

KUNDALINI YOGA 200 HOURS



TEACHER TRAINING

30-MINUTE INFO SESSION + Q&A

YOGA FOR AWAKENING AND
TRANSFORMATION

THE CORE TECHNIQUES FOR AWARENESS,
POWER, AND CHANGE

**KUNDALINI YOGA
200 HOURS**



**NEW PROFESSIONAL
PATH IN LIFE**

**AWAKENING AND
TRANSFORMATION**

**ENERGY
RESTORATION**



WE'LL COVER:

- This training is for you
- Why Kundalini Yoga
- Your Breakthroughs: body, mind, spirit
- Curriculum flow
- Teaching team and next steps



THIS TRAINING IS FOR YOU:

- **Dedicated practitioners**

You want consistency, depth, and a structure you can live with – not random classes.

- **Future teachers**

You want real methodology, confidence, and the ability to hold safe, effective classes.

- **“I want this for myself”**

You’re here for everyday life: nervous system stability, clarity, vitality, and self-awareness.



WHAT MAKES KUNDALINI YOGA DISTINCT

GROWING POPULARITY

ANCIENT WISDOM

- **A complete technology**
Movement + breath + mantra + meditation – designed to work with the nervous system and energy system.
- **Structured sequences**
Kriyas are built with purpose: rhythm, breath, focus, and energetic effect – not random pose collections.
- **Real-life outcomes**
More clarity, steadiness, and resilience – practices you can apply immediately, beyond the mat.



PERSONAL BREAKTHROUGHS

- **Mind + attention**

Clarify inner patterns, build mental focus, and reshape your relationship with the mind – gradually and practically.

- **Body + vitality**

Kriyas and breathwork strengthen vitality, resilience, and your capacity to stay present under stress.

- **Energy + intuition**

Energetic tools support awareness, intuition, and emotional regulation – creating a balanced foundation for growth.



PROFESSIONAL BREAKTHROUGHS

PROFESSIONAL READINESS

EMBODIED CONFIDENCE

- **Teaching Skills**

confident cueing, clear structure, strong class rhythm, voice and presence

- **Methodology & Sequencing**

how to build a coherent Kundalini class: intention → warm-up → kriya → meditation → integration

- **Hands-on Support & Leadership**

how to hold space, manage group energy, give simple and respectful corrections, create trust



TRAINING DYNAMICS & CURRICULUM FLOW

- **200 h step by step**

A clear progression from foundations to advanced tools. Practice + theory + integration – so knowledge becomes embodied.

- **Weekend rhythm**

Practice → teaching → theory → integration. You experience first, then understand and apply.

- **Balanced curriculum**

Kriyas, meditation, philosophy, anatomy, and professional skills – with a clear progression.

- **Support between modules**

Guided self-practice, materials, and reflection so the work becomes part of your life.



200H TRAINING FRAMEWORK

LJUBLJANA, SLOVENIA

NATARAJA YOGA STUDIO,
RESLJEVA CESTA 1, LJUBLJANA

Training dates

Duration: 7 weekends from February 07, 2026, to
October 12, 2026

February 7-8, 2026

March 14-15, 2026

April 25-26, 2026

ONLINE

May 23-24, 2026

August 15-16, 2026

ONLINE

September 12-13, 2026

October 10-11, 2026

GENEVA, SWITZERLAND

ESPACE L, BUCHILLON
ROUTE DES GRANDS-BOIS 3

Training dates

Duration: 7 weekends from February 28, 2026, to
October 18, 2026

February 28-March 01, 2026

March 21-22, 2026

April 25-26, 2026

ONLINE

May 16-17, 2026

August 15-16, 2026

ONLINE

September 26-27, 2026

October 17-18, 2026

To receive the certificate, you must complete at least 90% of the training hours and activities. If you miss a weekend in one location, you can make it up at another location – for example, if you miss Geneva, you can join the same weekend in Ljubljana, and vice versa.



