



KRI ANNUAL REPORT

2023 FISCAL YEAR

OUR MISSION

KRI's mission is to make the benefits and practice of Kundalini Yoga, based on the Teachings of Yogi Bhajan, accessible to all people from all backgrounds.

IN THIS REPORT YOU WILL FIND AN OVERVIEW OF WHAT KRI HAS RECENTLY ACCOMPLISHED TOWARDS THIS MISSION. WITH YOUR SUPPORT, WE WILL CONTINUE TO ENSURE THAT THESE YOGIC TEACHINGS WILL HELP NOURISH AND UPLIFT THIS AND FUTURE GENERATIONS.



PRESERVING KUNDALINI YOGA SINCE 1972.



**KRI ANNUAL REPORT
2023 FISCAL YEAR**



MESSAGE FROM THE CEO

SAT NAAM,

WOW, HAS THIS PAST YEAR
GONE BY FAST!



KRI ANNUAL REPORT
2023 FISCAL YEAR

As **KRI** continues to support teacher trainers and trainings all around the world (especially as more and more move back to in-person), and continues to maintain and expand the **Library of Teachings**, we've found the time to still come out with 3 new new Kundalini Yoga books:

Finding Peace Within Shattered Pieces, Kundalini Yoga for Self-Care & Caregivers, and 22 Meditations to Identify & Release Your Fears.

And as part of our Kundalini Beyond Borders joint project with IKYTA, we raised money for another round of 10 grant awards to amazing Kundalini Yoga Teachers who are bringing Kundalini Yoga to underserved populations. Read and be inspired by these teachers and their projects [HERE](#). ✨

KRI also began the planning for our first ever symposium, which we will hold online in Feb 2024 – [SYMPOSIUM ON KUNDALINI YOGA: SCIENTIFIC RESEARCH AND APPLICATIONS FOR HEALTH AND THERAPY](#). ✨

Our fiscal year closed on a very sweet note, with an in-person trainer forum at the Summer Solstice festival site. The spiritual energy of that site was very high, and I hope that all of you are enjoying such sacred community via in-person Kundalini Yoga classes and gatherings again as well.

HUMBLY AND IN SERVICE,
AMRIT SINGH KHALSA



MESSAGE FROM THE BOARD CHAIR

DEAR FRIENDS, AFFILIATES,
AND MEMBERS OF KRI;

THE GOLDEN CHAIN IN OUR
TRADITION IS THE LINKED



KRI ANNUAL REPORT
2023 FISCAL YEAR

connection of students to the energetic legacy of their teachers back to antiquity. KRI's role is to strengthen and preserve this connection by holding sacred that energetic, spiritual connection and by maintaining the practices of Kundalini Yoga that were delivered through Yogi Bhajan.

By holding the accuracy and the clarity of that foundation; the **Golden Chain** can continue to grow and unfold in the centuries to come. As the world continues to struggle with the transition to the Aquarian Age, we on the **KRI Board** remain steadfast and committed to serving the birth of this new age by holding and sharing the teachings brought to us by Yogi Bhajan.

The **KRI Board** is proud of our accomplishments over this past year. We've continued to strengthen the capacity and professionalism of the **KRI Board**, and are exploring partnering, perhaps even merging with sister organizations (such as 3HO) to reduce costs and strengthen our message to our various constituent groups. These conversations, begun more than a year ago, have grown in exciting new ways.

We at **KRI** plan to remain a solid, trustworthy

source for Kundalini Yoga teachings for the next hundred years (at least!). We are maintaining the Library of Teachings, as a permanent reference; and we are continuing to cultivate the precious spark of consciousness that keeps our tradition a living one. We are adapting to the changing world without losing our unshakable connection to the original body of teachings that Yogi Bhajan synthesized and shared.

As examples of new initiatives, we are also thrilled with **KRI's support**, through the **Kundalini Beyond Borders** program, in bringing Kundalini Yoga to underserved populations; and for the ongoing preparations for the first ever **Research Symposium on Kundalini Yoga: Scientific Research and Applications for Health and Therapy**. Through innovations like these, **KRI** is bringing the same heart and depth of the teachings Yogi Bhajan shared to new populations.

THANK YOU FOR YOUR ENGAGEMENT.

HUMBLY YOURS,

GURUCHARAN SINGH KHALSA

KRI'S BOARD OF DIRECTORS



DR. GURUCHARAN S. KHALSA / USA



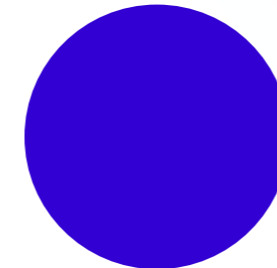
NIRVAIR S KHALSA / USA



GURU JIWAN K PASCUCCI / ITALY



JOANNA DUNBAR-WEBB / UK



DASHMESH KAUR / USA



GURUSAHAY S KHALSA / USA



RAJ KARAM / USA





KRI'S STAFF

KRI has an amazing group of about 36 people in 8 countries working from very part time to full time, amounting to just about 15 full-time equivalents. We also rely on many devoted volunteers. The board of directors are all volunteers, as are many translators, and contributors to a wide variety of planning committees.

