

220 Hour Yoga Teacher Training



KUNDALINI GLOBAL

Five Four-Day Modules
May to October 2026

CAROLYN COWAN



Beautiful People



"...become a powerful, consistent and considered leader: self-reflective rather than self-obsessive – with good integrity, boundaries and an awareness of the strength you hold."

- Carolyn Cowan

Welcome

Thank you for your interest in the Kundalini Global level one teacher training.

I founded Kundalini Global in answer to the rapidly growing and profound need for yoga to become more inclusive and serve a wider demographic.

If you're thinking about joining me you are considering a teacher training that is 100% relative to this time. 100% valid for this time.

I am a trauma therapist specialising in embodied trauma, anxiety and addiction... and here we are, in these times, with all of the attendant stresses and fears, holding our individual stories.

If you want to be the change, step up and join me. It's time, beautiful people.

I will teach you to be a seriously excellent teacher. An open-minded, supportive, and well boundaried teacher, with an extraordinary range of knowledge.

Kundalini Global works to be free of cults of thought, embracing, honouring and respecting all belief systems, religions, races, ethnicities, lifestyles, gender identities, gender preferences, ages, body shapes, ability levels and socioeconomic status.

We strive to be radically inclusive.

The Kundalini Global training teaches an open approach to religion, mindfulness, and the power of the mat. Trainees become an expert in the stress system and how posture, breath, prayer and meditation can deeply affect this system.



BEGINNING MAY 2026

220 HOUR LEVEL ONE TEACHER TRAINING
CERTIFIED BY YOGA ALLIANCE
ONLINE MAY-SEPTEMBER, 2026
WITH TWO MODULES AVAILABLE IN-PERSON

Valuing love over dogma, Kundalini Global believes that everyone can have a very profound and deep experience of their relationship to The Divine, in whatever form they believe it to take, by finding immanence within themselves. Building on the strong Divine Masculine energy emphasised historically in yoga, Kundalini Global invokes the Divine Feminine, bringing in this forgotten knowledge, and a multitude of spiritual practices to create a marriage of female and male principles across religious and spiritual spectrums.

The people that I am bringing in to teach with me are the top in their field. They are people who I am proud to stand beside.

I'm really proud of this training. I wrote the manual from scratch, completely from scratch. My specialisations include the anxiety body, hormones and adjusting hormonal flow, the esoterics of posture, and the power of intention. Looking at yoga through the lens of the quantum field! What are we doing, what are we believing about ourselves? Where are we tripping up? And what can we do about it?

You'll find more information about the training over coming pages.

If you want to be the change, step up and join me.

It's time beautiful people.

Carolyn Cowan



KUNDALINI
GLOBAL

YOGA TEACHER TRAINING
LEVEL 1 ~ THEORY

CAROLYN COWAN

ABOUT THE TRAINING

Kundalini Global teachers understand that people come to yoga because they want to experience themselves differently. They understand the power of yoga to deal with anxiety, depression, low self-esteem, negative history and physical responses to trauma in the body.

Using the best and most exquisite practices of the ancient technology of Kundalini Yoga, Kundalini Global teachers work with the nervous system to create a sense of balance within the self, and empower the journey forward in the quantum fields of right here, right now.

Between 2020 and 2025, Kundalini Global ran its first six level 1 teacher trainings and many of those who took part are now teaching, successfully. Not everyone chooses to go on to teach, but, thus far, many who arrive at the training intending for it to be a personal experience have walked away with a passion for teaching others. Feedback indicates all gain in terms of personal insight and development, with reflection and change coming to their personal and professional lives, as well as becoming excellent teachers.

We begin in May 2026, both online and in person, with the first and fourth modules available in a hybrid format. The training will be delivered over five, four-day, modules, with groups and support between that allow opportunities for practise, practicums and peer support. The Kundalini Global community is growing, rapidly, and now is an exciting time to join us.



DATES AND SYLLABUS: 2026

On every day of the training, time is given to a full yoga class and working with posture, breath and meditation. There will also be time for teaching practicums, both on each day of the training and in the spaces between.

On every other day of the training there will also be two additional hours of supervision.

Supervision is important to Kundalini Global teachers. It is a space in which teachers and trainees can work with what is coming up for them as they step into teaching... what is tripping us up, holding us back...

Supervision and being supervised is not as bossy as it sounds. Indeed, it is a support system that aids in creating excellent, well boundaried, emotionally regulated, teachers who can do great things.

Beyond all of this we have many topics that will be covered over the course of the 220 hours. A sample of how this content will be spread over the modules is below.

MODULE ONE: 8TH-11TH MAY 2026: IN PERSON AND ONLINE

Examining the personal core belief system. Cults of Thought

What is Yoga? What is Spirituality? What is Kundalini?

Mind Body Spirit axis

Understanding hormones.

Understanding how stress system works:

Neural plasticity. The Amygdala.

Introduction to prayer. Altars & their uses.

SYLLABUS

MODULE TWO: 5TH-8TH JUNE 2026: ONLINE

Applied Anatomy with Vicky Fox.

Understanding the esoterics of Postures and their effects.

Teachers agreement, peer groups, supervision.

