

# Kundalini Yoga Online Teacher Training with Gloria Latham

YOGA ALLIANCE CERTIFIED



25+ Years Experience Training Teachers Worldwide

A Leader in Yoga Teacher Training since 2002

Online since 2014

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# Welcome!

I'm Gloria Latham, and ***my passion is helping people transform their lives with Kundalini Awakening Yoga.***

From my first introduction to the traditional Kundalini Yoga style, I knew it had the potential to change lives. But I also knew this powerful tool would be dismissed by most people as being bizarre and even cult-like. It would never reach the people who needed it most because of the dogma and guru-worship present in the teaching community. Instead of following the niche methods of any particular guru, I've dedicated my career to making this life-changing practice accessible to everyone who needs it.

And accessibility means clarity. I want to give you a detailed, step-by-step guide through the tools, techniques, and foundations of my bespoke system of personal transformation: Kundalini Awakening Yoga.

**This best-selling 60-Hour Course will empower you** to take back control of your life. Combining the core Kundalini principles of breathwork, physical movement, mantra and meditation with completely unique kriyas, this is the culmination of my 25+ years of intensive teaching experience.

You will learn to heal and teach healing in return.

**I'm sharing this system with you because it has the power to change *everything*.**



**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**





*Through practicing Kundalini and working with Gloria I was able to tune into my lack of confidence and all the fears that were crippling, smothering and holding me back from my true self, and true potential.*

***Working with Gloria and this course has changed my life (period).***

*The program allows you the time to piece together what you are experiencing during a Kundalini practice mentally and physically.*

*The balance of mind and body as you work through the physical practice, along with focused work on uncovering yourself through lecture and journaling allows for a shift in awareness to occur.*

*Gloria has a way of capturing your attention.*

***She makes it clear and simple and gives you the tools you need for self-discovery.***

*You can't help but begin to understand yourself more clearly.*

*I am forever grateful to Gloria and this Kundalini practice, as my experiences and knowledge from **the program has not only allowed positive changes in my life, it has also allowed me to pursue my passion in sharing this practice with others.***

**- JULIENE**

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# Why Choose The Foundations Of Teaching Kundalini Awakening Yoga?



Recent years have seen a major surge in burnout in the teaching community. This is because the most important principle is frequently overlooked: PERSONAL TRANSFORMATION. This principle is the core of the Foundations of Teaching.

Of the thousands of students who have signed up for my teacher training over the years, most have been at some kind of crossroads. Many of my students are teachers themselves, and have discovered that Kundalini Awakening Yoga is the antidote to burnout. This system will help you harness the power of disruption, tapping into the strength within and pulling you back from the brink.

If this sounds like you, just know, you don't have to wait until you're on the edge to unlock the power within. Only when you have experienced this transformation for yourself, can you guide your students through it.

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**



“

*I was so fortunate to begin this course right before the pandemic began. Kundalini yoga has been a saving grace for me these past two years. I look forward to teaching it soon!*

**- VANESSA**

“

*Your integrity and authenticity in your teachings of Kundalini yoga resonate with me more than I ever would have imagined.*

*The saying “when the student is ready, the teacher appears” rings so true in my experience. Divine Intervention at its best!*

**- CARMEN**

“

*Although I have done traditional yoga for 20 years and have always been really sceptical regarding kundalini yoga, I’ve done a daily practice with you through our current lockdown, which has been a huge surprise to me, in that it has brought about some amazing shifts to my energy...I want to thank you for everything.*

**- LEAH**

“

*Gloria’s online training has been crucial to my development as both a student and a teacher. The thought-provoking courses have helped me learn to live intentionally. I am more connected with myself and more mindful of the world around me.*

**- SUZANNE**

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# Who Is This Training For?

Online Teacher Training graduates are busy people just like you that need a flexible schedule that fits into their busy lives.

Former students include working professionals (bank managers, lawyers, IT specialists, and entrepreneurs), health care professionals, emergency room doctors, nurses, college professors, students, counsellors, therapists, stay-at-home parents and caregivers.

