

KUNDALINI UNIVERSITY

# Kundalini Foundations

## 200-Hour Registered Teacher Training

### Program Information Guide

*Immerse in the essential and transformative skills of Kundalini Yoga. Learn to teach with confidence + embodied presence.*

<b>Live Calls Begin</b>	October 7, 2026
<b>Duration</b>	~6 Months (October 2026 ~ April 2027)
<b>Format</b>	Online via Zoom + On-Demand
<b>Certification</b>	200-Hour Yoga Alliance Approved
<b>Lead Teacher</b>	Guru Singh + Faculty Mentors

[kundaliniuniversity.com](http://kundaliniuniversity.com) | [connect@kundaliniuniversity.com](mailto:connect@kundaliniuniversity.com)

## Welcome

Thank you for your interest in Kundalini Foundations, Kundalini University's 200-Hour Registered Teacher Training.

This guide gives you everything you need ~ an overview of the program, the curriculum, the schedule, pricing, and answers to the questions we hear most often from prospective students.

Kundalini Foundations is a six-month online immersion into the essential and transformative skills of Kundalini Yoga. It is for seekers, healers, teachers, leaders, and anyone ready to build a grounded, embodied foundation for personal practice and teaching.

With live guidance from Guru Singh, dedicated faculty mentors, localised breakout groups, and the support of a global cohort, you will develop the awareness, confidence, and skills to teach Kundalini Yoga with clarity, integrity, and power.

*"This training is inclusive and personal... it will carry you from where you are, to who you are to be." - Guru Singh*

## Program at a Glance

<b>Duration</b>	~6 months (October 2026 ~ April 2027)
<b>Certification</b>	200-Hour Yoga Alliance Approved (RYT-200)
<b>Live Calls Begin</b>	Wednesday, October 7, 2026
<b>Live Schedule</b>	Wednesdays 9:00~11:00 AM PST   Fridays 4:00~6:00 PM PST
<b>Attendance</b>	Must attend at least one live call per week (Wed or Fri). You watch the other session via replay. All sessions recorded with lifetime replay access.
<b>Lead Teacher</b>	Guru Singh
<b>Faculty</b>	Tiaga Prem, SJ + support trainers
<b>Format</b>	Live on Zoom + on-demand video + self-study + breakout groups
<b>Modules</b>	22 Krya Modules across three learning journeys
<b>Community</b>	Private peer community via Circle app
<b>Pre-Course</b>	Immediate access upon enrolment
<b>Tuition</b>	From \$2,450 (Super Early Bird)   Payment plans available

# What You Receive

## 22 Krya Modules with Guru Singh

A structured, week-by-week exploration of foundational Krya exercises, mantras, meditations, and yogic philosophy across three learning journeys: Foundations of Practice, The Art + Science of Teaching, and Applied Yogic Living.

## Live Q+A with Guru Singh

Weekly direct access to Guru Singh for deeper insight, real-time guidance, and the living transmission that cannot be replicated by recordings.

## Localised Breakout Groups

Paired with students in your time zone for module discussions, practice teaching, and deeper connection. These small groups become your support system.

## Teacher Simulation Classes

Monthly sessions where you sit in the seat of the teacher. Practise facilitating, receive real-time feedback, and build confidence to lead with authenticity.

## Comprehensive Krya Manual

PDF workbooks for each module packed with kryas, meditations, reflective exercises, and teaching notes. Downloadable for offline study or printing.

## Pre-Recorded Krya + Meditation Videos

On-demand content for each module, accessible on computer, tablet, or phone.

## Pre-Course Practice Guidelines Access (Immediate)

A preparatory journey for foundational knowledge and concepts of Kundalini Yoga.

## Interactive Community Platform

An intimate cohort evolving together through shared experiences, daily connection, and accountability.

## Faculty Mentorship

Dedicated support trainers guide your integration. Small cohorts ensure personalised attention.

## Yoga Alliance 200-Hour Certificate

Internationally recognised RYT-200 credential. Also counts toward YACEP Continuing Education.

## Lifetime Access

All videos, recordings, manuals, and materials ~ yours forever.