Understanding value of daily practice. Clothing, the use of music

Teaching Styles; Male, female. Holding the room, working a studio, using Zoom.

Gentleness. The power of the mat.

Student/teacher relationships.

The Three Minds. The Body Locks.

The Chakras. The Lotus Analogy.

MODULE THREE: 3TH-6TH JULY 2026: ONLINE

Examine history & philosophy of gender, patriarchy, feminism

Mind Issues; Mental health, depression, stress, anxiety

Body Issues; Dysmorphia, shame, trauma, abuse.

Eating disorders: disordered eating.

Adjustments. Using props.

The Nadhis. The Tantras. Maps on the body.

Rhythms of the body and mind.

Mantra workshop.

MODULE FOUR: 4TH-7TH SEPTEMBER 2026: IN PERSON AND ONLINE

Understanding different religious beliefs & practices

Divine masculine and feminine. 7 Steps to heaven, 7 Steps to Hell.

Left and right energy fields. Upper & lower triangle.

SYLLABUS

MODULE FOUR Cont.

Anti-Racism. Understanding Inclusion; gender, religions.
The Power of NOW. Nine Types of Prayer.

MODULE FIVE: 2ND-5TH OCTOBER 2026: ONLINE

Quantum physics and the Quantum Fields. Finding the Gold.
The Coat of your history, the power of your projection.
Nidra & relaxation. Mindfulness & posture.
Finding & working with your gift. Alchemy.
Plant medicine. Additions to the teaching practice.
Ceremony & ritual. Celestial communication
Affirmations & gratitude.

SELF DIRECTED STUDY

For each module, participants will complete a 2000 – 2500 word research project, inspired by something that interests them or an area in which they would like to specialise from the module before.

A research project will also be completed before beginning module one. Details of this will be sent out to participants in the weeks leading up to the training beginning.

Participants are asked to take part in peer-led groups, online, between modules to practise teaching.

A Day On The Training

Many are curious about what happens on an average day of the training. It is never a straightforward question to answer as the assortment of what is covered over each module is huge.

However, the days tend to follow a format somewhat similar to what you will find below.

The times given here are intended only to give you some insight into what a day can look like. What happens in a day is subject to change. Sometimes we just need to stretch! Or we need more time for questions, more time in group... the training is delivered in a way that allows for some flexibility to come in to our timings and when breaks are needed they are given .

07:00 - 08:15 Yoga.

We always start the day with a class, making our way through an assortment of series from the manual to give trainees an introduction to the breadth of alternate experiences of the self that Kundalini Global classes can bring to clients.

This early morning class is most often with Carolyn but, on occasion, will be delivered by another Kundalini Global teacher. This allows trainees to experience a range of different teaching styles.

All content, including the yoga series, are recorded which means that participants can fully experience the class and go back to make notes later.

08:15 - 08:45 Practicum.

After the class, trainees are sent off in small groups...

...This may be to teach each other part of what we have worked with in the morning's series in terms of posture, breath and/or meditation or it may be to discuss named aspects of the class such as "how was it to be taught in an extremely gentle way?" Or "how did it feel to be given permission to make the posture more accessible?"

08:45 - 09:30 Breakfast.

Carolyn will always allow a minimum of 45 minutes for breakfast. Depending on the day's requirements or what has gone before, it may be more. We always do our best to be kind and allow the time given for breaks to reflect the hard work that trainees do.

09:30 - 11:15 Lecture and Q&A with Group Work

We will often continue our day with a lecture, exploring one of the key aspects of the syllabus for that weekend...

A Day On The Training

...Space is given for questions and, most often, during the lecture participants will off in smaller groups for peer discussion to help consolidate learning and identify gaps in understanding.

We will also regularly bring a breath practise, stretch or meditation in to the space during longer lectures as and when it feels appropriate or needed.

11:00 - 11:15 Short Break

11:15 - 13:00 Practical Aspects of Learning E.g. A Posture Workshop or exploring breath, meditation, chanting etc.

Often, before lunch, we will introduce some aspect of the syllabus that invites more practical involvement from trainees.

We may explore a range of breath meditations and then go to breakouts for trainees to practise teaching each other. We may do a posture workshop looking at standing postures. We may go deeply into a particular aspect of the esoterics of posture or at posture relative to changing hormonal flow.

Whatever we do, time is always allowed for questions. We often close the morning with a group meditation, relaxation or something else that leaves everyone feeling exquisite before they take another break.

13:00 - 14:15 Lunch

A generous lunch break is always built in to the day. Not only to allow trainees the opportunity to stretch their legs and to eat but also because it is often the case that having this pause in the day creates space for questions and reflections on what we have covered in the morning to come.

14:15 - 14:30 Questions

Carolyn usually begins the afternoon with an opportunity for trainees to bring any questions that have come up over the lunch break.

14:30 - 15:45 Lecture or Workshop

During the afternoon session we may go deeper into an aspect that came up during the morning or we may come to a whole new topic. Again, whatever it is that we come to, space is always allowed for group work and to ask questions. Breaths and stretches are woven in to the teaching as needed and to ensure everyone feels looked after. Trainees take away many many new practises to explore in their own practise and teaching after each weekend.