**THANK YOU
STAFF AND
VOLUNTEERS!**

COME TO JOIN US.
Learn how to be a volunteer
through the email:
amrit@kriteachings.org





KRI ANNUAL REPORT
2023 FISCAL YEAR

KUNDALINI BEYOND BORDERS

FUNDING PROGRAMS THAT
BRING KUNDALINI YOGA TO
UNDERSERVED POPULATIONS

[VIEW THE PROJECTS](#)



KRI ANNUAL REPORT
2023 FISCAL YEAR

IN 2023, WE ARE SUPPORTING:

- 1.** Kundalini Yoga classes for vulnerable women in BRAZIL;
- 2.** Continued support for Kundalini Yoga in the PINE RIDGE, ROSEBUD and STANDING ROCK RESERVATIONS;
- 3.** Building the first yoga studio in TURKEY solely focused on Kundalini Yoga as Taught by Yogi Bhajan;
- 4/5.** Two separate projects support the people of UKRAINE with Kundalini Yoga and Meditation;
- 6.** Teachings of Kundalini Yoga to incarcerated women in CHILE;
- 7.** A 10-stop tour through FRENCH GUIANA teaching, among many other things, Kundalini Yoga;
- 8.** Offering one-on-one and small group Kundalini Yoga support to the homeless, those struggling with mental health difficulties and addiction, and those in end of life hospice;
- 9.** Offering Kundalini yoga as a complementary therapy to patients with at least one suicide attempt in MEXICO, and
- 10.** Bringing Kundalini Yoga classes, workshops, and teacher training to CUBA.




KRI ANNUAL REPORT
2023 FISCAL YEAR

AQUARIAN TRAINER ACADEMY

THERE ARE OVER 697 MEMBERS
OF THE AQUARIAN TRAINER
ACADEMY FROM 54 COUNTRIES.

**All of the teacher trainers
who are licensed to
participate in a KRI teacher
training program are
members of the Aquarian
Trainer Academy. These
trainers are the faculty
for the amazing global
school of Kundalini Yoga
and Meditation.**

KRI provides a clear development pathway
for Kundalini yogis to grow into teacher
trainers. [FIND OUT HOW TO BECOME
A TEACHER TRAINER.](#) 



KRI PROGRAMS



**KRI EDUCATION
& TRAINING**



**KRI ANNUAL REPORT
2023 FISCAL YEAR**



KRI ANNUAL REPORT
2023 FISCAL YEAR

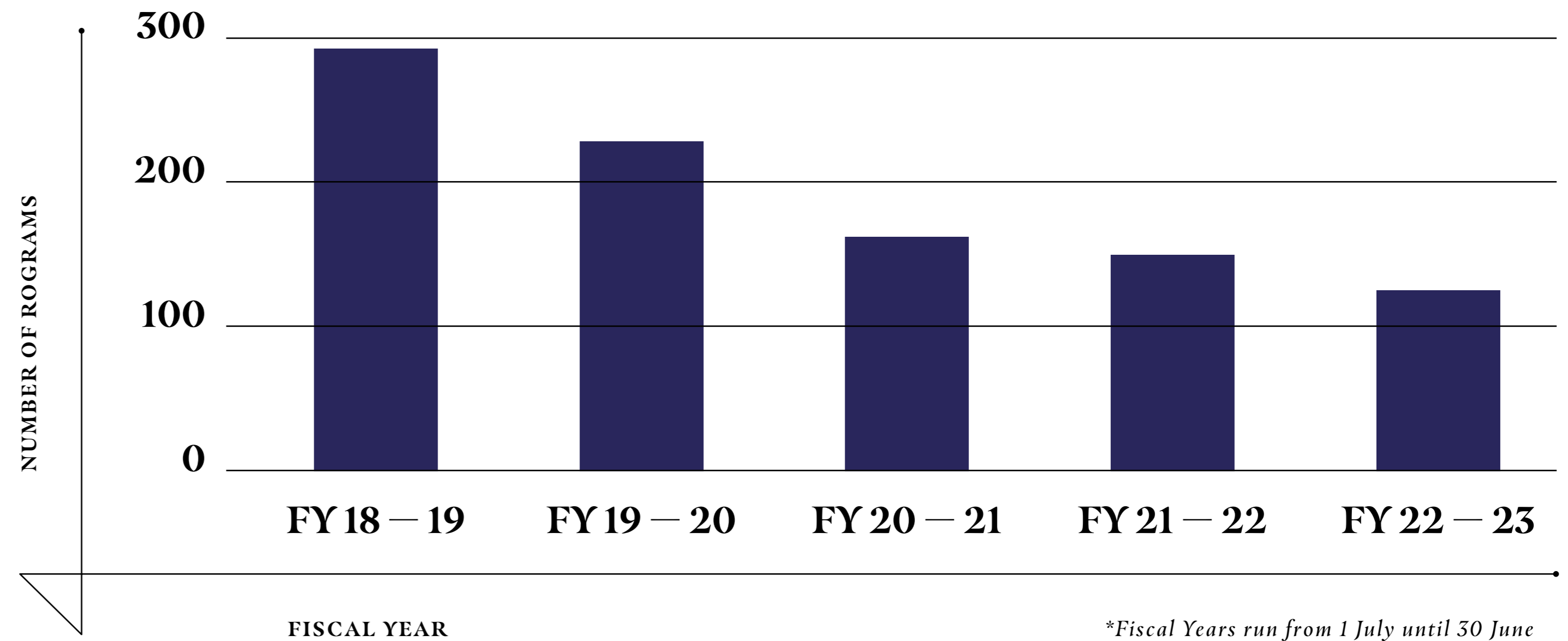


KRI PROGRAMS BY COUNTRY

KRI CERTIFIED PROGRAMS HAVE BEEN
TAUGHT IN 38 DIFFERENT COUNTRIES AROUND
THE WORLD (COMPARED TO 43 LAST YEAR).