200H TRAINING FRAMEWORK

weekend day schedule

daily flow with sadhana (sample timetable)

06:00-08:30	sadhana	
08:30-09:00	breakfast / break	BREAK
09:00-10:00	lecture	
10:00-11:30	techniques & practice (kriya breakdown: technique, breath, locks, modifications)	
11:30-11:45	break	BREAK
11:45-13:00	lecture + meditation	
13:00-14:00	lunch	LUNCH
14:00-15:00	lecture	
15:30-17:00	practicum (in pairs/groups: leading segments, voice, timing, feedback)	
17:00-17:30	integration (Q&A, journaling, home practice)	

- approximately 130 hours of live sessions 7 weekends
- 40-day live practice: real-time sadhana
- online sessions every two weeks
- pre-recorded home-study lessons

- total learning volume: at least 200 hours of active training with teachers + homework
- not included in the 200h count: each participant's additional self-practice and independent study



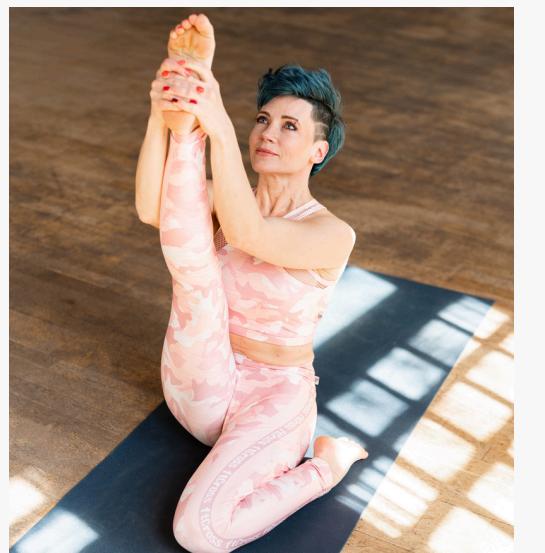
Olga Khmeleva

Lead Kundalini
Yoga Teacher
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Dr. Sumit Sharma

Anatomy &
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India



Nataša Rhind-Tutt

Lead Hatha
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Andrei Poliakov

Social Media and
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Switzerland



Gurmeet Singh

Philosophy &
Yogic Roots Teacher
India



Lana Plavčak

Kundalini
Yoga Teacher
Slovenia

TRAINING TEAM



CERTIFICATE REQUIREMENTS

- **Attendance + participation**

Live training hours, active presence, and respectful group container.

- **Homework + practice hours**

Self-practice, reflections, and integration tasks to embody the method.

- **self practice 80h**

80 hours of Kundalini Yoga class participation (in-person or online) outside of training weekends

- **40 day Kriya**

40-day Kriya practice of one selected Kriya from the training

- **Participation in 10 Aquarian Sadhanas**

At least one Sadhana must be guided by the trainee

- **Karma Yoga project**

a contribution of selfless service reflecting the spirit of yoga off the mat.

- **Final essay**

reflecting on the student's personal journey throughout the training



TRAINING FEE - WHAT'S INCLUDED

- Full tuition (all live training hours)
- Training materials + resources
- Recordings (when sessions are recorded)
- Guidance + integration support

not included:

- meal during in-person weekends
- 80h of personal practice
- personal travel and accomodation exspenses

TRAINING FEE

SLOVENIA, LJUBLJANA

Early Bird Special

€ 2,250

One-time payment

- Complete 200h certification
- All 7 weekend workshops
- Online and in-person sessions
- Yoga Alliance certification

**SAVE €250
BEFORE 17.01.26**

Flexible Payment

€ 2,500

Split into 2 payments of €1,250 each

- 1st payment: Upon registration
- 2nd payment: Before May 5, 2026
- Complete 200h certification
- All workshops included
- Yoga Alliance certification

TRAINING FEE

SWITZERLAND, GENEVA

Early Bird Special

CHF 3,950

One-time payment

- Complete 200h certification
- All 7 weekend workshops
- Online and in-person sessions
- Yoga Alliance certification

**SAVE €450
BEFORE 07.02.26**

Flexible Payment

CHF 4,400

Split into 2 payments of CHF2,200 each

-  1st payment: Upon registration
-  2nd payment: Before May 5, 2026
- Complete 200h certification
- All workshops included
- Yoga Alliance certification



Q & A

Ask anything: curriculum • logistics
• experience level • registration •
awakening

Next step

Message me by email or WhatsApp to register.

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Olga Khmeleva
Lead Kundalini Trainer