15:45 - 16:00 Short Break

16:00 - 17:00 Questions and Checkout

Some, but not all, days we close by giving everyone on the training an opportunity to express how they are feeling, what they have experienced or to feedback on the day. The generosity of sharing and in the listening during these times is always incredible and it fosters community beautifully.

17:00 Close/Supervision

At 17:00 we will either end for the day or take a short break and then come back together for supervision.

Supervision sessions are compulsory but are not recorded. For more on what supervision is and involves see the FAQs.

KEY ASPECTS OF THE TRAINING

Kundalini Global teachers become experts in areas that most interest them... often inspired by aspects of the training that they find most potent to their own transformation.

Alongside individual areas of specialism there are core aspects of the training that I believe all trainees become expert in.

Of course this is only a small taste of the huge array of topics we will explore together on the training, but I hope this will give you a taster of some of the core aspects of what you can expect:

Self Initiation

One of the things that makes Kundalini Global different from other forms of yoga is that, when I'm training teachers, I'm training teachers to understand how to take themselves back.

One of the things I teach trainees is self initiation. Right from the very beginning it's all about self initiation.

Not everyone will get it initially. But, if you take on this training, you come to choose yourself.

In Kundalini Global we play with Intention. Our intention is an extraordinary and potent thing. And most people really have absolutely no idea how potent the intention is. Let me show you...

In my research and reading and the fact that I have arrived at this very grand age... how I have moved through my life, I realise my brain must be different. I don't find it acceptable to be told how I should think, or how I should dress, or how I should cut my hair. Or even who I should sleep with. I just don't get it. I don't get how somebody else should get to judge that. I've always found it kind of curious! It doesn't upset me, my brain just can't make a space for that to be ok. And so my research has always been about autonomy, about self initiation, and about 'what is it that we keep giving away?'

A lot of this research has led me to this very fascinating point where I came to understand we have forgotten... we have forgotten what we're capable of and have no relationship to what we can actually do.

I can help you to remember.

KEY ASPECTS OF THE TRAINING

Hormones and The Nervous System

As a trainee you will come to a place where you can share the practise with a deep understanding of how all aspects of the stress system interact with the postures, breaths and meditations that we work with. You will understand the main hormones involved in the stress system and how what we teach works to change hormonal flow. You will come to know and love the vagus nerve - an aspect of the nervous system that plays a huge role in how we come to understand releasing contractions in the body and mind. You will understand the major muscle groups and how to release them. You will become expert in putting together warm ups that allow for your clients to begin every class reset, from a place of presence.

Radical Inclusivity

Yoga isn't just for people who can afford to go to Bali and look fabulous on a beach and say to someone else 'take a picture of me praying!' 'Take a picture of me meditating!' 'Take a picture of me in this fantastically difficult posture!'

The power of yoga to help us deal with depression, anxiety, low self-esteem, negative history... means that I believe the yoga room should be WAY more inclusive. Way, way more inclusive. But what does that mean for teachers in how we present ourselves?

How do we open up classes to those not conforming to general social media based perceptions of body size? How do we deal with someone who comes in the room who has serious back issues? Neck issues?

How do we help adjust postures? How do we give them the experience that we know we can have if we know we are fortunate in how we can move our bodies physically? How do we create diverse communities in our classes in terms of race, ethnicity, gender identity and gender preference? How do we make the classes welcoming for all religious and spiritual belief systems? These are all questions we will explore.

Teaching Skills

Being a yoga teacher is not easy. The Kundalini Global teacher training will train you in being conscious, not only of what comes in the room, but of how to hold it all with good boundaries, integrity, and a skillset that works to land all of your clients into presence. We will explore and play with everything from how you use your voice to music, to how you present yourself, to ways in which you can manage tricky clients.

We also explore marketing yourself as a teacher and how to get started with your own workshops and classes.

KEY ASPECTS OF THE TRAINING

The Esoterics of Posture

Esoteric thought may say that the stomach is the seat of the subconscious or that the liver holds anger. Almost impossible to prove, but still potent lines of thought that science cannot disrupt other than slowly, over time, discovering that maybe some of them really can be held up in truth.

We are each made up of much generational, genealogical, archetypal and experienced energies. Esoteric thought can be the most wonderful way to consider your place in this curious reality.

On the training we will consider 'what is the Kundalini energy?' From there we will explore spirituality, cults of thought, Transcendence and Immanence, the energetics of the physical body and also the upper and lower triangles, the chakra system and much, much more.

Thinking about how impossible it can all seem, at times, to take all of this in, here's hoping that scientists will finally find the little elephant sitting on a lotus leaf in the root chakra!

Religion and Religious Thought

As a teacher I am aware that I have people who come to my classes that are muslim, christian, people who are agnostic, atheist... and yet they can each access, through the way that I approach teaching, a very profound experience of a relationship to the divine, in whatever form they believe it to be.

I think that is important to recognise that in all religious and spiritual practise, including shamanism, there are some extraordinary rituals and ceremonies and practises that can really link us into a much deeper relationship to our purpose. Perhaps to reframe our story in a different way.

