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Q1

Fill in the information below

Name	Atma Kaur Khalsa
Phone Number	
City	Newport News
Country	United States
Occupation	Teacher
Length of Participation in 3HO/Sikh Dharma	49 years
Are you a KRI certified teacher or trainer? If so, what is your certification level and when did you acquire your certification?	KRI Level 1 certified 9/8/1999 (Grandfathered)
Ashram Communities lived in	Guru Ram Das Ashram Newport News, VA
3HO/Sikh Dharma Community Positions	none

Q2

Please enter a valid email address

Email address	atmakaur4@gmail.com
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Q3

Why do you feel called to serve on the SSSC Board?

I want to serve on SSSC board in the Radiance of Guru Nanak, to love all and serve all, to be good, do good. I want to keep to the heart of the original Kundalini Yoga as taught by Yogi Bhajan and Sikh Dharma for all people - grow peace and show we are the People of Love and we Love Today and Tomorrow and forever and include all people.

Q4

What relevant areas of experience and expertise qualify you for this position and will make you an asset to the board?

My 49 years experience and expertise as a school teacher for preschool through college and as a Kundalini Yoga teacher for all ages, makes me an asset in my skills in collaborating with diverse peoples in diverse environments to have compassionate, effective curriculums and solutions to whatever challenges arise.

Q5

Please summarize your prior and current service to the Dharma. If you have served in leadership positions please note them.

My passion, my devotion in life, is teaching the technology of Kundalini Yoga and Meditation and the yogic principles for all people to be healthy, happy, and whole! I have been enjoying teaching and practicing Kundalini Yoga and Meditation, as taught by Yoga Bhajan, since 1977. I started practicing Hatha Yoga when I was 10 (for recovering from surgery for a herniated disk) and Kundalini Yoga when I was 17. I have over 49 years of experience practicing and teaching and have instructed thousands of adults, teens, and children in public and private schools, Winter and Summer Solstice Camps and KWTC. I have gratefully taught Kundalini Yoga as taught by Yogi Bhajan and Sikh Dharma to children, teens and adults for over 48 years now. I have also taught in public and private schools K-12, and in Special Education. In addition, I have taught Kundalini Yoga to a great variety of people over the years: business, church, synagogues, public and private schools, summer camps (including IKYTA, plus Winter and Summer Solstices), YMCA summer camps, before school and after school programs in our city's Parks and Recreation, hospitals, drug rehabilitation, dance studios, martial art studios and private homes. Currently I am a public school and Montessori school substitute teacher in Preschool - 12 in which I incorporate yoga into the curriculum as well as teach weekly group and private Kundalini Yoga classes. We are little Guru Ram Das Ashram (as named by the Siri Singh Sahibji) in southeastern Virginia, often affectionately described as an outpost. (<https://www.atmakauriyoga.com>).

Q6

Please describe your experience of the Siri Singh Sahib as a teacher and your experience of his teachings.

The summer I turned 17, my mom introduced me to Kundalini Yoga classes at the local YMCA. I fell in love with it! I had come home! My mom said it saved me from more experimentation of pot, other drugs and alcohol. My parents were so grateful too and loved Kundalini Yoga and Yogi Bhajan!

I started practicing Hatha yoga when I was 10 years old when recovering from a severe back injury and surgery. I started Kundalini Yoga when I was 17 years old with an amazing woman, Gururam Kaur Marini, a Sikh and Kundalini Yogi. She passed away from malignant melanoma in 1985. I learned so much from caring for her, babysitting for her son, and teaching her Kundalini Yoga classes as her body grew frail from the cancer. The Siri Singh Sahibji had said she was a saint; so very human yet so very extraordinary in her compassion, strength and kindness. After some time of practicing and helping Gururam teach Kundalini Yoga, she encouraged me to write to Yogi Bhajan and I finally did. I have about 80 letters in personal correspondence with the Siri Singh Sahibji over the years till his passing in 2004.

