



Pritam Khalsa is a KRI Legacy Lead Trainer for Level I and Level II. She practices EFT (Emotional Freedom Technique) and authored the Kundalini Yoga Fan, a unique visual yoga book in pictures, available at Sat Nam Versand in Frankfurt.

Pritam, born to German parents, grew up in Indonesia and Spain. She met Yogi Bhajan in 1981 and trained with him while living at the Hamburg Ashram, both in the United States and Europe. As the regional Yoga Secretary in Europe, she translated and edited yoga scriptures and co-hosted the festivals and other European based events in the 1980s.

In 1987, she moved to South Africa where she and her husband Har Bhajan, initiated Kundalini Yoga. For 2.5 decades, they ran the highly popular organic food companies Fruits & Roots and Earth Products in Johannesburg, which were inspired by their knowledge of Ayurveda, yoga, and natural healing. At the same time, they began teacher training. For the past ten years, she and her family have been part of an international farming community in the Western Cape, where they conduct seminars.



The passing of Yogi Bhajan in 2004 was a powerful turning point for Pritam, and she began to recontextualize the yogic teachings.

Her teaching manner became spontaneous and empathetic, warm-hearted and connected, integrating the many topics she lives and breathes congruently into the flow of energy and group dynamics. She says, "The teachings are only as good as they are embodied and understood." The controversies surrounding Yogi Bhajan since 2020 have shaken and questioned the path of Kundalini Yoga. For Pritam, it is a call to extract and make accessible the value from the teachings and at the same time know the shadow of the path: the practice can override and deny trauma and the misuse of power is here as elsewhere an issue teachers and practitioners need to be deeply aware of.

Pritam regularly teaches courses both in South Africa and in Germany and Austria.



Testimonials

"Much appreciation for the time, effort, love etc that went into preparing and presenting this course. The size of the group and the "newness" of some made it all extra effort for you. I am not of the "awesome" every second word generation, but I use the word with its true meaning when I say this last course was awesome in how it was run, presented and handled. Well done! You need to clone yourself so you can be at different places at the same time - and have a chance to rest and recover!"