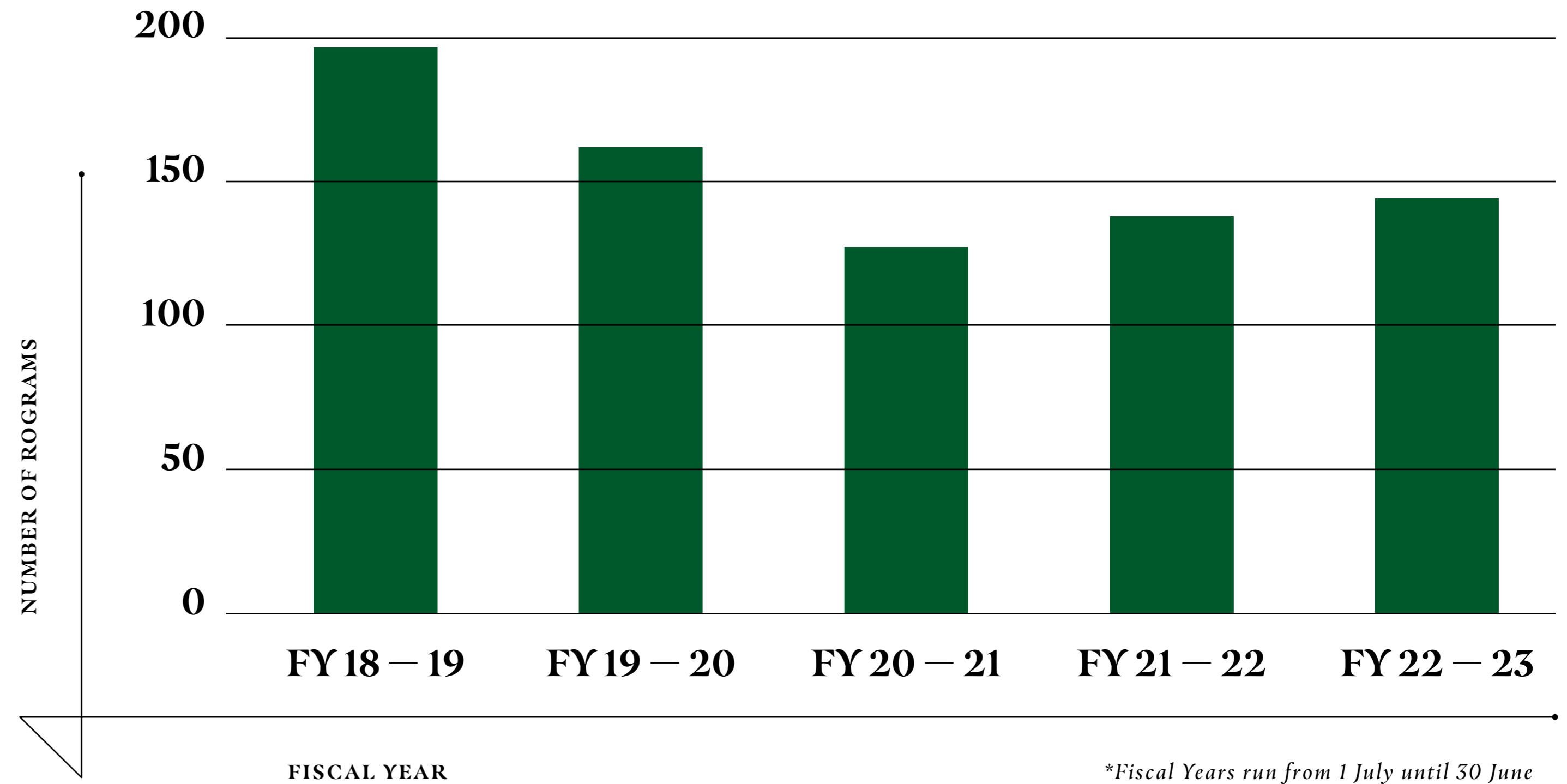


NUMBER OF
LEVEL ONE
PROGRAMS BY
FISCAL YEAR





NUMBER OF
LEVEL TWO
PROGRAMS BY
FISCAL YEAR

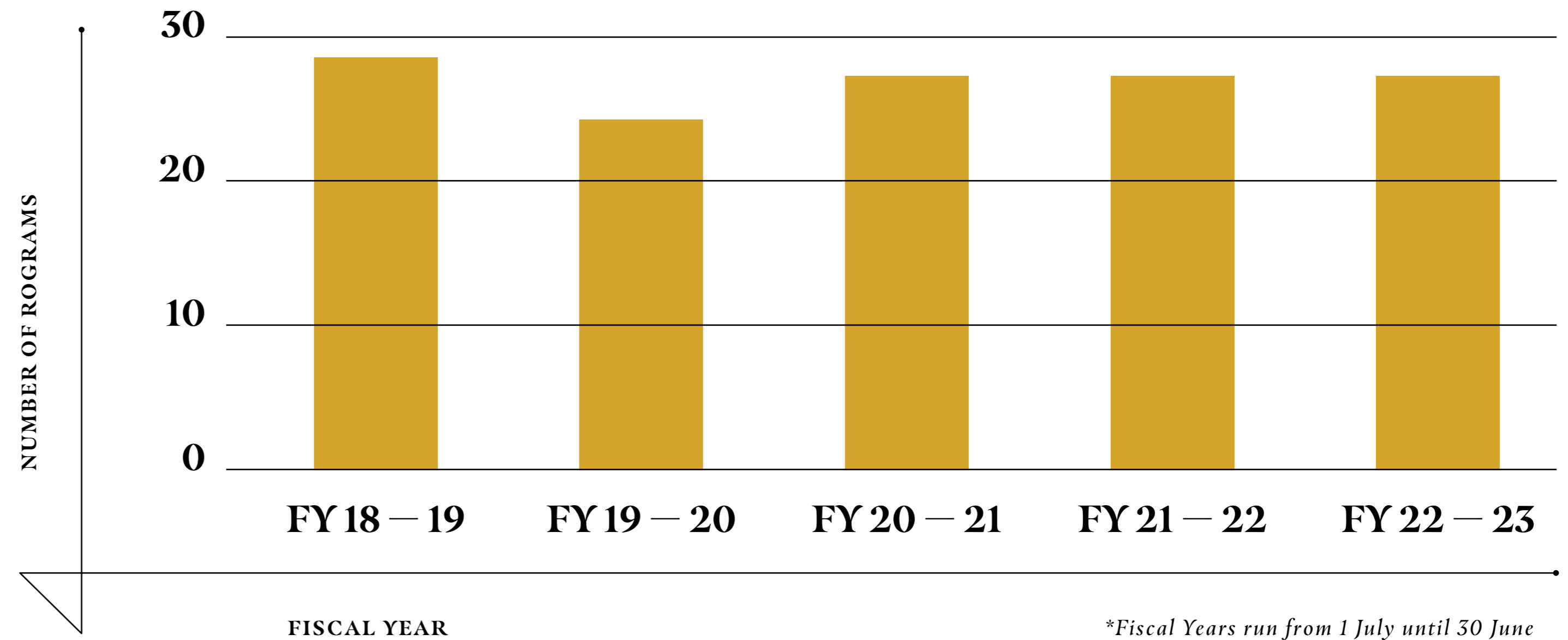


**Fiscal Years run from 1 July until 30 June*





NUMBER OF
21 STAGES OF
MEDITATION
PROGRAMS
BY FISCAL YEAR



TESTIMONIALS
FROM TEACHER
TRAINING
PARTICIPANTS

*“The **KRI Level 1** course far exceeded my expectations... I absolutely loved how even online we had the ability to interact and not feel disconnected. The self realizations and growth I experienced in this training reinforced how much the technology of Kundalini works. This training created opportunity for personal growth to better prepare us to become teachers. This teacher training shows you what you’re made of...brightening your inner light, as teachers, we can then become a beacon to quietly hold space for our students as they walk their path and discover hidden gems within themselves. Just as we did. That’s priceless.”*

*“**Level 2 Teacher Training** is what you need to reach your essence of self. It’s a confronting training delivered with a lot of kindness, once you start the transformation, life gets easier.”*

*“**KRI** will always remain the most serious and responsible institution for training yoga teachers. I have personally taken training courses through other places and they are very far from what KRI offers. From organization, selection of teachers, feedback, perfect structuring of the training program, administration, dedication.”*

*“I am so glad I decided to take the **KRI Level One TT**. It was the best, most in-depth, professional training I could have hoped for.”*

“I loved the training... I gained a better connection to myself, more confidence, the sweetness of the Sangat, just a very transformative and healing and beautiful experience. Thank you.”