I will also be looking at equality and balance in gender identity, how people identify themselves, and the religious and (sometimes very strong) spiritual judgments that are made about this, and I think that to open the class up to be more inclusive and to understand how to address this is really important.

As a Kundalini Global trainee the invitation will be for you to develop a deep understanding of, and respect for, all religious and spiritual belief systems.

KEY ASPECTS OF THE TRAINING

Quantum Fields

This is a Kundalini Yoga training. We work with the Kundalini.

On the training we explore the internal relationship to the Divine, from which many of us have become quite disconnected. When we can connect to the Divine within, when we can connect with the Divine without, and when neither of those have to be according to religious doctrine or prescription, if that doesn't work for you (and if it does, that's fantastic) your relationship to the internal divine is actually about the magnificence of your ability to continually create your reality.

That's not a small thing to say. You have the ability to continually create your reality.

Now what are you doing with this ability? It's a big question. A huge question.

I'm a therapist, I have conversations with people for hours every day, and there is so much out there of 'I hate this', 'I'm depressed', 'I hate my life' 'I can't do this' ... these extraordinary statements to the universe. An enormous amount of what we believe in, an enormous amount of what we get offended and upset by, doesn't actually exist.

We are currently totally overtaken by what we perceive to be our reality, which for most of us over the past year or more has existed entirely on the Internet. Whether that is a computer screen, or social media or a phone, the news, the Internet has done something very very interesting to our sense of ourselves. We've abandoned our autonomy. We've totally forgotten about how potent we can be.

As a trainee you will join me in looking at yoga through the lens of the quantum field! What are we doing, what are we believing about ourselves? Where are we tripping up? And what can we do about it?

If you would like to find out, or to go deeply in to all of these fascinating areas of interest, and are ready to confirm your place on the next Kundalini Global teacher training, go to the website and click on 'booking' where you will find options for securing your place.

If you have questions about the training that you cannot find the answers to, the email address you need is info@devotiontrading.com

CERTIFICATION

Certification as a Kundalini Global teacher is dependent upon:

- attending 85% of all days live
- the submission of a 2000-2500 word essay per module
- a guided and marked practicum
- participation in peer led practice groups
- the completion of the final exam

TESTIMONIAL:

The homework between the sessions has been profound.

"Kundalini Global Teacher Training has allowed me a unique starting point on a journey into the powerful female spirit. Back to myself. It only took a day for me to feel a sense to total freedom in the realisation that the 'Divine teacher within' need not be the headmistress of a Catholic Boarding School. She need not be chained to the dogma, the fear, the need for acceptance. And she definitely doesn't need to wear a pair of pink leggings. She need not be anything but me. Just as I am. With a little added BOOM.

Carolyn has created something that yoga NEEDS right now. Allowing a safe space for future teachers to look at the practise through perspectives that facilitate a huge amount of reflection, healing, and growth as they consider who it is they stand for when they take their first steps to the front of a class.

You can expect to meet a diverse group of people who each bring something unique to what feels like a circle of complete trust. You will feel heard. You will feel challenged. You will hear music that makes you cry and music that makes your soul dance. An invitation will be made for you to take a bold move in to what I would have called 'the unknown' but truly feels like 'what I always knew but couldn't find"

- previous participant.



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DO
SOMETHING
AMAZING



About Carolyn

Carolyn Cowan is a Psychosexual Therapist specialising in couples, pre & post natal, addiction, trauma recovery. She runs workshops in various subjects in the UK and abroad.

She is also a Kundalini Yoga teacher and, of course, Teacher Trainer with decades of experience.

Prior to her career as a therapist, she was a fashion designer and photographer. During the 1980s.

Carolyn discovered yoga in India and is heavily inspired by Hindu spirituality. During an interview with British Vogue, Carolyn said,

"yoga builds confidence, connections and friendships. It eases loneliness, gives you faith in yourself. By attending a regular class, you join a community and a worldwide tribe; with yoga as a part of your focus you can go on to train as a teacher, empowering yourself and changing the lives of others."

In 2019, she was named among the top 16 yoga teachers in London. The same year, she founded and launched Kundalini Global, in answer to the rapidly growing and profound need for yoga to become more inclusive and serve a wider demographic

MEET SOME OF THE GRADUATES



Lissy Bones @lissybones

I'm Lissy Bones and am very proud to call myself a Kundalini Global teacher.

Training under Carolyn has given me an invaluable set of teaching skills to take forward with confidence. Far greater than any other training course.

Understanding your room, holding space and being authentic are all key elements of KG teachers.



Eleni Christa @rainbowkundalini

"I can say with no doubt that the Kundalini Global teacher training is the best thing I have ever done for myself.

Since the training my life has changed dramatically. My stress levels have gone down, I feel stronger than ever and it's made me deeply appreciate my relationship to myself and to others.

It is now a blessing and a huge joy to be passing on the gift of Kundalini Global, I strongly believe that this knowledge needs to be shared with others."



Sara-Jayne Edwards @sarajayneedwards

"The training changed everything for me. At the start of the it, I was enthusiastic but incredibly small in my thinking and in my beliefs about what was possible for me. By the time I graduated I felt like a giant by comparison. And what is possible felt infinite.

