoga 200-hour Yoga Alliance Certified Kundalini Teacher Training is an immersion in self-study (Svādhyāya) that offers you not only the skills to become a Kundalini Yoga teacher, but also a meaningful exploration of issues facing so many right now — such as grief, depression, and anxiety — all within the context of deep connection and trauma sensitivity. Our objective is to support you in awakening to your fullest potential within an environment of inclusivity.

Next training module begins November 14, 2024!

An immersion in conscious living.

Join us for this once in a lifetime experience, even if you have no intention to teach. The inner growth that you will experience with this program is beyond words.

Our 200-hour training program emphasizes the balance between a healthy and strong body, a peaceful and clear mind, and an edified spirit.

Kundalini yoga has changed the lives of thousands of people in positive ways. This training emphasizes traditional Kundalini Yoga, the power of the sound current, selfless service, and connection, all within the context of gender and body-type inclusivity: ***Kundalini Yoga is for everyone.***



2024/2025 Rolling Admissions Training Dates

Modules don't need to be taken in order

Fall Module: November 14-19, 2024: “Care of Self and Others: the Spiritual Teacher” 36 hour immersion (this module is only for those who take the other three AND want to be 200 hour certified).

- Yoga for life: childhood, adulthood, aging, and death
- Maintaining a personal practice
- Ayurveda and self-care
- Holding space and the sacred container
- Conscious communication
- Marketing and ethics
- Epigenetics and Yoga

Winter Module: February 28-March 5, 2025: “Kundalini Yoga and Somatic Awareness” — 36 hour immersion which can be used for CEUs or personal enrichment. A la Carte Price: \$990.

- Somatic and Body Awareness
- History of Yoga
- Introduction to asana and alignment
- Mantras, mudras, and bhandas
- Breath techniques (pranayama)
- Anxiety, Depression and Yoga

Spring Module: May 21-26, 2025: “Exploring the Layers of Being through Kundalini Yoga” 36 hour immersion which can be used for CEUs or personal enrichment. A la Carte Price: \$990 (Note, this module includes a required asynchronous orientation).

- Anatomy and Physiology
- Introduction to subtle anatomy
- Karma and Dharma
- Yogic philosophy
- Aspects of the mind
- The mind and meditation

Summer Module: August 13-18, 2025: “Kundalini Yoga and Subtle Anatomy” 36 hour immersion which can be used for CEUs or personal enrichment. A la Carte Price: \$990 (Note, this module includes a required asynchronous orientation).

- The 10 yogic bodies
- The chakra system
- Managing and Strengthening the energy body
- Addiction, Trauma, and the energy body

Daily Schedule: Days will typically run from 9:00 am PST until 4:45 pm PST in order to accommodate multiple time zones. One training day will include an early morning Aquarian Sadhana: a special meditation that occurs during sunrise!

Location: Our beautiful dedicated training facility located in Encinitas, California and/or Online in the comfort of your home or both!



Program Administrator and Lead Trainers



Dana Reece, (she/her) Ph.D., E-RYT 500, YACEP, Director of Kundalini Studies at the Soul of Yoga, is a Kundalini Yoga, Yin Yoga, and iRest Yoga Nidra facilitator; Kundalini Yoga Teacher Trainer; Trauma-Sensitive Energy Practitioner in private practice; and Yoga Therapist in training. She has completed over 700 hours of yogic training.

Dr. Reece has 30 years' experience in meditation and the practice of inner alchemical techniques designed to develop and strengthen the energetic body. Yogic areas of expertise include Death and Shadow work; Conscious Communication Techniques; Strategies for Deepening Intuition; Sankalpa ("resolve" or "resolution"): the yogic method of setting goals or aspirations; and working on samskaras related to addiction, codependency, anxiety, and depression. She has taught dozens of workshops, and completed training with several master yoga teachers and masters of personal development. In addition to having taught hundreds of college classes as a full-time professor, she has taught public and private Yoga classes and led and facilitated group meditations. She combines spiritual vision and practice with "real-world," results-oriented practicality.