## KUNDALINI AWAKENING YOGA TEACHER TRAINING IS RIGHT FOR YOU IF...

- ✓ You want to deepen your understanding of yoga and you might even consider teaching at some point in the future.
- ✓ You're curious about the life-changing benefits of Kundalini but are intimidated by the dogma and misinformation that surrounds it.
- ✓ You need to rebuild your confidence and reclaim your sense of self after the disruptions experienced in the past 3 years +.
- ✓ You're undergoing big changes in your life and need the right tools and support to get through this difficult time.
- ✓ You feel isolated and want to become a part of a like-minded community interested in spiritual evolution and growth.
- ✓ You have a 200-hour yoga teacher certification in any style of yoga but want the expertise to teach Kundalini Yoga.  
(Note: this is not a prerequisite; this course is open to students of all levels with a curiosity and passion for Kundalini Yoga).
- ✓ You have taken training after training and something, possibly even a lack of confidence, holds you back from teaching.



“

*Gloria is one of the most inspired teachers I know. Her powerhouse classes and immersions deliver a consistent, loving and empowering message that hits the spot every time.*

**- STEPHANIE SNYDER**

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**



# The Foundations Of Teaching

## COURSE CURRICULUM



Your course will focus on the key differences between Kundalini Awakening Yoga and other styles of yoga, as well as how to create and lead classes that inspire and build community.



# The Foundations Of Teaching

## COURSE CURRICULUM

IN 10 MODULES OF IN-DEPTH  
EXPERIENTIAL STUDIES, YOU'LL LEARN ABOUT:

### MODULE 1

## Demystifying Kundalini

- ✓ What is Kundalini Awakening Yoga?
- ✓ 40-Day Meditation
- ✓ Cleanse, Detox & Release Sample Class



“

*There is a surprising depth to you and your classes, and your words reach and touch something inside me.*

**- BARON BAPTISTE**

# The Foundations Of Teaching

## COURSE CURRICULUM

### MODULE 2

## Class Structure and Impact

- ✓ Learn how to structure your Kundalini Awakening Yoga class for maximum impact. Includes training on how to open and close your classes, warm up sequences and important safety tips for your students
- ✓ The most commonly used mantras, and when and how to use them in class
- ✓ New Beginnings Sample Class

### MODULE 3

## Breathing Techniques (Pranayama) Unique to Kundalini

- ✓ Learn the foundational breathing practices unique to Kundalini, and learn when and how to use them
- ✓ Breaking Patterns Sample Class



# The Foundations Of Teaching

## COURSE CURRICULUM

### MODULE 4

## Kundalini Alignment and Postures

- ✓ Key poses and how to modify them for different physical limitations
- ✓ The physical and energetic benefits of each pose, and which poses can be used to activate which chakras
- ✓ Heart Chakra Sample Class

### MODULE 5

## Kriyas

- ✓ Analysis of traditional Kundalini kriyas (exercise sets)
- ✓ Creating kriyas by building upon traditional Kundalini sets as your starting point
- ✓ Breakthrough/Anger Release Sample Class

### MODULE 6

## Essential Teaching Guidelines

- ✓ Essential Kundalini meditations and mantras and how they impact your meditation practice
- ✓ Teaching prenatal and postnatal Yoga
- ✓ Teaching Kids Yoga
- ✓ Managing Addiction with Kundalini
- ✓ Nervous System Sample Class

# The Foundations Of Teaching

## COURSE CURRICULUM

### MODULE 7

## Yogic Anatomy and Working with Kundalini Energy

- ✓ Yogic Anatomy, Kundalini Energy, and the importance of the navel centre in spiritual transformation
- ✓ Is Kundalini Dangerous? Dispelling the Myths
- ✓ Third Chakra/Navel Power Sample Class