Within the first year of Kundalini Yoga, I substitute taught for Gururam and helped her in classes, demonstrating poses. It was during this time I learned of her cancer.

I also attended a local college, now Christopher Newport University, while also working part-time. I trained with Gururam and also worked in the college library, and taught kids yoga in afterschool and before-school programs in the local elementary schools with Newport New Parks and Recreation.

My husband, Atma Singh, and I met the same year that I fell in love with Kundalini Yoga as taught by Yogi Bhajan and Sikh Dharma. He fell in love with it too. We have been together 49 years now and we have 2 children; a son, 28 years old, and a daughter, 21 years old. We are so grateful for years of numerous personal letters (85) and in-person counseling for our marriage and serious health issues with the Siri Singh Sahibji and Bhai Sahib Bibiji and the occasional inspiring phone call. Also, so fortunate to have the 40 + years of yearly (used to be twice yearly in Virginia), White Tantric Yoga courses to heal and grow with. We also had the blessings of 40 plus years of Winter and Summer Solstice's and many years of KWTC always serving in some form as children's guides, or serving at the ranch or cabin for the Siri Singh Shaibji and Bibiji.

I am a KRI certified Kundalini Yoga teacher (grandfathered in 9/8/1999) certified in Radiant Child Yoga levels 1-3 having studied personally with the creator Lana Reed/Shakta Khalsa and certified as a Soul Answer Healer (healing therapy by Siri-Gian Kaur Khalsa, based in Kundalini Yoga as taught by Yogi Bhajan). As well as Yoga Alliance E-RYT200.

I have a Biology, B.S. that inspired me to study with many of the healers in 3HO, such as Siri-Gian Kaur Khalsa of Soul Answer Healing (was residing in Espanola, NM, now North Carolina); GuruDev Singh Khalsa in Sat Nam Rasayan; with Mukta Kaur Khalsa of 3HO SuperHealth; and also, many years ago, the healer Priti Kaur. I'm so very grateful for these healing techniques based in Kundalini Yoga as taught by Yogi Bhajan. Each one deepened my understanding and experience of the light of my Soul, calling me to the feet of the Guru and the wisdom in my own heart, and experiencing a vast and immense compassion. I also gratefully studied with the extraordinary children's yoga teacher, Shakta Kaur/Lana Reed the creator of Radiant Child Yoga. I was fortunate to be involved in her earliest workshops and studied with her over the years as RCY evolved and I earned my Level 1-3 certification in RCY. Such a huge impact on my life and work with teaching children and teenagers and in raising my our children.

I have gratefully taught Kundalini Yoga as taught by Yogi Bhajan and Sikh Dharma to children, teens and adults for over 48 years now. I have also taught in public and private schools K-12, and in Special Education. In addition, I have taught Kundalini Yoga to a great variety of people over the years: business, church, synagogues, public and private schools, summer camps (including IKYTA, plus Winter and Summer Solstices), YMCA summer camps, before school and after school programs in our city's Parks and Recreation, hospitals, drug rehabilitation, dance studios, martial art studios and private homes. Currently I am a public school and Montessori school substitute teacher in Preschool - 12 in which I incorporate yoga into the curriculum as well as teach weekly group and private Kundalini Yoga classes. We are little Guru Ram Das Ashram (as named by the Siri Singh Sahibji) in southeastern Virginia, often affectionately described as an outpost. (<https://www.atmakauriyoga.com>).

Candidate Statement 2026 SSSC Election

The Siri Singh Sahibji had recommended/hukum that we raise our children here and stay living here and that many people will come and become Sikhs. We resonated in our hearts with this hukum and honor it still.

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We are so grateful for the times we requested healing suggestions from Siri Singh Sahibji and Bhai Sahib Bibiji. To describe a few: help with living with an alcoholic family member; recovering from my severe immune system failure that occurred years before having children; later, recovering from a miscarriage between the births of our two children; support when caring for aging parents, and so much more.

