

Conscious Pregnancy©
A KRI Recognized Specialty Training for Kundalini Yoga Teachers
Warsaw, Poland
November 3 – 9, 2010 & March 8 – 13 , 2011

Conscious Pregnancy Specialty Training prepares a KRI Certified Kundalini Yoga Instructor to teach Conscious Pregnancy and Post-partum yoga classes, with emphasis on serving women and building community.

This training contributes to profound spiritual transformation of a yoga teacher, in her personal life and in various dimensions of her womanhood. She also acquires expert professional teaching tools which can add to her teaching repertoire.

Upon successful completion of all course requirements and the final examination, the participant will receive a Conscious Pregnancy Certificate from Kundalini Women, with KRI approved recognition, to teach Conscious Pregnancy yoga classes and share the yogic teachings on mothering and childcare, as taught by Yogi Bhajan.

Conscious Pregnancy Specialty Training supports a Kundalini Yoga teacher:

- Develop a deeper relationship with herself.
- Gain knowledge about the yogic teachings, as taught by Yogi Bhajan, conception, pregnancy, birthing, and mothering.
- Study specific Kundalini Yoga and Meditation for pregnancy and post-partum.
- Study the physiological development of pregnancy, birth and infant care.
- Prepare her to teach this subject and support women and their families.

Conscious Pregnancy Curriculum Overview

- Specific Kundalini Yoga and Meditation for women, pregnancy and post-partum
- The dynamics of the male & the female, as individuals and in relationships
- Preparation for a thoughtful and conscious conception
- How to make the best of one's pregnancy situation
- The first 120 Days after conception
- Pregnancy: body care, nutrition and health
- Pregnancy, birth and lactation anatomy
- Preparation for birthing
- Birth Process
- 40 days after birth
- Supporting parents after birth
- Breastfeeding basics
- Handling the unexpected after birth
- Baby Massage and Baby Yoga
-and more

Training Elements

This 106 CLASSROOM hour training course is presented in TWO sessions, first in November 2010 and the second session in March 2011.

Beside these two training sessions, participants are required to complete the following:

- Reading assignments from the training manual
- Yoga class and lecture practicum presentations
- Visit a local maternity hospital and present a report.
- Complete an interview topic given by trainer and present a written report.
 - For example, (1) Interview five women who have breastfeed their child more than three months; (2) Interview eight fathers on the subject how their lives and their relationship changed after the birth of their child.

Training Schedule

	Date	Time
Arrival & Registration Introduction	November 2 November 3,	Till 7.00 PM 8.00 – 9.00
SESSION 1: Daily Program Departure	November 3 – 9 November 10	9:00 AM – 19:00 PM 9.00 AM
SESSION 2: Arrival Daily Program	March 7 March 8 – 12	Till 7.00 PM 9.00 AM – 19:00 PM
Closing Ceremony	March 13, 2011	4:00 – 6:30 PM
Departure	March 14, 2011	9.00 AM

Daily Schedule

5:00 AM – 7:15 AM	Sadhana (Optional)
7: 30 AM – 9.00 AM	Breakfast
9.00 AM – 13.00 PM	Morning program
13.00 PM – 14.30 PM	Lunch
14.30 PM – 19.00 PM	Afternoon program
19.00 PM – 20.00 PM	Dinner

Elements of the final exam

- Verbal examinations on each subject area
- Yoga/meditation practicum
- Lecture topic practicum
- Written exam
- Student Exit Interview

What to Expect

- Kundalini Yoga and Meditation for Pregnancy
- Student yoga and lecture practicum
- Lectures and presentations
- Personal growth activities

- Small discussions
- Daily small group check-ins
- Yogi Bhajan videos
- Guest lecturers
- Celestial Communications
- Dance: Adi Shakti Movement, bhangra

Trainers

- Tarn Taran Kaur Khalsa, International Director for the Conscious Pregnancy Training, and author of Conscious Pregnancy: The Gift of Giving Life, and The 40 Day Blessing. She is a certified KRI certified Lead Trainer in the Aquarian Trainer Program for Level 1 and 2. Email: ttk@kundaliniwomen.org

Tarn Taran Kaur created this Conscious Pregnancy training in order to share Yogi Bhajan's teachings for pregnancy and motherhood in 1976 in Hamburg, Germany. Today there are thousands of Kundalini Yoga classes for pregnancy around the globe. She is married with one daughter and two grandsons.