### MODULE 8

## Working with the Chakra System

- ✓ How to use the chakra system as a model for personal transformation through yoga and meditation
- ✓ The Chakra System and Your Material and Spiritual Needs
- ✓ Angles and Triangles
- ✓ Full Chakra Sample Class



“

*Gloria has studied with me for many years and is truly dedicated to the spiritual growth of others. She has a heart of gold.*

**- GURMUKH KAUR KHALSA**



# The Foundations Of Teaching

## COURSE CURRICULUM

### MODULE 9

## Chanting, Mantra and the Science of Naad

- ✓ Essential Kundalini meditations and mantras and how they impact your meditation practice
- ✓ How to select appropriate meditations and themes for your classes
- ✓ Mantra and the science of Naad
- ✓ Mudra
- ✓ Intuition and Second Chakra Sample Class

### MODULE 10

## Sadhana

- ✓ Why doing sadhana is the number one requirement for your effectiveness as a teacher
- ✓ Third Chakra and Kundalini Energy Sample Class



*I'm so glad I went with my gut and signed up earlier this year for the entire series, and then made the decision to do the kundalini teacher training as well. I have immensely enjoyed everything so far this year – so glad and grateful to be a part of such an amazing group.*

**- BETH**

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# How Do I Get Certified To Teach Kundalini Awakening Yoga?

**THE FOUNDATIONS OF TEACHING IS A 60 HOUR YOGA ALLIANCE INTERNATIONALLY RECOGNIZED CERTIFICATION COURSE.**

## If you already have a 200 Hour Certification

With 200 Hour Certification in any style of yoga, this 60 hour course is **all you need to start teaching Kundalini Awakening Yoga right away.**

## If you're just starting out

The Foundations course is your first step towards your 200 Hour certification. If you decide to continue your studies and complete your 200 Hour Yoga Teacher Certification, you can **join us for The Self Mastery Series** (140 hours of Training).



**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# Enrollment Options

***Access training videos RIGHT NOW.***

## **RESERVE YOUR SPACE**

- ✓ **Note:** The sooner you register, the sooner you can get ahead on the pre-recorded coursework.
- ✓ You have lifetime access to all high quality course videos that are made available to you right away.

## **The Foundations of Teaching - 60 hour YTT**

***CLICK HERE TO RESERVE YOUR SPOT***

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# What Do You Get In The Foundations of Teaching Kundalini Awakening Course?

## 10 Modules of In-Depth Experiential Studies

Each module includes physical practice, meditations, self-inquiry work, and lecture.

## Access to Gloria

You can have your questions answered personally.

Unlike other online trainings, where you just watch the videos, this course is a dynamic, interactive two-way experience. Hop onto the course platform anytime to ask your questions. If you're too shy to use video, type your question. I know from experience that someone in your group will be asking the very same questions you have so everyone benefits. This builds an incredible sense of community, where no one feels left out or left behind.

## A Comprehensive Manual

You will receive access to a 200 page manual that serves as a companion to your video training and includes asana (postures), kriyas (exercise sets that produce specific results), meditations, breathing exercises, mantras, mudras, chakra charts, history, anatomy & yoga anatomy, philosophy.

## Benefit-Specific Kriyas

You will receive completely unique kriyas (exercise sets) that work on every area of the chakra system. Sets will include yoga practices to: develop your intuition,

reduce your anxiety, detoxify, balance your chakras and corresponding organs...and

countless other life changing sets that work your body, mind and soul.

## Lifetime Access

Your training content is yours forever. Very few trainings offer this. You can replay and review any content at any time! Graduates tell us this is one of their favourite aspects of the training and some students have repeated the course as many as five times.

As a graduate of this course, you'll have access to Gloria and her team ongoing, not just until you graduate.

This is such an important aspect of this training because most questions arise when you start teaching your own classes.

## Graduate at your Own Pace\*

Study at your own pace, as long as you have completed your course work within one year of your registration date.