I could never have believed that I would have come as far as I have since the graduating. I adore teaching, and I love that I can stand alongside other KG teachers with pride in what we stand for. The integrity we hold as teachers of Kundalini Global is unparalleled. The training isn't easy but it is more powerful, more transformative, than words can describe."

MEET SOME OF THE GRADUATES



Hannah Joseph @kindnesskundalini

"The Kundalini Global training is a gift (to yourself) that keeps giving...possibly forever! I believe that the wonderful technology of kundalini yoga and its transformative power should be available to all and Kundalini Global's inclusive approach makes that possible. It has certainly transformed my life in many positive ways! I completed the training more than ready to share the practise with others with an abundance of kindness and gentleness."



Nici Malamoglou
@nici_phoenix

Having practiced Kundalini Yoga for 10 years, I knew that I wanted to teach yoga but needed to make sure that I would be in an environment that held no prejudice, and had evolved to meet me where I was at, rather than hide behind years of iteration without growth. As a Siddhi Kundalini Crystalline Healer, it was equally important that I could combine my passion and abilities in this field in the yoga classroom.

The training is not easy....

It requires focus, discipline, passion and a desire to transform while you perform. Each module is carefully curated, each group session deliberately fashioned, each physical practice critical, but these and so much more are what gives the student the perfect opportunity to grow, develop and eventually certify, and teach!

I am blown away by the self-activation this training offers, and the very practical and powerful tools the training provides for moving forward after qualifying.

My gratitude to both myself for stepping up, investing in myself and certifying, and to Carolyn, other faculty members and the KGTT2 trainee group is immense and I sincerely encourage anyone who is looking to delve deep within, to sign up and go the distance, because you are worth it!



Heather Montgomery @blackcygnetwellness

"As students on the Kundalini Global teacher training, we pushed our edges and met ourselves in a safe and sacred space. We met our relationship with the Divine whilst also learning to effectively regulate ourselves. What's not to love?"

The joy comes for me in knowing I am connected to something sacred and bigger than me. I now know how to regulate during difficult times and embrace life with a completely new awareness. If you want a container in which to activate yourself, look no further."

MEET SOME OF THE GRADUATES



John Russell @theyogapriest

"I'm the Associate Rector at St James's Piccadilly in London. At one point, the Bishop of London said "and God will equip you with the skills you need for ministry in this strange new time" and I thought "yes, and Carolyn Cowan gave me a head start by showing me how to do a yoga training on Zoom!"

I teach Kundalini Global as part of my spiritual ministry. For me, Kundalini Global is a fun, playful and accessible spiritual practice that helps people towards a place of stillness and safety in which a transformative encounter with the divine becomes more possible."



Carrie Sherriff @carrie_sherriff

"I joined the Kundalini Global teacher training because I have loved Carolyn Cowan's Kundalini Global classes for many years and wanted to know more about the practice. I didn't dare to think I might be able to be a teacher. By the end of module one, I realised that I did very much want to be a teacher, and had started to believe I might actually be able to do it.

By the end of the training, I had a website, I was comfortably promoting myself on social media and had a weekly class schedule.

I am blown away by the self-activation this training offers, and the very practical and powerful tools the training provides for moving forward after qualifying.

It has been the most priceless, liberating and empowering experience of my life. Kundalini Global and Carolyn Cowan have my deepest gratitude and love, always."

"I had wanted to be a Kundalini yoga teacher for years and I spent a long time looking for the right training for me. I am so glad I waited and that I discovered Carolyn and Kundalini Global.

What I could never have imagined was that the work that I did during my time spent training with Carolyn would awaken a courage in me to really step up and put myself out there as a teacher after graduating.

I find myself, only a year later, running successful classes and workshops and feeling entirely capable of providing clients with what is promised in a Kundalini Global class: and entirely new experience of the self.

I never thought it possible that I would consider myself to be a successful yoga teacher so soon after a level one training but this training... it's magical in the possibility it opens up for you..."

- Sara-Jayne Edwards, Kundalini Global Graduate

TRAINING TO TEACH YOGA ONLINE: DOES IT WORK?

When, in early 2020, the first Kundalini Global teacher training moved online, many were concerned about making the transition. By the end of our first online module every single trainee was entirely positive about the experience and most preferred it.

Somehow, we found, the experience was more powerful, more intimate, and the amount we managed to cover was fantastic. More than we ever would in person.

Training online is not only more convenient for many, but the communities we have created across the online trainings have been utterly amazing in their complexity, support and inclusivity.

Two in person modules

I have reflected much on how to format the training to reflect the times, and am offering this round as a mixture of online and in-person, after discovering this is a wonderful way to find balance and successfully testing it out on the 2023 training.

Modules one and four of the training will take place, and be filmed, from Battersea, London, in a wonderful studio that I have used for many workshops and trainings before. These modules are open to everyone on the training, but will also be streamed on Zoom for anyone who cannot come live. The dates for the two in-person offers are:

Module One: 8-11 May, 2026.

Module Four: 4-7 September, 2026.

Recordings

The training is recorded, with the exception of supervision sessions and smaller group work.

