

LEARNING OBJECTIVES

(200-HOUR KUNDALINI YOGA TEACHER TRAINING)

By the end of this program, each trainee will be able to:

1. Techniques, Training & Practice

- Perform and confidently teach core Kundalini kriyas, pranayamas, bandhas, mudras, and meditations, cueing breath, rhythm, mantra, and alignment with clarity.
- Design a balanced 60- to 90-minute class that includes warm-up, kriya, relaxation, and closing meditation, adapting sequencing to beginner and mixed-level students.
- Safely demonstrate and correct fundamental postures and modifications, maintaining a stable energetic field while teaching.

2. Anatomy & Physiology

- Explain basic structure and function of major body systems and identify how specific Kundalini practices influence the nervous, endocrine, respiratory, cardiovascular, lymphatic, and musculoskeletal systems.
- Recognise common contraindications, red-flag injuries, and appropriate modifications for diverse students, integrating anatomical awareness into class planning.

3. Yoga Humanities

- Summarise key concepts from the Yoga Sutras, Sikh & Tantric traditions, and chakra / nadi theory, articulating how they underpin Kundalini methodology.
- Reflect on yamas, niyamas, and the ethical roots of the yogic path, relating them to modern life and personal practice.

4. Professional Essentials

- Hold a safe, inclusive, and trauma-aware teaching space, demonstrating clear communication, cultural sensitivity, and appropriate boundaries.
- Assess student needs verbally and visually, offer hands-on or verbal adjustments ethically, and provide constructive feedback.
- Develop a personal code of ethics, craft a professional biography, outline class descriptions, and create a sustainable plan for ongoing study and self-care.

5. Elective Integration

- Apply sound, mantra, and meditation therapeutically for stress, anxiety, and energetic balance, and articulate how these tools support holistic well-being.
- Facilitate a brief peer-taught practicum, receiving and integrating feedback to refine teaching voice and presence.

Successful completion of these objectives qualifies the trainee for Yoga Alliance RYT-200 registration and equips them to teach Kundalini Yoga classes with skill, safety, and heartfelt authenticity.