Dana Reece's experience in these modalities combines compassion, humor, and a heart-centered determination to move clients and students through fears and limitations toward clarity and confidence to achieve their highest potential.



Sita Severson, C-IAYT, YACEP, Ayurvedic Practitioner, Assistant Director of Kundalini Studies at the Soul of Yoga is a lifelong clairvoyant whose love of working with people led her into the world of Yoga & Ayurveda in 2005. She started her Ayurvedic Lifestyle Coaching practice in 2007 and later became an Ayurvedic Practitioner. In that time, she has led classes on Meditation and Yoga to the professors at Johns Hopkins University, Johns Hopkins Hospital, as well as the Department of Aging for Baltimore, County where she wrote curriculum and taught at 18 different centers over a 5 year time span.

Since the establishment of her practice, Sita has become a published author, a beloved teacher on The Shift Network and Wisdom from North (the Scandinavian version of MindValley). She has worked with thousands of individuals as their Vedic counselor, supporting their health in mind, body and spirit.

She has taken her love of food and applied Ayurvedic cooking and meal planning to many of her clients over the years. Her heartfelt love is to support people in the simplification process of bringing the Ayurvedic Lifestyle and health into their lives with ease.

She is a YACEP, a Certified Ayurvedic Yoga Therapist through IAYT and AAPNA and the co-director of Kundalini Yoga Studies at the Soul of Yoga. She is newly living the RV life with her husband, three dogs and their cat.

Trainers, Guest Trainers, and Guest Speakers:



Gurucharan Singh Khalsa, Ph.D., M.Ed., C-IAYT, author of *Breathwalk*, and *The 21 Stages of Meditation*, and co-author of *The Mind: Its Projections and Multiple Facets* is a Master Teacher; he has been a premier trainer for meditation and yoga teachers since 1969. An expert in the practical application of meditation and psychology for personal growth, his first degrees and graduate studies were from Harvey Mudd College and Claremont Graduate School. His major emphasis was in mathematics, with a broad training in physics, chemistry, engineering, and a minor in psychology. Later Dr. Khalsa earned both an M.Ed. at Boston University and a Ph.D. in psychology with an emphasis on research in meditation and clinical counseling and has developed trainings for therapists and healers along with several other global training programs. In addition to being an accomplished author, trainer, and recording artist, Gurucharan is an affiliated scholar at Chapman University in Orange, California. There he collaborates with their

Institute for Quantum Studies on projects for leading edge applications of quantum foundations to the nature of consciousness and our capacity as human beings. He has worked with Chapman's Fish Interfaith Center since 2013, and contributes to original research in meditation, breath, and wellness.



Monique Lonner, E-RYT 500, C-IAYT, is the Director and creator of Soul of Yoga Institute Advanced Yoga Teacher Training and Yoga Therapy Training Programs. A Yoga teacher for 15 years, she studied in India, New York and California with Master teachers and spiritual sages including, most notably, the teaching faculty of the Soul of Yoga Institute Advanced Program. Drawing upon her professional skills as a non-profit event organizer she developed the Advanced Teacher Training and Yoga Therapy Program for Soul of Yoga, bringing together those who are considered to be the best of the best Master yoga teachers in the world today. A devoted spiritual seeker, as well as an experienced anatomy and physiology teacher she has created a comprehensive program which balances the study of Yoga Therapy technique with the insight and wisdom of Yogic and metaphysical philosophy.



Dr. Kulvinder Kaur was a scientist at the University of Oxford for fourteen years, before being invited to work in the US Biotechnology industry as an 'Alien of Extraordinary Ability'. Her early research pioneered the use of disruptive technologies to enhance the healthcare industry through genetic diagnostics.

Since her move to California, Kulvinder has applied her love of genetics to understanding the scientific basis of integrative medicine. Her passion is to provide empirical evidence for the alterations to our cells which occur when our innate healing capacity is activated. Her TEDx talk at Winnipeg Exchange District outlined her vision for a society built on greater compassion through an understanding of our genetically encoded subconscious responses to different environmental stimuli. In 2017 Kulvinder founded Kreomics, a consultancy firm which specializes in empowering the wellness industry with scientific support for their offerings.