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**



# What Do You Get In The Foundations of Teaching Kundalini Awakening Course?



## Huge Savings

The Kundalini Awakening Yoga Teacher Training has only been offered in-person until now. Due to COVID-19 restrictions, this in-person training is

NOW available entirely online, giving you a huge savings in flights, hotels, childcare, and other personal or travel expenses.



## International Community

Working with an international community brings different perspectives, and experiences from around the world. The experience is diverse and exciting, and you'll soon feel like you have support from friends in every corner of the world.



## BONUS

The Business of Yoga:  
from Landing a Job  
to Leading Retreats  
& Trainings

**VALUE \$997**

*You'll learn how to fill your classes, strengthen your teaching skills and confidence, and lead sold-out destination retreats around the world for both teachers and students.*



*I've been enjoying the process immensely, growing and learning, expanding, and challenging myself.*

**- SARA**

Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>

# What Results Can You Expect From The Foundations of Teaching?

**YOUR COURSE WILL FOCUS ON THE KEY DIFFERENCES BETWEEN KUNDALINI AWAKENING YOGA AND OTHER STYLES OF YOGA, AS WELL AS HOW TO CREATE AND LEAD CLASSES THAT INSPIRE AND BUILD COMMUNITY.**

- ✓ You will learn the fundamental skills to create classes that transform your yoga practice from an exercise routine to an empowering, life changing practice.
- ✓ You will build the inner confidence to teach and live authentically, and inspire your students effortlessly.
- ✓ You will learn the tools + techniques you need to thrive - so you're no longer sacrificing your health, happiness & well-being for others.
- ✓ You will let go of any comparison or self judgement that's blocking your confidence, so you feel truly comfortable in your own skin
- ✓ You will experience over 30 unique meditations and 60 exclusive Kundalini Awakening Yoga sets for personal breakthroughs (when you complete the full 200 hour training)
- ✓ You will discover the key to building community, and classes that practically fill themselves.
- ✓ You will experience a renewed passion and enthusiasm for yoga - even if you've been practicing or teaching for years.



**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# How Does Certification Work?

One thing has become abundantly clear in her 25+ years training and hiring teachers...

Teachers who make the biggest impact on the lives of their students, and avoid personal burnout, are the few who have a dedicated and devoted personal practice.

## To Receive Your Certificate, You Must do the Following...

- ✓ Complete all 10 pre-recorded modules and listen to all lectures
- ✓ Complete a 40-day personal sadhana (daily meditation practice)
- ✓ Take and pass the online multiple-choice exam

\*Your 60 hour certificate will only be issued upon completion of payment of the course.

\*200-Hour Certification requires you to complete The Self Mastery Series+ which combines The Foundations of Teaching + The Self Mastery Series Courses for rapid personal transformation.

## When Can I Start?

You can begin your training today, the minute you enroll!

Fellow participants help keep you motivated and accountable throughout your training and the interactive discussion in the course platform makes this feel just like an in-person training.

***CLICK HERE TO RESERVE YOUR SPOT***

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# Frequently Asked Questions



Unlike most teacher training courses, this training also covers the practical side of teaching yoga from obtaining adequate insurance and getting your first teaching job to running yoga studios and leading sold out international retreats.

## Can I teach with this certification?

**If you already have a 200-hour teacher training certification**, The Foundations of Teaching Kundalini Awakening Yoga 60 hour course is all you need to begin teaching Kundalini Awakening Yoga right away.

**If you do not have a 200-hour Yoga Teacher Training certificate**, you can begin your yoga teacher certification with the 60 hour Foundations of Teaching course and complete your certification by adding the The Self Mastery Series when you feel ready to continue..

## Is this Kundalini training Yoga Alliance approved?

Yes! This Kundalini Training is Internationally Recognized with Yoga Alliance.

## What if I'm not interested in teaching, can I take this course for personal reasons and to deepen my knowledge of yoga?

Yes! Kundalini Awakening Yoga Teacher Training is a powerful system of personal transformation. The bonus is that, as you study, you will naturally earn training credits if you choose to teach at some point in the future.