KRI PUBLICATIONS

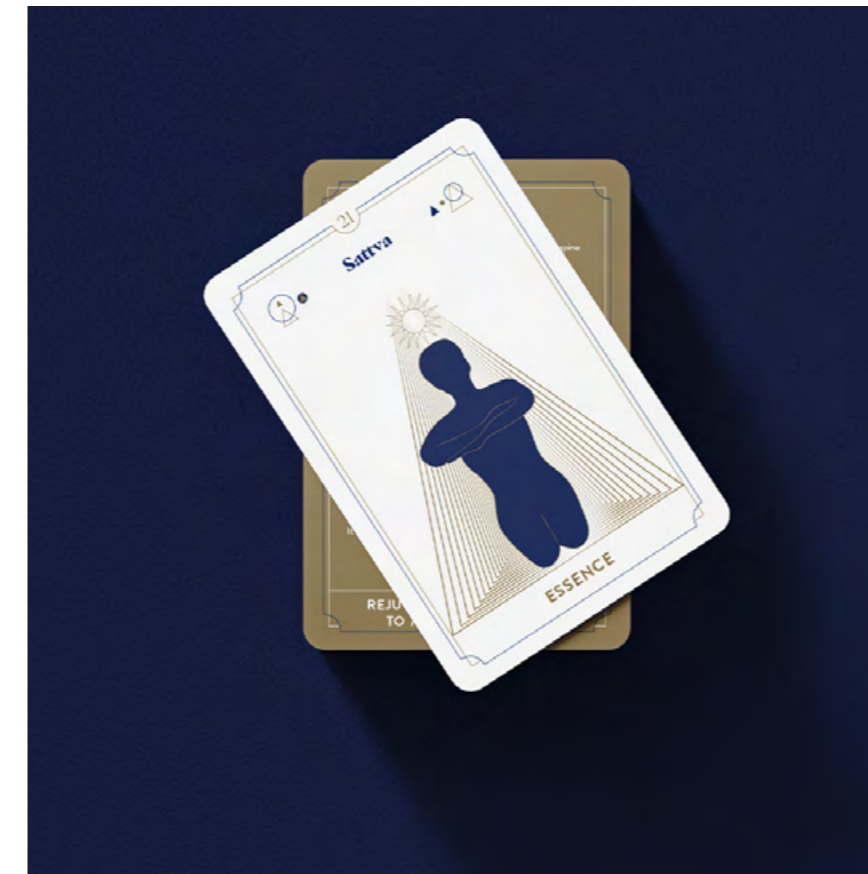


KRI PUBLICATIONS



**KRI ANNUAL REPORT
2023 FISCAL YEAR**

LAUNCHED 4 NEW BOOKS THIS PAST YEAR



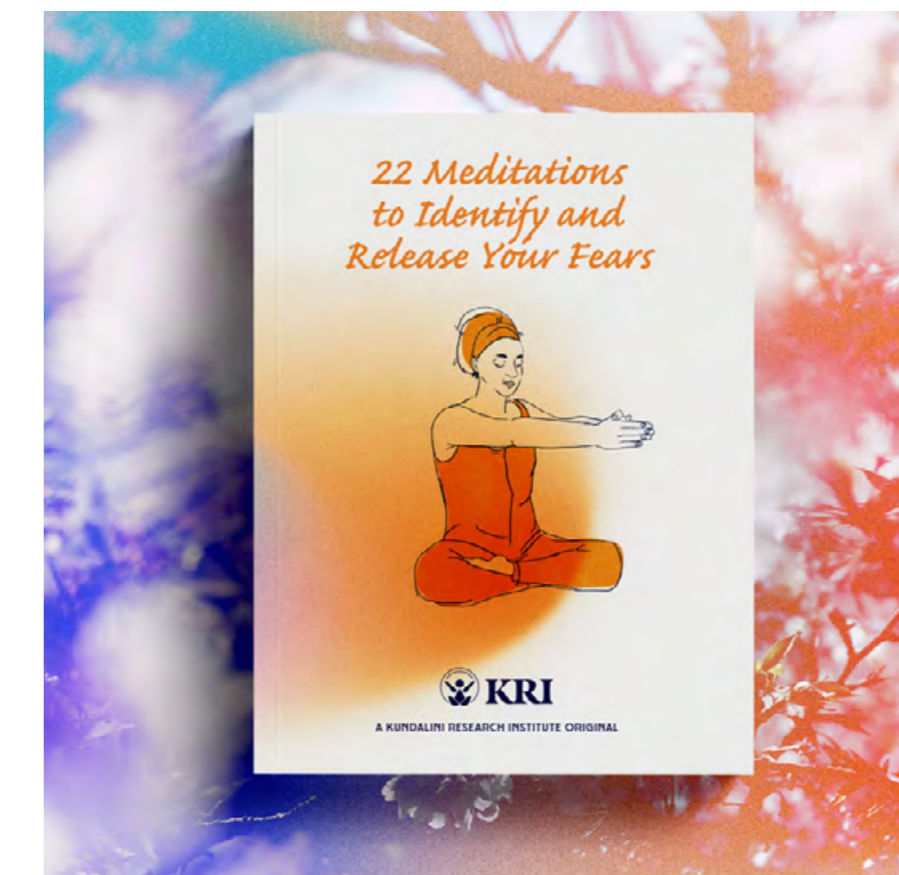
THE KUNDALINI MEDITATION
ORACLE (AUG/22) ✨