Kulvinder is a graduate of the Soul of Yoga's 200-hour Hatha and Kundalini Teacher Trainings. She combines her love of the yogic Ancient Wisdom traditions with her deep academic training at Oxford to offer unique classes at the interface of science and Spirituality.



Brent Honnerlaw, E-RYT 500, holds teaching certificates in both Hatha and Kundalini Yoga. He truly enjoys teaching and practicing a variety of styles, including Hatha and Vinyasa, Yin and Restorative, Kundalini, Meditation and Qi Gong so as to encourage versatility and balance in his and his student's lives. Brent plays multiple musical instruments that he regularly incorporates into his classes. He currently teaches studio and private classes at corporations and recovery centers, offers sound healings, workshops, retreats, is a guest lecturer for yoga teacher trainings and is a regular teacher at The Soul of Yoga. Along with sound healing, Brent frequently applies his knowledge of yoga philosophy and mythology

through storytelling. As a teacher, his goal is to guide students into a deeper state of internal awareness and closer to the Divine. Brent is a Spiritual and compassionate yogi who lives his yoga on and off the mat, inspiring others to do the same.



Diana Otálvaro (Bhagti Kaur) worked as a Forestry Engineer in both public and private institutions in Colombia, her home country. She discovered Kundalini Yoga over 10 years ago and immediately felt the change it made in her life. She moved to San Diego in 2014 and graduated from Kundalini Yoga Teacher Training in 2016. Since then, she has been teaching in different studios and collaborating in kundalini yoga trainings. Diana is fascinated by the vast study of the healing arts. Besides yoga and meditation, she is a Reiki practitioner and uses the gong for sound healing. In her free time, Diana finds solace in nature, trees, family, friends, and books.



Monique Minahan is the creator of The Grief Practice, an explanation and exploration of grief in the body through a polyvagal-based, trauma-informed lens. As a yoga teacher and SE™ Practitioner with a profound experience of grief herself, she blends science and somatics with the soulful, human experience of grief in a way that honors the innate healing ability of every human being and every human body.



Ian Jorgensen (any pronoun) has sometimes been called an Alexander Technique teacher, a yoga instructor, a dancer, a body nerd, a man, a woman, kind, mean, generous, insightful, unthinking, empathetic, rebellious, traditional, sensitive, judgmental, unbiased and loving. He used to believe he was depressed. Some have said he has a body; Ian is not so sure. There is a website with words, thoughts, pictures and videos at happybodyclearmind.com that appears to talk about Ian and their work.

Training Details

Course Materials: Course Book and Manual as well as 25 additional yoga classes are provided during the training at no additional cost to you

Tuition and Pricing Advantages

- 15% Military or Senior Discount available to qualified applicants
- Tuition includes 25 class-pack; comprehensive workshops; personal mentorship
- Tuition includes Textbook, Manuals, and additional training materials

Training Location: In our beautiful training facility in Encinitas, California, or livestream from your chosen location. You can even participate in some modules online and some in-person.

Training Schedule: The schedule will typically run from 9:00 a.m. PST until 4:45 p.m. PST each day, with minor variations. We will have an hour and 15 minutes for a meal break each day. One additional early morning meditation (Aquarian Sadhana) will be held during each module, and one group conference call/check-in (a total of 4 each) will be held between modules.

This information is being continually updated and refined. Check the landing page regularly at

<https://soulofyoga.com/yoga-teacher-training/200-hour-kundalini-yoga-teacher-training/>

Full price tuition: \$3,660 (Includes 25 class-pack; course manual and textbooks; comprehensive workshops; personal mentorship)

Other limited discounts may be available. Contact Sita Severson at Sita@soulofyoga.com or Dr. Dana Reece at Dana@soulofyoga.com for more information.

"[After this training,] I'm finding my dharma and fulfillment. I love, know, and care for myself in ways I never have before. Everyone in my circle, even people I'm not close to, have remarked on the change and used words like radiant, warm, glowing, etc. It's very cool!" LeAnn Acker