# Frequently Asked Questions

## What's the time commitment for the Foundations of Teaching?

The course can be completed within 40 days. However you can take up to one year to complete your coursework and still receive your certificate.

## Do you need years of yoga practice before signing up for yoga teacher training?

Not at all. This course is accessible to students of all levels and all abilities, including absolute beginners with the desire to deepen their own personal experience of yoga and share what they love.

## Do I need to take time off from work to complete this course?

Absolutely not! This course was intentionally designed to fit into your busy schedule.

**You set your own schedule** for all pre-recorded course content.

### **A TYPICAL WEEK INCLUDES:**

- ✓ 20-30 minutes of daily practice
- ✓ An additional 60 minutes of practice twice a week
- ✓ Pre-recorded class content
- ✓ Video lecture content as assigned between classes
- ✓ Journaling and homework

This course is highly interactive and you will feel like part of our community.

If you're on the fast-track and want to complete your training within 40 days, plan to spend a little over ten hours per week practicing, watching lecture videos, and completing your homework. BUT...you can take up to one calendar year from your enrollment date to complete your assignments.

# Frequently Asked Questions

## What if I'm going through a particularly difficult time in my life right now? Should I wait to enroll?

Not at all. Most students sign up for training when they're at a crossroads, undergoing a big change in their life. Kundalini Awakening Yoga Teacher Training can help you gain clarity and courage, get unstuck, and create change in any and every area of your life.

## What if English isn't my first language?

Gloria is highly attuned to the need to simplify concepts for ease of understanding. Students from all over the world have successfully completed this training, which has been available since 2002 in person, and online since 2014. We have graduates in Japan, Brazil, Columbia, France, Italy, Germany, India, Mexico, Spain, Portugal, Switzerland, Greece, Uganda, Australia, South Africa, Croatia, Denmark, Norway, Finland, Iran, Israel, Jordan, Turkey, Belgium, China, Ireland, England, Columbia, the USA, the UK and Canada.

## Can I still participate if I have an injury?

Check with your healthcare provider first and rest assured that working with injury can make you even more skilled and compassionate as a teacher.

## What else will I learn in addition to how to lead yoga classes?

You will learn pranayama (breathing exercises), meditation, yogic anatomy, and how to use the Chakra System and Kundalini Energy as tools for personal Development.

## What are your refund policies?

### **REFUND POLICY**

Your Tuition (paying in full or by payment plan) is 100% non-refundable as your training content is released immediately upon enrollment. You have permanent, lifetime access to the material.

# Frequently Asked Questions

**How long will I have access to my course materials?**

You have permanent, lifetime access to the material.

**Is there a manual that comes with the course?**

Yes, you will receive access to a 200 page manual that you can download and print if you choose.

I'm thrilled and honored you're here to learn more about our Kundalini Awakening Yoga Teacher Training – 100% online, Yoga Alliance Internationally approved!



**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# Why Study With Gloria?

*Gloria created  
Kundalini Awakening  
Yoga to make the life  
changing principles of  
Kundalini accessible  
to students of all levels  
and all abilities.*

## GLORIA HAS 25+ YEARS OF EXPERIENCE IN:

- ✓ Developing and delivering Internationally Recognized Yoga Teacher Training Courses in all styles of yoga—in person since 2002, and online since 2014
- ✓ Teaching thousands of students worldwide—both in person and online
- ✓ Running world-renowned yoga studios, leading sold out yoga retreats and launching a successful online course business
- ✓ Hiring and training teachers in her four yoga studios—while managing a staff of 70 employees and up to 90 yoga teachers at one-time
- ✓ Creating successful class schedules for multi-style yoga studios and understanding the needs of today's yoga students.
- ✓ Gloria has had the privilege of studying with and developing personal relationships with the most respected yoga teachers in the world.

