

The official Response KRI has sent to their Teacher Trainers related to the “Breath of Fire” 4-part mini-series that started airing on Oct 23, 2024.

Sat Nam Dear Kundalini Yoga Family!

We are reaching out to our Trainers and National Associations as part of this global community with some important information related to recent media programming about Kundalini Yoga as taught by Yogi Bhajan™.

To the extent this results in conversation around this topic, we wanted to take this important opportunity to engage with you and offer some thoughts and guidance on addressing communications about these issues.

- The portrayal of Kundalini Yoga in recent productions is clearly contrary to our own experiences and the lived experiences of the thousands of people around the world who practice this healing technology every day.
- There are over 200 scientific studies on Kundalini Yoga by world-respected and gold-standard research facilities like Harvard University and UCLA and even top universities in India. These studies conclude that Kundalini Yoga is extremely impactful with diseases like Alzheimers, with insomnia, Generalized Anxiety Disorder and depression, and for management of stress! There are more and more studies being performed and people around the world are seeing the value of adding Kundalini Yoga to any health conscious daily regimen. There are thousands more studies on Yoga and meditation and breath-work in general that confirm the experience of millions of people worldwide about the impact, legitimacy, and relevance of this amazing science.
- The lineage of these teachings is clear and intact. There are thousands of teachers worldwide sharing this science, many of them in underprivileged areas of the world, in prisons and hospitals where people are terminally ill, in active war zones where horrendous and immediate trauma are prevalent etc. All with incredible stories of hope and healing brought about through the value of the teachings of Kundalini Yoga. The benefits of this practice are not limited along racial, ethnic, socioeconomic, or geographic lines.
- There are thousands teaching Kundalini Yoga as professionals in the wellness arena around the world in almost every single country to help serve individuals and entire communities. Their impact on society is monumental, and they thrive in the graceful profession of teaching Kundalini Yoga.
- We have an office of Ethics and Professional Standards (EPS) that includes a commission with representatives from all parts of the globe. They help to ensure our teachers apply the highest standard of our Code of Ethics, and are a body known to all to bring any related grievance to for support and action.
- For those who have reported harmful experiences in the Sikh Dharma/Kundalini Yoga Community, our worldwide organization has had a robust response to these issues that has accepted reports of harm without challenge and worked to address them, including through a compassionate reconciliation program, restorative justice work, free counseling support, and an independent reparations program.

This is an opportunity to refine and deepen our understanding of how we share and deliver these teachings in the current global atmosphere and sensationalized media environment. We remain committed to the ongoing work to present ourselves with a Global Identity, united under the umbrella of the teachings of Kundalini Yoga as taught by Yogi Bhajan TM and to stand out as a clear, conscious, and compassionate representation of our collective values.

We welcome the chance to continue this dialogue in our upcoming regional meetings, so please do take the time to register and attend. Please also feel free to reach out to me personally at any time if I can offer any support to you in this process.

If any media or journalist reaches out to you for a statement, we ask that you please kindly refer them to Satwant Singh (satwant@ssscorp.org) who is the best person to answer their questions and can give an official statement.

SatNam,

Jugat Guru Singh
CEO for KRI