# The 22 Foundational Modules

The curriculum weaves ancient lineage with modern evolution across three learning journeys. Each module builds on the last, moving you from personal practice to teaching confidence to integrated living.

## Journey 1: Foundations of Practice

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*Building your personal practice ~ breath, body, movement, philosophy, and the discipline of daily sadhana.*

### Module 1: Forgiveness

Move from the safety of old grudges into the courage of the present. Explore forgiveness as release + the physics of moving forward.

*Nov 13, 2026*

### Module 2: The Role of a Teacher

Learn to live as a conscious householder. Honour mistakes as life learning, reveal your unique medicine to uplift others.

*Nov 18, 2026*

### Module 3: Sadhana (Daily Practice)

Consistency shapes who we become. Align your inner light and navigate life's unpredictability with grace + nervous system regulation.

*Nov 20, 2026*

*Additional foundational sessions: Pranayama, Bandhas + Mudras, Asana + Spinal Movement, Movement Terminology, Philosophy of Yoga 1+2, Kriya Modifications + Adaptations.*

## Journey 2: The Art + Science of Teaching

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*From cosmic perspective to classroom confidence ~ learning to hold space, design classes, and find your authentic teaching voice.*

### Module 4: Cosmic History

Bridge astrophysics with metaphysics. Explore how universal pulses exist within your own cells.

*Jan 6, 2027*

### Module 5: History of Life

Trace the evolution of consciousness from primal survival to multidimensional awareness.

*Jan 13, 2027*

### Module 6: The Universal Forces

Navigate the four quadrants of time ~ commotion, emotion, determination, devotion.

*Jan 15, 2027*

### Module 7: Human History

14 generations of history live in your DNA. Shift from hierarchical language to inclusive, conscious vocabulary.

*Jan 22, 2027*

### Module 8: Metaphysiology

Bridge the physical with the subtle. Tune your chakras + strengthen your aura.

*Jan 27, 2027*

### Module 9: Physiology

True health is a return to ease. Discover how your physical systems work in union.

*Jan 29, 2027*

### Module 10: Applied Yogic Technology

Apply ancient wisdom to modern challenges. Shift from scarcity to a prosperity that serves all.

*Feb 5, 2027*

### Module 11: Heritage of Kundalini Yoga

Connect with the lineage of those who defied norms to raise awareness.

*Feb 10, 2027*

**Module 12: Kundalini Awakening**

Awaken your immortal authority. Rising consciousness disrupts stagnation.

*Feb 19, 2027*

**Module 13: Mind + Meditation**

Cultivate a mind that guides rather than reacts. Clear subconscious noise to access clarity.

*Feb 24, 2027*

**Module 14: Sound + Mantra**

Sound is the primal force of creation. Dive into the science of Naad + express your unique truth.

*Nov 11, 2026*

*Additional teaching sessions: Structure of a KY Class, Workshop + Practicum Design, Finding Your Voice, Trauma-Informed Teaching, Teaching in Different Environments.*

## Journey 3: Applied Yogic Living

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*Integrating the teachings into every facet of life ~ emotions, relationships, intuition, leadership, and service.*

### **Module 15: The Emotional Body**

Emotions are biological interpretations we can master. Use every feeling as a tool for growth.

*Mar 5, 2027*

### **Module 16: Inner Relationships**

Align your gut, heart, and head. Sustain centred well-being amidst chaos.

*Mar 10, 2027*

### **Module 17: Magic + Logic**

Balance the practical warrior with the intuitive sage.

*Mar 17, 2027*

### **Module 18: Being Intuitive**

Intuition is noticing what is real amidst the noise.

*Mar 19, 2027*

### **Module 19: Human Beings Being Humane**

Connect with your core power + the continuity of consciousness.

*Mar 31, 2027*

### **Module 20: Neutralising Bigotry, Bias + Phobias**

Address the roots of separation. Build true community through empathy.

*Apr 2, 2027*

### **Module 21: Alternative Pathways of Yoga**

Embrace all forms of movement as valid pathways to awareness.

*Apr 7, 2027*

### **Module 22: The Business of Teaching**

Claim your authority. Turn your practice into a sustainable offering of service.