*Gloria was the first yoga studio owner in Canada, and one of the first worldwide, to develop a yoga studio with a multi-style concept. This approach opened the doors to host and study with a diverse group of master teachers from around the world — including Rod Stryker, Anodea Judith, Dharma Mittra, Shiva Rea, Seane Corn, Michael Stone, Janet Stone, Max Strom, Gurmukh, Nicki Doanne, Mark Whitwell, Tias Little, and Rolf Gates.*

**Learn on Your Schedule! See Training Dates Here: <https://glorialatham.com/foundations/>**

# Student Testimonials



*When I started the course I really had no idea of what to expect. I loved every class, every zoom meeting (although I was a very quiet participant and did not speak) where I was inspired by everyone's dreams and visions.*

*I feel so different and more present than ever in me.*

*Thank you for your support, for being there for everyone in your community. I am a yoga teacher, love teaching yoga, but taking classes myself is something I don't do. I find it difficult to separate my teacher training from my personal practice. Your course blew me away and I so looked forward to the next one.*

**- WILMA**

*I am really excited for all that is to come but at the same time already got more out of this course than I would have ever expected.*

**- JANA**

*Thank you again for the wonderful teacher training and Self-Mastery series! I learned a lot about myself over the past year. I plan to repeat the entire series and the teacher training in the coming months. This is the best gift that I gave myself this year.*

**- ALBENA**

*Hi, I'm here for the 2nd time. I did the yoga teacher course last year and it has transformed me more than I could ever have hoped for. So excited to start again.*

**- JESSICA**

*I was so fortunate to begin these classes right before the pandemic began. Kundalini yoga has been a saving grace for me these past two years. I look forward to teaching it soon!*

**- VANESSA**



# Student Testimonials



*I have thoroughly enjoyed taking Gloria's teaching course for Kundalini, it has been life changing for me. It has been thoroughly eye opening and I have discovered a deeper, more profound side to my soul that was undiscovered and the healing that I am on now from this journey has been heartwarming. I truly thank you for creating an incredible course and for allowing me to be on this journey with you. I plan to continue on this path and hope to share my learnings with my community.*

**- MARIA**

*I so appreciate you offering these classes. I was hanging by a thread.*

**- REESA**



*A special thank you for creating this space and holding space for me to grow and come along.*

*To everyone I have never met (which is most of you) but who have been on this journey. I haven't been able to make any of the Q&A live sessions, but I have 'attended' them all and I wanted to share my gratitude to everyone who has shared so openly and honestly. Your vulnerability has helped me so much through this journey. I have laughed, cried and felt so much with all of your shares and generosity.*

**- JESSICA**

*Gloria's online training has been crucial to my development as both a student and a teacher. The thought-provoking courses have helped me learn to live intentionally. I am more connected with myself and more mindful of the world around me.*

**- SUZANNE**

*I know Gloria's method works!!! I loved the person I became after doing the work last year. I DESERVE THIS JOURNEY, YOU DESERVE THIS JOURNEY AND WE DESERVE THIS JOURNEY TOGETHER*

**- CLARISSA**

# Student Testimonials



*I am very grateful to you for your teaching! And though I am still in the process of learning, your lessons give me peace and strength dealing with my life. I feel less reactive, distancing myself from a situation as if I am watching myself from above. And I feel myself physically more strong and flexible, which is kind of important for 72 years old!*

*My body and mind have held so much emotional pain and these practices released the patterns in body and the emotional blocks in my mind. It's been hard work and many tears and oh so worth it. Every practice I feel lighter, brighter, and stronger mentally and physically. I was meditating before this, but it wasn't releasing old patterns that were keeping me stuck. This work releases old patterns and lets me be my best self. It's part of my daily life now.*

*Still, experiencing the Self Mastery Series last year and the Teacher Training this spring has been an enormous enrichment for me - both personally and professionally.*

*I've benefited a lot from practicing Kundalini Yoga and my first steps teaching it were quite successful (in terms of excited students who loved the different approach).*