Many years ago, when talking with Yogi Bhajan/Siri Singh Sahibji and his wife, Bhai Sahib Bibiji, about having children, we had already been together 20 years and had worked out a bunch of our stuff, they suggested we raise and educate our children locally ~ this felt true to us, even though we love Miri Piri Academy and I even considered teaching there. We have taught and volunteered in our children's schools and after school sports, always representing the love, service and equality of Guru Nanak, being not just recognized by our turbans, but being known for generous hearts and people of service and equality. We raised our children as heart-centered Sikhs and Kundalini yogis, who deeply respect all people and walks of life.

Our children are young adults now and each of us practice some or many aspects of Kundalini Yoga and Sikh Dharma, most importantly, we carry in our hearts and minds the Radiance of Guru Nanak, to love all and serve all, to be good, do good.

Our relatives are very diverse with varied political beliefs, spiritual practices and sexual orientation. My husband and I have a rich cultural heritage with grandparents that were Russian-Jew immigrants, Danish immigrants, German immigrants and great grandparents who were Cherokee. Our family's love keeps bringing us together and seeing us through. We have lived on our street for 26 years and in this neighborhood for 15 years before that. I was raised just a 1/2 mile from our current home. I suppose we've been Kundalini Yoga and Sikh diplomats for a long time.

Our ethnically and LGBTQ+ diverse street experienced quite a surprise a few tears ago, one of the January 6th, 2021 Insurrectionists, the fellow wearing the Auschwitz shirt, resides just a few houses down from our home. There followed about six tense months. Neighbors curtailed kids playing outside or taking walks and runs though gradually we returned to playing outside. Since then, all are aware of his dangerous dogs - this has been an ongoing challenge. In the last 1 1/2 years, due to a couple of horrendous incidents with his dogs and neighbors being harmed, he has been brought to court and the dogs removed from him.

On a happier note, Atma Singh and I always wear our turbans in our almost daily walks, bike rides, or when shopping at neighborhood stores, whenever going out and about. Over the years we've been sometimes asked about our turbans or what we do to relax and depending on the individual, we may relate a stretch or breath practice or even a mantra! Usually just communicating something relatable reflecting the kindness, equality and service of Sikhs and Kundalini Yogis.

So, I am 66 years old now, and very very grateful to practice and teach Kundalini Yoga as taught by Yogi Bhajan and practice Sikh Dharma. Many people of such varied walks of life have come through the yoga classes (teachers, steel workers, doctors, lawyers, psychologists, watermen/women, shop keepers, office managers, engineers, judges, etc.) and some have continued to attend classes regularly (or just drop in sometimes) for over 48 years! Some have become certified KRI teachers, a handful have become Sikhs, but most students are grateful to incorporate some Kundalini Yoga or/and Sikh Dharma into their lives, sustaining their heart/soul, mind and body. Brindaing peace to their hearts and their communities.

Q7

If you can not see God in all you can not see God at all ~ Siri Singh Sahib

Describe what this saying means to you?

We all are One.

a)How would you apply this saying in your day to day service on the board?

Deep, all encompassing love for all people - deeply respectful in communications and collaborating.

b) How would apply this perspective to help our community and organizations move forward together?

Sharing how the practice of Sikh Dharma and Kundalini Yoga as taught by Yogi Bhajan brings peace - there is such a variety of techniques that can appeal to so many people.

Q8

What do you understand the Role of the SSSC to be and how do you see the SSSC carrying out that role on a:

Practical Level

Overseeing the for-profit and non-profit organizations in the Radiant Spirit of Guru Nanak to love all and serve all.

Spiritual Level

Our Love is big enough to include everyone in 3HO, SDI, IKYTA and all our for-profit and non-profit organizations. Promoting Love and Unity, including all voices yearning to share the incredible Kundalini Yoga as taught by Yogi Bhajan and Sikh Dharma and bring peace and healing to our world.