*Apr 9, 2027*

## Course Calendar Overview

Live calls begin **Wednesday, October 7, 2026** with orientation. The training runs through **late April 2027**, with a winter break in December 2026.

### Weekly Live Schedule

Day	Time (PST)	Format
Wednesdays	9:00~11:00 AM	Live teaching call with Guru Singh + faculty
Fridays	4:00~6:00 PM	Live teaching call with Guru Singh + faculty

**Attendance: Minimum** one live call per week (Wednesday or Friday). Watch the other session via replay if you can only attend once per week. All sessions recorded with lifetime replay access.

### Month-by-Month Progression

Month	Focus	Key Topics
Oct 2026	Orientation + Foundations	Pranayama, bandhas, asana, philosophy
Nov 2026	Foundations + Modules 1~3, 14	Forgiveness, teacher role, sadhana, sound + mantra
Dec 2026	Winter Break	Integration, personal practice, rest
Jan 2027	Modules 4~9 + Teaching	Cosmic history, universal forces, physiology, class structure
Feb 2027	Modules 10~13 + Practicum	Applied technology, heritage, awakening, meditation, workshop design
Mar 2027	Modules 15~18	Emotional body, inner relationships, intuition, trauma-informed teaching
Apr 2027	Modules 19~22 + Closing	Being humane, bias, alternative pathways, business, exam, graduation

## Who This Is For

Whether your goal is building a personal practice, stepping into teaching, or deepening your spiritual leadership, Kundalini Foundations equips you with the confidence and tools to live and teach Kundalini Yoga with clarity, integrity, and power.

- The Modern Householder ~ seeking to integrate spiritual depth into daily life
- The Evolving Leader ~ ready to teach from overflow, not depletion
- The Practical Visionary ~ bridging ancient wisdom with modern science
- The Cycle Breaker ~ healing ancestral patterns + building a liberated future
- Those new to Kundalini Yoga who feel called to explore with depth + community
- Experienced practitioners ready for a structured, guided immersion with a living teacher

## Meet Guru Singh



Guru Singh is a visionary teacher, musician, and author, rooted on a path of practice + teaching for over fifty years. Guided by the call of higher consciousness and committed to uplifting humanity through the teachings of yoga + meditation, he is sovereign, scientific, and genuine.

His approach is warm, poetic, and radically practical ~ sharing timeless wisdom that meets the urgent needs of our time. Expect stories, song, laughter, and spiritual guidance that reminds you of your natural brilliance and inspires your fullest expression in the world.

In an age of AI and endless information, spending time in the presence of an Elder who has devoted a lifetime to living yoga is a rare and transformative gift ~ one that transmits wisdom and love you will not find in books or online.

*“My family, my career, and my inner world have been deeply impacted by my relationship with Guru Singh. He has impeccable integrity and articulation.”*

*~ Carrie Anne Moss, Actress*

*“Guru Singh vividly introduced me to the world of Kundalini Yoga and it changed the direction of my life profoundly. It propelled me into living instead of reacting.”*

*~ Sophia G., Graduate*

## Tuition + Enrollment

We honour your commitment by offering tiered pricing for those who enrol early. Every tier includes full access to the program ~ live calls, replays, manuals, pre-course, community, mentorship, breakout groups, certification, and lifetime access.

*Regular tuition is \$3,500. The earlier you step in, the more you save.*

Early Bird		
Pay in Full	<b>\$2,800</b>	<i>Save \$700</i>
Payment Plan	<b>9 x \$326.67 / month</b>	<i>\$2,940 total</i>
<b>Ends July 3, 2026</b>		

Full Retail		
Pay in Full	<b>\$3,500</b>	<i>Regular price</i>
Payment Plan	<b>9 x \$408.33 / month</b>	<i>\$3,675 total</i>

## Pricing Comparison

Tier	Pay in Full	Payment Plan	Deadline
Early Bird	<b>\$2,800</b>	9 x \$326.67	<i>July 3, 2026</i>
Full Retail	<b>\$3,500</b>	9 x \$408.33	<i>Ongoing</i>

Tuition payments are non-refundable. Speak with our team if you have any concerns before purchasing.

