

Yoga West Level 1 Kundalini Yoga Teacher Training Review

Kundalini Yoga as Taught by Yogi Bhajan is a synthetic religion comprised of Sikhism, kundalini yoga, astrology and various other belief systems.

In Kundalini the sacred OM has been changed into the nine-syllable chant heard at the beginning of every yoga class.

All Sikhs and Kundalini yoga teachers must be armed with a kirpan sword at all times as part of their religious beliefs. Sikhs and Kundalini yoga teachers have very contentious personalities. Be prepared for ritual Kaur warfare in the Yoga West studio.

Almost every Kundalini Yoga and Meditation class emphasizes that in the coming Age of Aquarius there will no longer be patriarchy and matriarchy will be the dominant social structure. Not much other detail is given and it is not specified exactly when this will take place although it is generally agreed it will not be for a few hundred more years or so.

Yogi Bhajan changed the name of the Down Dog asana to Triangle Pose.

Kundalini Yoga teachers must tithe 11% of their income to the mother church known as 3HO: Happy, Healthy, Holy.

In his videos and yoga classes Guru Singh states that he has “relinquished” his membership in the white male club and he is not a white male.

Kundalini's are vegetarians but Sikhs are not.

Kundalini's wear white but Sikhs do not

Turbans are not mandatory according to official Sikh policy like the kirpan swords are.

This has been a closed book test all regurgitated completely from my memory.