**- KATHARINA**



*I had done different styles of yoga before and I had taken Sivananda Yoga Teacher Training. Always, when I practiced Hatha Yoga, I had a lot of problems with the balance of the chakra system. Since I am in your course I feel a lot better. And this the first time, I've been able to stick to a daily practice. Since I started in February of 2020, I get up earlier in the morning for my meditation. That has never happened before. I changed so much, that I am staying on my path and if I get lost, it shows me the way back very quickly. Everything I do is clearer and there is a lot more structure in my life.*

**- RITA**

# Student Testimonials



*Just wanted to take a moment to share with you how much I am loving your work. I've been meditating now since the first day of the course and haven't missed a day. I feel different. I look different. I'm acting differently - and people around me are noticing.*

*I LOVE THIS WORK. It's brought my soul home - Thank YOU!*

**- EMMA**

*I have been feeling so overwhelmed and burned out with life the past couple months. The first 2 days of the classes... at the end... I have felt these emotional releases. I have not felt emotional -ever- after or during any of the other classes I've done!*

**- J**

*This course took my consciousness to a new level of THRIVING.*

**- TRISHA**

*This journey has been amazing. I've had many "aha" moments along the way and many up and down moments, but recently I feel like I've jumped a hurdle or something and I'm feeling a bit more calm. I'm not calm by nature, so this is huge and what I constantly strive for through my Yoga practice. I am so grateful for the opportunity to participate in the courses*

**- SOPHIA**

*I recommend this Course Series to any one who hasn't experienced it—it WILL change your life!!*

**- DAWN**

*Thank you so much for this course. I have noticed so many changes in the way I handle situations, my self talk and my over all outlook on life. It was a lot of work! But it was so incredibly worth it! Thank you from my entire heart!*

**- LEAH**



# Student Testimonials



*I highly recommend this training to anyone who is looking to have more energy, clarity, focus and inner happiness.*

**- SANDRA**

*Your integrity and authenticity in your teachings of Kundalini yoga resonate with me more than I ever would have imagined.*

*The saying “when the student is ready, the teacher appears” rings so true in my experience. Divine Intervention at its best!*

**- CARMEN**

*Thank you for your dedication to everyone in the community, for your compassion and understanding and especially for sharing your passion for this amazing practice... I think I'm hooked!*

**- JENNY**

*If you are on the fence, take the leap, I am grateful for the integration of mind, heart and spirit that these teachings have nurtured within me. The discipline of inner work is so much easier with a beautiful community such as this one to journey*

**- WENDY**

*I cannot say enough good things about this series and Gloria. It has changed and is continuing to change my life daily. You'll definitely make the best decision of your life to join. This is my experience! And LOVEly Community!!*

**- JACKIE**

*This is something completely different than you may have experienced and will allow you to reconnect with yourself and discover and/or rediscover yourself and your innate strength and creativity. The community is supportive, generous and full of compassion. I cannot recommend this series enough. Life skills for a lifetime.*

**- MARTHA**

*Kundalini found me when my life fell apart, I didn't search for it: it arrived in my inbox and I jumped in and I am staying in for the rest of my life. I have made shifts and changes that would once have been unimaginable to me. I am filled with gratitude.*

**-MARY**



# Student Testimonials



*I kept searching for a yoga practice that would speak to me and help me deal with the anxiousness, brain fog, lethargy, and roller coaster ride that my hormones had me on. I tried Gloria's classes and a few others and I knew I was hooked and had finally found something that made a difference. I'll never forget that first class... that deep breathing...the tears that I shed, the desire to learn more about this thing called "Kundalini". Those first few classes left me feeling more empty (in a good way), more still, so curious! I landed exactly where I knew I needed to be.*

**- BONNIE**

*I love the focus, community and support in these courses. Doing it as a group with all the support is motivating and inspires commitment.*

