

# Teacher Training Team

## Kundalini Yoga East



**Simran Kaur** (Lead Trainer) is a life long Yogi, and has dedicated herself to teaching & being an example of living a Vibrant, Active, Calm, Happy, Flexible & Fun life! She is an expert in body awareness, posture & breath. Simran has studied & taught with her husband, 'Posture Master' GuruPrem Singh Khalsa for the last 20+ years. The daughter of Sat Jivan Singh and Sat Jivan Kaur, she was born and raised in the Kundalini Yoga tradition and brings a lifetime of experience, dedication, devotion and joy to our team.



**Sat Jivan Singh** (Lead Trainer) is a teacher of dignity and grace. He blends his 51 years of yogic teaching and lifestyle with 48 years in the practice of law to make Kundalini Yoga relevant to his students, fun, invigorating, revitalizing and inspiring. His personal experience with and understanding of Kundalini Yoga is profound. In 1971 when a teacher with the strength, consciousness, commitment and professional credentials was needed, Sat Jivan Singh was sent to New York City.



**Angad Kaur** (Lead Trainer) is a beloved teacher of Kundalini Yoga. She has taught Kundalini Yoga and Meditation, and managed Kundalini Yoga East for 22 years. A practitioner and instructor of the Healing Art of Sat Nam Rasayan, her dedication, devotion, boundless humor, love of the teachings and experiential knowledge are a great asset to our team.