These recordings are available for at least six months after the end of the training via Dropbox (if you save them to your own Dropbox or download them you can keep them forever!)

Being able to revisit all aspects of the training in your own time has proved invaluable for trainees and graduates alike. An amazing resource to carry with you as a teacher.

TRAINING TO TEACH YOGA ONLINE: DOES IT WORK?

Diversity

Online training opens up who can access Kundalini Global teacher training by lowering the costs, with no charges for hotels, parking or travel. Many also find it hugely beneficial that you can join the weekends from home, meaning less time away from family.

This has brought more diversity in the perspectives and experiences of the group. Those who may never have been able to make an in-person training are able to join us.

Online Teaching Skills

Online classes are not going anywhere. As the world opens up, so to are the studios, of course. But many have learned from living through lockdowns that the experience of attending classes online has been one that they wish to continue long term.

The privacy, convenience and accessibility of online classes has also opened yoga up to a broader demographic.

The Kundalini Global teacher training will make you an excellent online teacher, armed with fantastic skills in how to hold space and in making online classes professional, with great sound, lighting and visuals.

Many graduates of the training are forging successful careers as teachers either entirely or partly online. You can find out more about them on the Kundalini Global website.

What I bring

I have been teaching online for much longer than the past few years. I am excellent at Zoom, in creating intimacy, in holding space, in building community.

Here is some feedback pertinent to training online from previous participants:

“I can imagine that it is difficult for you to judge the level of supreme magic, transformation and awareness you create – from our 30 minuscule faces scattered on your screen – for a full day, or in person for that matter, but with you and with our group, I feel carried away to a different place. I am there and fully there.”

TRAINING TO TEACH YOGA ONLINE: DOES IT WORK?

"I wonder if – weirdly – we shared more profoundly because it was on Zoom, and whether we would have opened up in the same way if we'd been sitting in a circle?"

"I can't say I was surprised when working with you online worked as well as in person – expert at holding space that you are – but I was surprised by the new ways it made the experience so excellent."

"Can you do a yoga teacher training online? Very successfully. Particularly since Carolyn Cowan can powerfully hold a space that encompasses the globe..."

- Previous Participants



FAQS

Carolyn answers some of the most common questions about Kundalini Global.

* I heard some bad things about Yogi Bhanan. Does Kundalini Global have anything to do with him?

The KRI situation is not good, sadly. I left KRI and that whole system in about 2014. I was threatened out over my refusal to hide my hair and my gender preference. I also profoundly disagreed with the Guru System, especially as a woman, and had seen the historical abuse being played out in the teacher lineages.

Kundalini Global does not have anything to do with Yogi Bhanan, and has been manifested as a radically inclusive way of yoga. There is no link to those teachings, to that belief system, or guru lineage.

The training is certified by Yoga Alliance and in time there will be a Level 2, which is optional, and a members support, including supervision, system.

* I'm interested in the Divine Feminine and wonder if this will be a theme woven throughout?

The Divine Feminine is a deep and integral part of the training and will feature on each module alongside the Divine Male and the range of energies that sit between these two polarities. We will be exploring the lost, forbidden, burned, destroyed and forgotten aspects of Her.

* What is the maximum size of the group?

The maximum size is 30.

* Will there be additional costs? Manual? Exam?

Everything, including the manual and certification/exam is included in the cost of the training. There will be other books recommended on a book list that you may choose to purchase.

FAQS

*How many other teachers will be involved? Who are they?

Visiting lecturers and teachers are currently to be confirmed. You will find those who are confirmed listed on the Kundalini Global website which will be updated regularly. Check the website under 'Faculty' at www.kundalini.global.

* Will there be a support system in place between modules?

Yes, peer groups will be in place.

A huge aspect of the training comes from the peer-led practise groups and the practicums that take part during the training. The peer groups on all of the trainings so far have been fantastic: supportive, kind, and invaluable in the work that comes in practising teaching skills.

There will be group supervision on each module as well, exploring the relationship to becoming the teacher.

* Where can I find Kundalini Global classes?

You can find listings for my classes on my website at www.carolyncowan.com You can also find links to many Kundalini Global teachers at www.kundalini.global

Many graduates are choosing to teach online, which is wonderful, as you can join an array of Kundalini Global classes from anywhere in the world.

We also have an Instagram account that lists a weekly timetable of classes: [@kundaliniglobal](https://www.instagram.com/kundaliniglobal)

* How long are the days?

On each day we begin at 7am.

On half of the days we finish at 5pm. On half of the days we will have an additional 2 hours of supervision.

FAQS

* What equipment do I need?

Before the training begins you will be sent a list of recommended props which can be useful for adjusting posture, including some blocks, a bolster and a strap.

For online modules, you will need a laptop or device with Zoom installed.

* Can I do this course pregnant? Will I learn to teach pregnant people?

I have 20 years + experience of teaching pre & post natal courses, and you can do the training whilst pregnant, although because the practise of Kundalini Global is not suitable for pregnancy, being pregnant on the training may limit your experience of the practical aspects of what we do. It is also crucial that you make it known that you are pregnant.

The training does not train you to teach for pregnancy nor for the post-natal period.

