



Effective date: April 1, 2022

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## KRI Scope of Practice

### Introduction

The KRI Scope of Practice (SOP) applies to every KRI-certified Kundalini Yoga teacher. This Scope of Practice provides a specific description of teaching Kundalini Yoga as taught by Yogi Bhajan® (also referred to as “the Teachings of Kundalini Yoga”).

### Guidance on the Scope of Practice

#### SOP Principle 1— Teach Kundalini Yoga Within Scope

SOP Principle 1 allows KRI Certified Kundalini Yoga Teachers to **teach yoga** and to offer instruction and education on Kundalini Yoga practices and principles that responsibly reflect the level of yoga education, training, and experience of both the teacher and the student(s). Teachers may teach yoga in a group, in a one-on-one setting, or online/other media (live or prerecorded).

Kundalini Yoga Teachers are not qualified to diagnose or treat medical conditions, either physical or mental. KRI recognizes the powerful healing potential in our practices, but our teacher certifications qualify a Teacher to teach Kundalini Yoga, not to practice Yoga Therapy – which would require additional training and certification. This principle does not limit a licensed healthcare practitioner or certified professional from practicing according to their respective scopes of practice outside of a Kundalini Yoga class setting (meaning that a licensed healthcare practitioner would not practice that profession within a Kundalini Yoga class).

KRI Certified Kundalini Yoga Teachers must limit teaching within the Kundalini Yoga class setting to practices and learnings that do not contradict the practices and teachings of Kundalini Yoga. A Teacher does not combine practices from other systems within a Kundalini Yoga Kriya (between tuning in with the Adi Mantra and closing with long Sat Nam).

1. A Teacher acknowledges that they are part of the Golden Chain by beginning every class with the Adi Mantra, chanting, “Ong Namō Guru Dev Namō,” at least 3 times.
2. A Teacher teaches kriyas as they were taught, with the exceptions of proportionally reducing the timing of postures, providing variations of



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postures when necessary to accommodate physical limitations of students, or adding relaxations as needed.

3. The teacher will hold a neutral space in the classroom.
4. Every Kundalini Yoga class ends with any version of the Long Time Sunshine song, and at least one long “Sat Nam.”
5. KRI teaching credentials must never be used to imply competency or to promote the Teacher in fields not specifically included in KRI’s Scope of Practice.
6. This Principle does not discourage teachers-in-training from leading a Kundalini Yoga class prior to completing their Level I certification.

### **SOP Principle 2 - Teach Only While Unimpaired**

SOP Principle 2 prohibits, for the purpose of safety, Teachers from teaching yoga while under the influence of alcohol, drugs, or any other substance that leads to impaired judgment or cognitive function.

### **SOP Principle 3 — Adjust Posture or Practice Only Verbally, not Physically**

SOP Principle 3 disallows Teachers from adjusting or correcting a student’s or trainee’s posture via physical touch in the teaching and practice of a Kundalini Yoga Kriya, whether student consent is obtained or not.

### **SOP Principle 4 — Provide Sources when Sharing Information**

SOP Principle 4 encourages Teachers to accurately cite sources when providing instruction in yogic philosophy, history, anatomy, and other topics. These may include the Teacher’s own personal commentary or opinion from many sources.

### **SOP Principle 5 — Maintain a Teaching Environment in Alignment with the Teachings**

SOP Principle 5 requires Teachers to ensure that Kundalini Yoga teaching environments are maintained in alignment with the Teachings of Kundalini Yoga and will ensure that food or beverages, if served at any Kundalini Yoga class, course or event, are vegetarian. Similarly, a Teacher does not permit the use of alcohol, tobacco, or recreational drugs at any Kundalini Yoga class, course or event.