**-CHERYL**

*I continue to feel and experience the benefits of this work. I am deeply grateful to kundalini for accessing, healing and strengthening my chakras in a way unique to any other work or practice I do and have done. My heart has been healed... my heart is different now, open once more, in a new way, and stronger.*

**- LIZA**

*I just want to say "Thank you!" I feel like you are speaking to my soul and I have literally been searching for a way to help me heal, grow and move forward in a positive direction...not only for myself but for my family.I feel like I have gone through the "dark night of my soul" these last 4 years and I am so thankful to have found you coming out on the other side!!!*

**- AMY**



# Student Testimonials



*I've done this course a few times. Always growing, always learning. It is and will be a joy to share the time we will have together on zoom calls, and on the mat. Gloria's leadership and my ongoing personal commitment to do the hard work every day have brought me through a lot. I am grateful that traumas from my past are more & more distant every day. Life is far more focused & simple. Definitely better in so many ways.*

**- DOUG**

*it's a BRILLIANT course! so glad I did it and was the transformation I needed to allow me to keep going forward, even in times of adversity.*

**- JO**

*I have battled through many health and life challenges and I have to say without a doubt Kundalini Awakening Yoga helped me to overcome anything and everything thrown at me. It literally saved my life. It has helped shape me into the human I knew I could be but needed help doing lol.*

**- JODI**

*You are an inspiration and a light in our world! Your course literally transformational -what energy!*

**- WENDY L**

*Through this program, the daily rituals of the sadhanas and of course with our beautiful soul Gloria, I now have gained the tools to manage my thoughts and emotions. I feel more full and balanced within. My outlook on life has a whole new meaning. I no longer walk my path as I once did as before. There is NO turning back. Everything has a much higher purpose now.*

*For ALL of this, I am forever so grateful. Gloria, thank you for showing up as yourself and by doing that creating space for more of us to do the same*

**- DEB**



# Student Testimonials



*This has been so much more than I ever expected and I have learned so much about myself and who I AM!! I now have the necessary tools to tackle anything that comes my way and will be able to share this with my yoga community and family. As well, I have made lifelong connections that I will truly cherish. I plan to continue the work every year because as we know, there is always something to learn. Sat Nam my friends.*

**- BERNICE**

*Everything has improved in my life. I decided to quit a job that made me unhappy in the midst of a crisis and covid and I'm very excited and looking forward to trying new things. Also, all my relationships have improved, I have stopped being angry and I have more patience.*

*Everything flows much more beautifully than before. And I feel great that I have the support of the whole community and you gloria. I appreciate all you do. Your work is both spiritually and physically brilliant.*

**- SHIRLEY**

*I desperately needed to do this work to release stress and I felt so much better. So, thank you for your generous gift. I love the focus on mantra, breath and movement as it doesn't feel like a 'have to' exercise. I love your work.*

**- JULIE**

*These courses were the door to all the amazing things I have been discovering and working on despite my deep-rooted fears. I'm so grateful.*

**- RAQUEL**

# Student Testimonials



*Kundalini as taught by Gloria introduced me to my core, who I am, what my values are and how to empower myself to be able to respond to anything in life based on those values rather than on my feelings or my conditions. In that sense, I gained true Freedom inside from previously reactive responses, guided by emotions (often negative). I am no longer giving away my power by blaming myself and others - and each module provides a different angle to that self-growth. My "aha moments" are far too many to list here, but in contrast to such wake up calls in the past "before Kundalini", only the physical practice could crack "me" open inside to truly grow and make life changes accordingly.*

**- CHRISTINE**

*I am so grateful to you Gloria and your course which taught me a lot; to be patient, to be committed, to build trust in myself, to speak my truth, to beat the fear, to trust life more, to honor my body when it is in pain, to be more clear of what I want and what I do not want. Thank you thank you so much. I am also grateful for this community of wonderful people from whom I learned a lot and grew a lot..thank you all so much.I am grateful for Raquel and all others behind the scene who made the course possible. Thank you thank you so much.*

**- OURANIA**





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GLORIA LATHAM