FINDING PEACE WITHIN
SHATTERED PIECES (NOV/22) ✨



KUNDALINI YOGA FOR SELF-CARE
& CAREGIVERS (FEB/23) ✨



22 MEDITATIONS TO IDENTIFY &
RELEASE YOUR FEARS (MAY/23) ✨

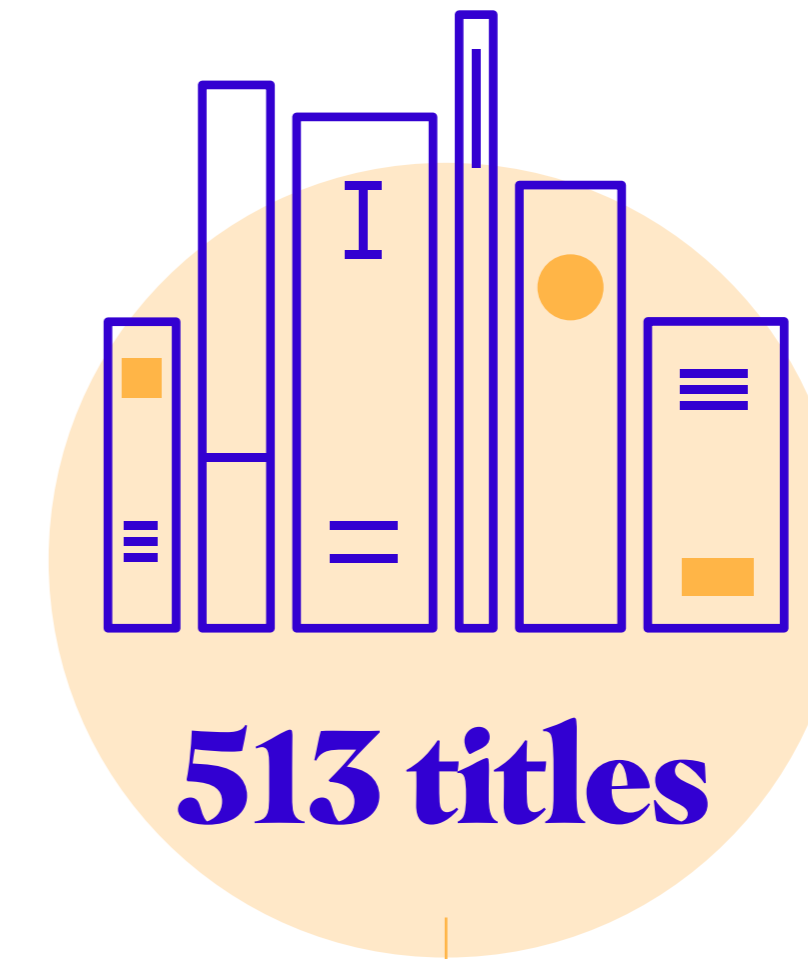


KRI PUBLICATIONS DETAILS



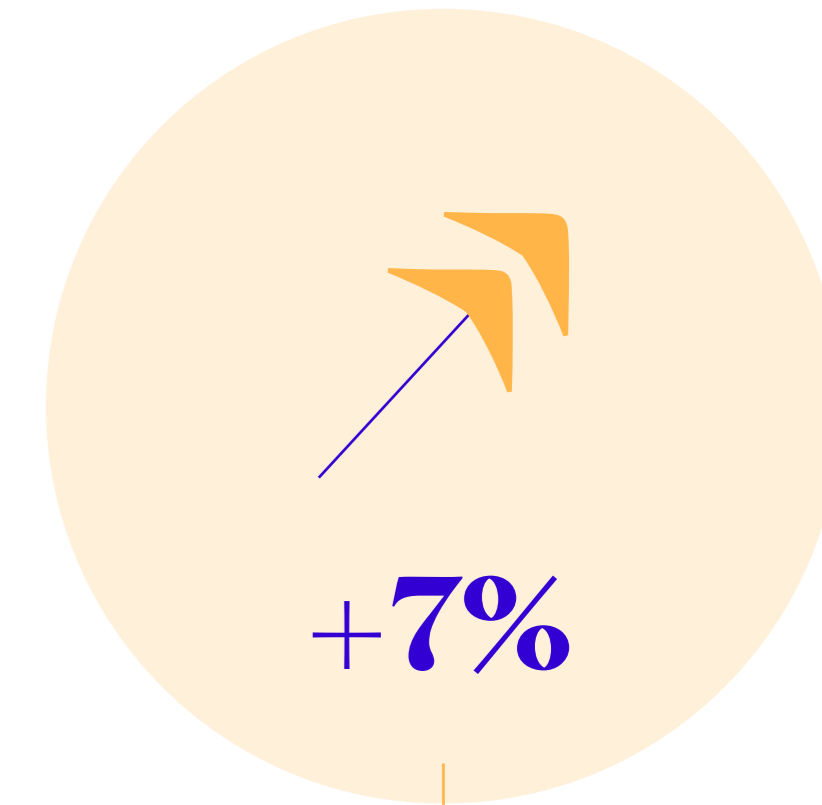
SALES

A total of 14,500 books, CDs, and DVDs were sold, UP 27% from last year.



PRODUCTS

513 different titles 217 in English and 296 in other languages




PERFORMANCE

Product sales were \$253k this fiscal year, a 7% increase from the year before.



THE LIBRARY OF TEACHINGS

[HTTPS://WWW.
LIBRARYOFTEACHINGS.COM/](https://www.libraryofteachings.com/) 

**One of the main ways
in which KRI has been
fulfilling our mission is
by making Yogi Bhajan's
teachings available free
to all via the Library
of Teachings.**

MORE THAN 64,800 PEOPLE VISITED THIS
WEBSITE IN OUR LAST FISCAL YEAR, DOWN 7%
FROM LAST FISCAL YEAR.



KRI RESEARCH



KRI RESEARCH



KRI ANNUAL REPORT
2023 FISCAL YEAR

KRI'S FIRST EVER RESEARCH SYMPOSIUM

MARK YOUR CALENDARS NOW FOR
FEB. 10TH, 2024 FOR THE KRI SYMPOSIUM –
**"KUNDALINI YOGA: SCIENTIFIC RESEARCH AND
APPLICATIONS FOR HEALTH AND THERAPY!"** 

This global online event brings together leading experts in the field of Kundalini Yoga to explore the latest developments in Kundalini Yoga and its potential applications for healing, well-being and therapy. The symposium will feature a range of presentations and discussions, covering topics such as the neuroscience of Kundalini Yoga, the use of Kundalini Yoga in a variety of populations and settings, including addiction treatment, trauma recovery, teaching in schools, among others.

Participants will have the opportunity to learn from experienced Kundalini Yoga practitioners, researchers, and therapists, gain practical tools and techniques for applying Kundalini Yoga for a variety of populations, and connect with a community of like-minded individuals.

Whether you are a yoga teacher, therapist, or simply interested in exploring the potential of Kundalini Yoga, this symposium is the perfect opportunity to deepen your understanding and expand your skills.