* What about the manual? When will I get that? What is it like?

The manual for the Kundalini Global teacher training contains a huge amount of knowledge, drawing on decades of experience in my fields of expertise. It was written entirely from scratch and has been an opus to create. I am incredibly proud of what it offers.

You will receive your manual on module one of the training if you join in person, if you are doing module one online it will be posted to you before the course begins.

It is an extremely high-quality publication that comes in two parts totalling 300+ pages.

You will receive the main manual alongside a separate book containing the yoga series, breath practises and meditations which is spiral bound and practical to carry with you as you teach.

On graduation you are provided with a further practical manual with more yoga series to work with, too.

FAQS

* Once I have booked a place can I change my mind?

A full refund will be given if you cannot attend and if you let Devotion Trading Limited know at least 60 days prior to the start of a Kundalini Global Teacher Training programme

There will be a 50% retention fee if you cancel between 60 and 30 days prior to the start of the training.

For any cancellations less than 30 days before we start no refunds will be given.

* Can I have the reading list ahead of the training?

Closer to the training you will be sent a list of titles that it is hugely beneficial to read before we begin.

Many other books will be added to this as we make our way through the modules.

* Is it possible that the dates will change?

There is a specific Terms and Conditions page on the Kundalini Global website.

I am not intending that dates change, but I do, as the course director, also hold the right to change the dates, times and locations without due penalty.

* Will the training be recorded?

Yes the training will be recorded, edited, and available for participants to revisit

The editing process can take some time so recordings tend to take a few days to arrive with you after a block of days have happened.

The recordings stay available for a few months after the training ends, you will be given warning of when the recordings are to be deleted so that you can download them onto your computer or an external hard drive to keep them for as long as you would like to.

Every effort is made so that it is largely the teacher only in view.

FAQS

* What is the investment in terms of time? Can I do the training whilst working full time?

In order to qualify you must attend a minimum of 85% of the training live.

As well as the 5 modules you will require the time involved in researching and writing a 2-2500 word essay between each module. To get the most from the experience it is also advisable that you make a commitment to engaging with the reading list and the manual.

Beyond that, it is hugely important that during the training you make time to practise teaching and to take on any aspects of the posture and breath practises we work with that you find particularly challenging.

Many others have successfully taken on this training whilst juggling challenging careers, young children and a huge variety of other commitments. Only you can know if the level of commitment involved can work for you.

INVESTMENT

There are two payment options for the Kundalini Global Teacher Training:

You can make one payment of £3,600.00 for the full amount.

It is also possible to pay in three separate instalments each of £1,200.00.

Book your place via the website:

www.kundalini.global

REVIEWS AND FEEDBACK

"I had no idea the transformation that awaited me on the other side of this training. I really thought it was just a Yoga Teacher Training, and I mean that with all due respect to the practice that offered me solace in dark times. I really did want to simply learn the technology of Kundalini Global Yoga to equip myself better with the tools to hold myself in challenging times. Little did I know, it would be that and so much more. The universe knew better, and there was an initiation in the works, a self-initiation in fact. An invitation to radically take responsibility for myself, my thoughts and my actions. I received a self-initiation, coupled with the guidance of a generous and embodied teacher (Thank You for your devotion Carolyn!), an extremely authentic and loving community, and heaps more resources, including the most exquisite set of manuals."

"Are you ready for a transformation? Are you sure?"