Q9

As an SSSC Trustee you are accountable to the Sangat.

How would you build and enhance the relationship between the Sangat and the SSSC?

My heart-felt prayer is, let's make peace and allow everyone the opportunity to practice, to whatever amount they want to, the original Kundalini Yoga as taught by Yogi Bhajan and Sikh Dharma. Let this be our common ground: love, peace, unity.

The SSSC is part of a close knit community. Given that board members are likely to have strong connections to that community, explain how you will be able to adhere to the SSSC confidentiality policies that apply to board members?

Haing grown up in a big diverse family and having learned to deeply respect private information as ministers and in counseling, it a skill that I apply daily.

Q10

The SSSC strives to be an inclusive organization and cultivate a diverse and intergenerational community that supports the long-term sustainability of the organization. How would you help foster connection, engagement, and collaboration across generations and communities within the SSSC?

Sharing how the practice of Sikh Dharma and Kundalini Yoga as taught by Yogi Bhajan brings peace - there is such a variety of techniques that can appeal to so many people.

There are many Kundalini Yoga teachers and Sikhs who live in countries under very restrictive governments and these teachers have learned how to help heal and support people of many backgrounds and walks of life. Let's have their talents in numerous loving global Zoom meetings that promote healing, forgiveness, peace and unity.

Q11

The Siri Singh Sahib taught that we should be known for our service

What do you see as the three (3) greatest challenges facing the Sikh Dharma/3HO Community and the family of For-profit and Nonprofit entities?

1) Communicating from the heart. 2) We are all in this together and emphasize, sharing, giving, and unity. 3) We are the people of love and inclusion, unity

How do you see the 3HO/Sikh Dharma family of Nonprofit and For-profit organizations serving humanity in these times?

We have common ground - we are the people of love and inclusion, unity.

What would you do as a Trustee to overcome these challenges?

Communicate. Our Love big enough to include everyone in 3HO, SDI, IKYTA and all our organizations and heal pain and fear. We are the evolving example of Love and unity. I believe we can. I hear many, many people want this of all of us - to come through as healers and givers.

What skills, tools, and techniques will you bring to the SSSC Board of Trustees to help it move toward the vision you described above?

I am good at listening from the heart, communicating effectively, and collaborating with diverse populations from years of teaching and counseling.

Q12

Board service regularly requires 20 to 40 hours per month (or more) in board and committee meetings. In addition, there may be multiple Face-to-Face meetings per year.

Can you fulfill these requirements?

Yes.

If so, how will you balance these requirements with your other personal and professional responsibilities?

I am currently partially retired and other than teaching my four group Kundalini Yoga weekly classes and some private sessions, I am only a substitute teacher in local and private schools. My time is quite open.

What do you anticipate being the most difficult part of serving as a Trustee on the SSSC Board?

Learning the many practical challenges facing the board.

Q13

Directors must maintain reliable access to email and demonstrate basic technology proficiency — including the ability to use a computer, manage calendar invitations, and read and respond to board communications in a timely manner — recognizing that board-related correspondence may occur on a daily basis. Can you fulfill these requirements.

Yes. I have computer systems available to use, both mobile and desktop. Also greta wifi. Additionally, I have been helping write and maintain my website for many years and very experienced with Zoom, FaceTime and What's App meetings both personally and professionally.

Q14

Are you related by blood or marriage to an officer, director, employee, or paid contractor of any of the constituent organizations (nonprofit or for-profit) including all subsidiaries? If yes, to whom are you related, how are you related to them, and what is their position?

No.

Q15

Please upload your resume or CV here.

Atma's Resume 2026.pages.pdf (468.3KB)

Q16

Please upload your photo here, if elected as a board member this photo will be used.

IMG0729_1.JPG (87.4KB)

Q17

Please add anything else you would like to say so voters can better understand you.

You may enjoy visiting my website: <https://atmakauriyoga.com>