We look forward to seeing you there!



NEW SCIENTIFIC ARTICLES

KRI'S DIRECTOR OF RESEARCH GAVE
74 PRESENTATIONS LAST YEAR, TO 3HO
AUDIENCES, ACADEMIC GROUPS, AND
OTHER CONFERENCES.

DR. SAT BIR SINGH KHALSA —
KRI'S DIRECTOR OF RESEARCH

KRI ANNUAL REPORT
2023 FISCAL YEAR

**12 new scientific articles were published
last fiscal year. All 12 can be found on [OUR WEBSITE](#),
but a selection of of them are:**

- 1. “Kundalini Yoga Intervention Increases Hippocampal Volume in Older Adults: A Pilot Randomized Controlled Trial.”**
IBRAHIM M, THERRIAULT J, NAIR VP, DIKAIOS E, ROSA-NETO P, WALPOLA IC, REJ S, LIFSHITZ M. INT J YOGA. 2022 MAY-AUG;15(2):158-162.
- 2. “Kundalini Yoga for Post-Treatment Lyme Disease: A Preliminary Randomized Study.”**
MURRAY L, ALEXANDER C, BENNETT C, KUVALDINA M, KHALSA G, FALLON B. HEALTHCARE (BASEL). 2022 JUL 15;10(7):1314.
- 3. “Yoga training’s effects on inflammatory markers and cognitive function in women at high risk for Alzheimer’s Disease.”**
REDDY M, CHEN T, SIDDARTH P, LAVRETSKY H. AM J GERIATR PSYCHIATRY, 31 (3) SUPPLEMENT, MARCH 2023, PAGE S121



ONGOING STUDIES

**THERE ARE 6 STUDIES IN
PROGRESS** INTO THE BIOMEDICAL
EFFECTS OF PRACTICING KUNDALINI
YOGA AND MEDITATION:

1. **Kundalini Yoga for Cognitive Decline**, DR. HELEN LAVRETSKY, UCLA.
2. **Ongoing analysis on multiple secondary outcomes acquired in a large study of Kundalini Yoga for generalized anxiety disorder and preparation for publication in peer-reviewed biomedical journals.** DR. SAT BIR SINGH KHALSA.
3. **Kundalini Yoga for PTSD, Dr. Guru Parkash Kaur**, DR. SAT BIR SINGH KHALSA.
4. **Shabad Kriya Study on Sleep**, DR. JIWAN PREET SINGH, BRAZIL,
DR. SAT BIR SINGH KHALSA.
5. **Kundalini Yoga for Medical Students in LA**, DR. MARISA PERDOMO, DR. SHARON WAMPLER, DR. GURUCHARAN SINGH KHALSA, DR. SAT BIR SINGH KHALSA
6. **Kundalini Yoga for Lyme Disease, Dr. Marisa Perdomo**, DR. SHARON WAMPLER,
DR. SAT BIR SINGH KHALSA



WANT TO SUPPORT MORE RESEARCH?



