



## **Kundalini Yoga Therapy Supervision & Continuing Professional Development: The Karma of Seva**

The supervision is integrative and holistic bringing mind, body, and soul into the supervisory process.

" you must understand, when you are blocked... go up and look at it down" YB

The workshop uses Kundalini Yoga Teachings and Philosophy and the theoretical material covered in the Kundalini Medicine Curriculum. It is our intention that this should become a regular form of compulsory continuing professional development for Kundalini yoga therapists.

### **Purpose:**

The workshop series will build upon the skills participants already have from their therapeutic work and provides an opportunity to revisit , refresh , reintegrate and review therapeutic relationships, ethical principles, by working in and through a kundalini yogic group process. This is an essential ongoing, dynamic and evolutionary journey.

The curriculum is both structured and fluid allowing for practice issues to arise in a safe healing space created and maintained by the sangat around the theme of the session. Each session is connected to one of the five tattvas.

These workshops are suitable for Kundalini Yoga Therapy Clinicians and by special permission healers from other disciplines.

### **Curriculum Pentagram :**

1. Air: **The healing space of shuniya** : healing as seva: selfless service, selfless action and deep listening; refining the ego to service the soul
2. Fire : **The Phoenix Resurrection:** prana management : self care for healers; from the embers of burnout
3. Earth: **Traversing the Energetic Gateways** : supporting and maintaining the calibre, character & integrity of the healer
4. Water: **Recognise the client is you** : The integrative aspect of supervision ( going up and looking down ) ; if you cannot see yourself in your client you cannot see your client at all; working on your karma
5. Ether: **Being the light house:** keeping your projection light and radiant; promoting the hope of wahe guru

### **Setting**

Over weekend to allow at least one sadahana together - travel on Friday for Saturday Sunday retreat x 5 ; Taught in pairs

Retreat one week at least 5 days to include seva and sadahana