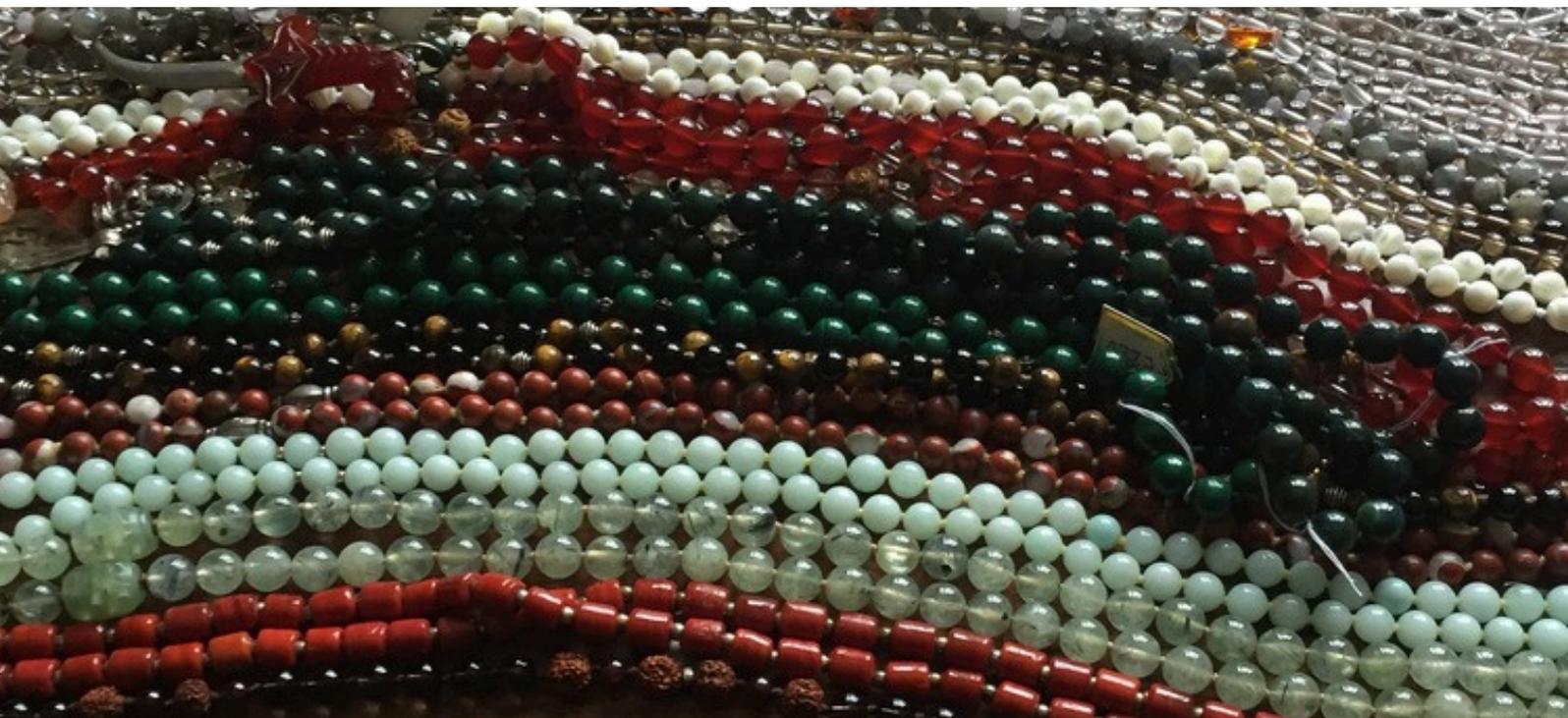
Carolyn Cowan invites you on a magical mystery tour through the yoga teacher training she created as Kundalini.Global. "1 ticket please!" I boldly claimed with all the joyous enthusiasm that sparks within me when somewhere inside I know it's going to be an amazing adventure. And so here I am, on the roller coaster ride to becoming a Kundalini.Global Yoga Teacher – and its one of the best adventures of my life. Maybe you don't feel 'ready', but perhaps if you listen closely you'll hear your soul whisper – yes please!"



REVIEWS AND FEEDBACK

“Before coming to Carolyn’s course I tried to learn KY with KRI. Haha, they kicked me off because I am too naughty and not following any rules and not having any authorities. I was also kicked off educational program on psychology in Moscow. And 2 times out of university. My mom every day is asking me when Carolyn will kick me off because of my bad behavior. Well, maybe one day it happens. But for now it’s the only educational program where I feel free to express myself and be myself, without judgment and punishment. Thank you, Carolyn. This is what I learn from you and this is what I am following in you until I have my own experience encouraging people to be so free. Actually this is yoga for me: to find freedom.”

“Carolyn Cowan can powerfully hold a space that encompasses the globe. The Kundalini Global teacher training is groundbreaking and empowering. At a time when we need each other and practices like yoga most, I’m deeply grateful our group has been able to come together virtually to be given the tools to hold ourselves, and serve our communities.”



GLOBAL KRIYA

Try this incredible Kundalini Global meditation to get a small taste of the type of practises we work with.

Duration: 3 minutes, 5.5 minutes or 11 minutes. Start short and build up.

Mudra: Prayer Pose or Venus Lock with index fingers extended. If fingers are interlocked (Venus Lock) either thumb can be on top. See what feels best for you.

Posture: A tall straight spine. Either kneeling with feet outside of hips (Celibate Pose) OR kneeling, with or without the support of cushions/bolsters OR cross-legged.

The arms are extended up, straight, overhead. Your upper arms are against your ears (an ear sandwich).

Breath: Inhale mouth: short and sharp. Exhale nose: passive, soft. Eyes are closed.



The detail:

The most important aspects of the posture are to keep the spine tall and straight, to keep the chest open, and to sustain the arms being up.

Inhale short and sharp through the mouth. As you inhale, pull the root lock, squeezing tight the anus, sexual organ, and belly. Make this powerful, both the breath and the pulling up. Your whole self may rise up.

As you exhale, soften. Let the root lock soften. The breath soften.

Repeat for 3, 5.5 or 11 minutes.

Arms stay extended up, over the head, throughout.

To end:

At the end, maintaining the posture, inhale hold the breath, pull all 3 body locks. Release the locks and the breath but keep the arms up. Repeat 2 more times. Inhale. Hold. Pull the locks. Release.

Then sit, for a time, before you lie back. Notice how you may have made yourself feel.

It is important to rest after Global Kriya. To allow the stillness to come.

A gift of perfect stillness. If we can let it be.

Great for: the entire stress system.

This mediation is often taught with a visualisation at the end.

At the end of the practise, as you hold the breath and pull the locks 3 times, you may visualise light and energy travelling up the entire length of the spine and out through the crown and down and out through the naval.

You can play with what works for you. Some do not enjoy or benefit from visualisation and it can be equally as powerful kept very simple.

