



Meet your instructor

ADI HARGEET KAUR

Adi is a Certified Kundalini Yoga Instructor and owner of “Pure Life Kundalini”. She is a creative and enjoys, art, photography and dance as well as several forms of yoga.

Born in Costa Rica, Adi currently resides in the mountains of Playa Del Coco with her daughter, 4 cats and 2 dogs!

Adi began practicing different styles of yoga from an early age and in 2018 completed her first certification in Devaya Yoga, a beautiful technique that led her to Kundalini which she enjoys practicing and teaching daily.

In 2023, Adi completed her KRI level one Certification (Kundalini Research Institute). She said this was a life changing experience that brought her teachings in devotion, self-love, discipline and the many blessings that followed.

Kundalini Yoga is a yoga of awareness, its ultimate goal is for the practitioner to have an internal experience that brings him or her closer to their highest true self. The practice uses chanting, mantras, specific Kriyas and meditations considered Raj Yoga, a yoga technique that was taught exclusively to Kings and Queens but now is available to anyone willing to be present and open to experiencing their own soul Sat Nam.

Adi testifies to the healing and transformative power of Kundalini along with other forms of general yoga and strives to share this beautiful experience with other!