FINANCIAL SUPPORT

Kundalini Yogis can donate (tax deductible in the US) to support KRI's research activities.



RESEARCH STUDIES ON KUNDALINI YOGA

Existing research scientists at academic, medical and other research institutions are welcome to contact the KRI Director of Research to discuss and consult on possible research studies on Kundalini Yoga.



CONTRIBUTE TO DOCUMENTATION AND RESEARCH

There are multiple ways that Kundalini Yoga teachers and practitioners can contribute to documentation and research on the benefits of Kundalini Yoga practices. Email amrit@kriteachings.org if you would like to find out more!



MOVING FORWARD

FOCUS TOWARDS
OUR FUTURE



TIGHTER PARTNERSHIPS

KRI will continue its dual role of holding the standards for the authentic practice of Kundalini Yoga, and promoting its practice. **KRI** will partner more closely with **3HO** and **IKYTA** to offer a more seamless experience for newer Kundalini Yogis.



MAINTAIN AUTHENTICITY AND ACCURACY

The Library of Teachings, the Seal of Approval, the books we publish, the rigour and depth of our teacher training programs and Aquarian Trainer Academy will be maintained and strengthened to help maintain the authenticity and accuracy of our practices.



LEVERAGE OUR GLOBAL REACH

KRI's global scope and scale will be leveraged to promote more and more people to practice, and be helped and uplifted by these practices.



BIOMEDICAL RESEARCH

KRI will continue to expand the reach of Kundalini Yoga via the biomedical research.





KRI'S FINANCIALS



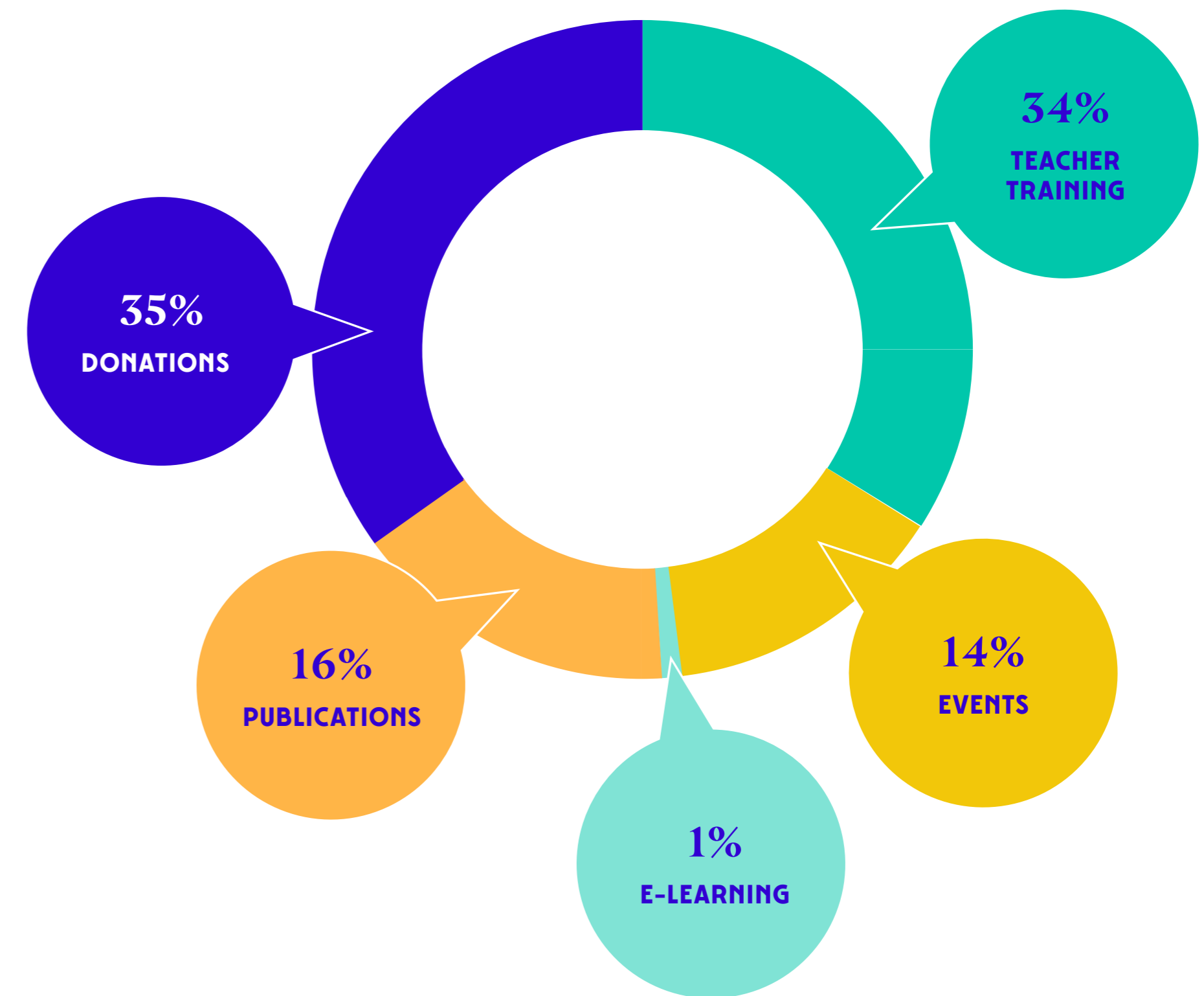
KRI ANNUAL REPORT
2023 FISCAL YEAR

FINANCIAL PERFORMANCE INCOME

KRI'S INCOME INCREASED
APPROXIMATELY 4% OVER THE
YEAR BEFORE.



