



# Kundalini 101 Training Program Topics Covered

Course is open to 200/500 RYT's and long-term Kundalini Yoga Practitioners ONLY. This is a training course and is not intended for beginner level students.

## Saturday –

- o Meet and greet and Introduction to Kundalini Yoga through Practice.
- o Overview of weekend training.
- o Learn fundamental yoga postures taught in Kundalini Yoga kriyas and how to practice them.
- o Review the layout of the book we're giving out to everyone.
- o Learn differences between Kundalini Yoga versus styles that focus primarily on only Asana.
- o Learn the purpose and function of Kundalini in the body and what it is.
- o Learn how Kundalini Yoga helps safely raise this energy.
- o Practice! Much of the day will be intense practice ... you can't teach if you don't understand how it feels in the body. Lots of energy-moving sets and strong pranayama, using many of the breathing techniques common to the practice.

## Sunday –

- o Learn the structure of how to teach a Kundalini Class to the general public and to those unfamiliar with the practice.
- o Learn the dos and don'ts of the practice.
- o Learn how to safely and effectively lead a class.
- o Learn how to theme a class.
- o Lots of practice again ... we'll be doing lots of mantra and pranayama practice. We'll be chanting our asanas off.
- o The gong – use and meaning in Kundalini Yoga.

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**Your Teaching Team: Lola Scarborough and Kevin Post of Yoga Lola Studios**

**Dates and Times: Aug 10-11 / Saturday and Sunday: 8-5pm**

**Training Location: Yoga Lola Studios, 1701 HWY 3 S, League City, TX 77573**

**Continuing Education Credits: 18 CEUs available through Yoga Alliance for Registered Yoga Teachers upon training completion**