## How to Enroll

**Step 1:** Visit <https://kundaliniuniversity.com/trainings/kundalini-foundations-details>

**Step 2:** Register directly, or [book a complimentary 1-on-1 Clarity Call](#) with our admissions team

On your Clarity Call, we will walk through your goals, answer questions, and ensure the program is the right fit for your life. There is no pressure ~ only presence.

**Email:** [connect@kundaliniuniversity.com](mailto:connect@kundaliniuniversity.com)

# Frequently Asked Questions

## SCHEDULE + FLEXIBILITY

### *Do I need to attend both the Wednesday and Friday calls?*

No. You only have to attend a minimum of one live call per week ~ either Wednesday (9:00~11:00 AM PST) or Friday (4:00~6:00 PM PST). Choose whichever suits your schedule. Watch the other day via recorded video replay.

### *What if neither time works for me? Can I watch the replays instead?*

Yes. Every live session is recorded and available in your library with lifetime replay access. Many students watch replays as their primary mode of learning and still complete the training successfully. You are welcome to work at your own pace and catch up with the live group when it suits you.

### *What if I fall behind?*

You can complete certification at a later date. All sessions have lifetime replays. The program is designed with flexibility.

### *Is it still possible to join a cohort that has already started?*

Cohort availability changes. Please email [connect@kundaliniuniversity.com](mailto:connect@kundaliniuniversity.com) or book a Clarity Call to discuss options.

## CERTIFICATION + REQUIREMENTS

### *Do I need prior yoga or Kundalini experience?*

No. This is our foundational training. The most important thing is your passion and commitment to practice. We welcome all levels.

### *Am I ready to teach?*

Yes. You need only the willingness to learn, practise, and share. We guide you step by step.

### *Can I take this training with an injury?*

Yes. The online format is accessible. Please check with your healthcare provider first.

### *Is this Yoga Alliance approved?*

Yes. RYT-200 credential + YACEP Continuing Education.

### *Can I take this for personal deepening only?*

Of course. Certification can be forgone or delayed. Many join for personal evolution first.

## PROGRAM DETAILS

### *Is it all online?*

Yes. Live on Zoom + on-demand. Students consistently say our live calls feel more intimate than in-person trainings.

### *Can I use my phone or tablet?*

Yes. Camera, internet, English proficiency, and Google Drive account required.

### *Self-paced or structured?*

Both. Structured weekly schedule with flexibility to complete later. Highly interactive with live instruction, breakout groups, and direct access to Guru Singh.

### *What about Yogi Bhajan?*

KU is built around Guru Singh's living lineage. No affiliation to 3HO. We are committed to truth, transparency, and evolution. Guru Singh's path extends far beyond any single historical figure.

### *200hr vs 300hr ~ which is right for me?*

Kundalini Foundations (200hr) builds your foundational practice + teaching skills. Radical Expansions (300hr) is for those ready for advanced mastery, subtle anatomy, Krya science, and spiritual leadership. Many complete 200hr first and progress naturally.

## ACCESS + TUITION

### *What happens after I enrol?*

Immediate access to pre-course materials ~ 6 modules, audio lectures, a foundational Krya, and a manual.

### *Lifetime access?*

Yes. All materials are yours forever.

### *Refund policy?*

Non-refundable. Speak with our team before purchasing if uncertain.

*“Your nervous system already knows what your mind is still debating.”*

## Your Next Step

Trust the nudge. Feel the resonance.

If something in these pages stirred recognition ~ if you felt a quiet knowing that this teacher, this lineage, this container might be what you have been searching for ~ we invite you to take one small step forward.

**Book a Clarity Call** ~ a warm, unhurried conversation. No pressure. Just presence.

<https://kundaliniuniversity.com/clarity>

Email	<a href="mailto:connect@kundaliniuniversity.com">connect@kundaliniuniversity.com</a>
Website	<a href="https://kundaliniuniversity.com/trainings/kundalini-foundations-200">https://kundaliniuniversity.com/trainings/kundalini-foundations-200</a>
Enrolment	<a href="https://kundaliniuniversity.com/trainings/kundalini-foundations-details">https://kundaliniuniversity.com/trainings/kundalini-foundations-details</a>

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### Kundalini University

*Empowered clarity, presence + purpose for a conscious world.*