KRI ANNUAL REPORT
2023 FISCAL YEAR



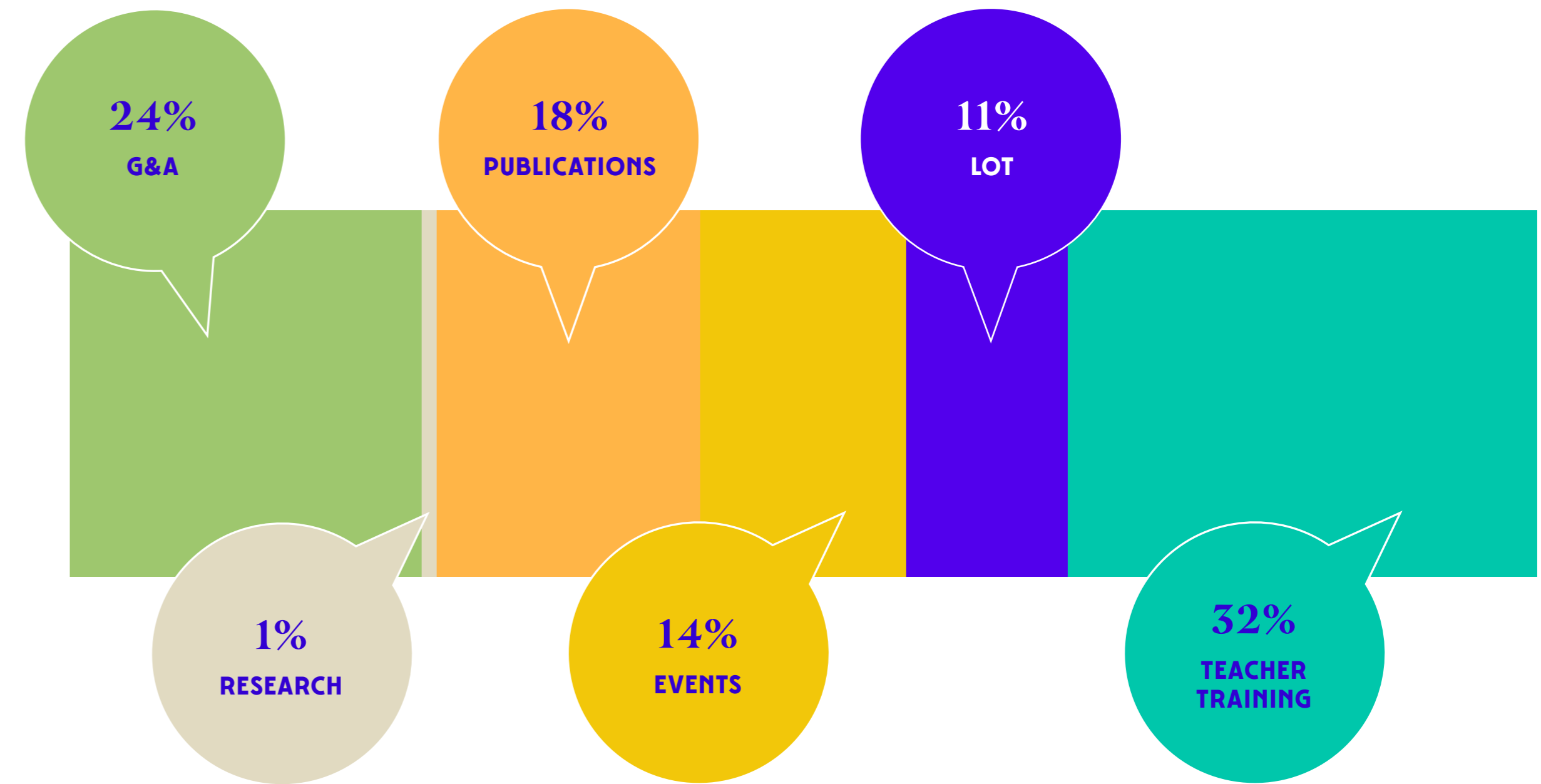
TOTAL INCOME FOR FISCAL YEAR 2023
< \$1,55MM >

Teacher Training royalties were down 12%;
KRI Events were up slightly;
General Publications were up almost 50%,
but training manual sales were down as were publication royalties.

**Fiscal Years run from 1 July until 30 June*

FINANCIAL PERFORMANCE EXPENSES

KRI'S EXPENSES WERE
ALMOST 10%, PRIMARILY IN
ADMINISTRATIVE EXPENSES.



TOTAL EXPENSES FOR FISCAL YEAR 2023
< \$1,58MM >

**Fiscal Years run from 1 July until 30 June*



**WE ARE STRONGER
IN COMMUNITY.**



**KRI ANNUAL REPORT
2023 FISCAL YEAR**

THANK YOU FOR YOUR SUPPORT

IT IS OUR HONOR
AND PRIVILEGE

The benefits of practicing Kundalini Yoga and Meditation are needed more than ever. Everyone needs a strong nervous system, a calm, clear mind, and the ability to elevate their own consciousness. There is so much rapid change and other stressors all around us, it is absolutely essential that we call on the strength of our True Identity, our Sat Naam rather than continuing to rely on the habits and structures that supported us in the past. KRI has been documenting and sharing tools and techniques to help people do this for the last 50 years, and we plan to continue doing it for the next hundred years as well! The techniques aren't changing, but how we reach people has to keep evolving. KRI has been, and remains, a humble forklift to meet people where they are at and serve and uplift them. It is our honor and privilege to do so. Thank you.





KRI

• SINCE 1972 •

KUNDALINIRESEARCHINSTITUTE.ORG

WE ARE A KUNDALINI YOGA GLOBAL COMMUNITY

FOLLOW US ON SOCIAL MEDIA   