Training Materials

The primary training manuals for this course is Conscious Pregnancy: the Gift of Giving Life and Conscious Pregnancy Yoga Manual which is reviewed by and carries the KRI Seal of Approval. These two manuals are to be personally purchased at www.SatNam.de

In addition, participants receive during the training: The Conscious Pregnancy Teacher's Study Guide and The 40 Day Blessing.

All material is based on the teachings of Yogi Bhajan.

The course will be imparted in English, with translation into Polish.

Pre-requisites for receiving the Conscious Pregnancy Certification for this training:

- KRI Certified Level 1 Instructor
- IKYTA Professional member or National Kundalini Yoga Teacher member, in good standing with all dues paid
- Completion of all homework and reading assignments
- Passing score on practicum and exams

Conscious Pregnancy Training fees:

3600 PLN (900 EUR) Registration and first payment (1600 PLN / 400 EUR) before or
on September 30, 2010

4000 PLN (1000 EUR) Registration and first payment after September 30, 2010

Accommodations

Accommodations are NOT included. Please contact Anna at bolcskeia@supermedia.pl for
local accommodation information.

Registration Process

The registration documents will be emailed to you after contacting Sarbjot Kaur Khalsa
directly at sarbjot@kundaliniyoga.pl or phone : +48 75 769 4118 OR Anna at
bolcskeia@supermedia.pl

Payment Method

Deposit: A non-refundable deposit of 100 EUR (400 Pln) is required with your application to
secure a place (before September 30, 2010).

You can pay in full any time before the course starts (100 Euro for deposit is non-refundable)

Payment : Students pay 800 EUR before the start of the first week on November 3, 2010.

Bank transfers to be made to:

ING BANK SLASKI SA:

Yoga & Detox

82 1050 1344 1000 0090 6393 2181 (from Poland)

PL 82 1050 1344 1000 0090 6393 2181 (from outside of Poland)

Please specify : "Conscious pregnancy training" and your name.

Registration Processing:

Via e-mail: sarbjot@kundaliniyoga.pl;

Or contact me by phone : +48 75 769 4118

Meals during Training

Tea and snacks are offered during the tea breaks.

Meals are included in accommodation price. We provide light vegetarian diet, based on local eco-products and organic products in general. There will be three meals served; breakfast, lunch and dinner. Fruits, yogi tea, and other teas are available all the time.

Housing Accommodation

Housing accommodation is included in accommodation price. There are two person rooms with bathrooms, all in wood, from non allergic materials. We have deep ground non-chlorinated water used in the entire building. There is a big beautiful yoga room with Sudeten Mountains view.

Training Location

The training can be reach by public transportation. Address: Centrum Jupiter entrance B, ul Towarowa 22, Warsaw.

Weather and climate

Expect the weather to be cold and wet during this time of the year.

What to Bring

For the yoga practice

- Your sheep skin or personal yoga mat (in the center we provide yoga mats, and warm wool blankets, you can also buy new sheep skin for 20 EUR)
- Meditation blanket or shawl
- Your personal yoga props

For the training

- Conscious Pregnancy Manuals
- Materials for taking notes
- Water bottle

Personal items

- Personal cosmetics (no perfumes please)
- Loose, light clothes for yoga
- Plan to bring sufficient clothes for the training, although there is a washing machine in the bulding, but not dryer machine.
- Comfortable walking shoes, umbrella or waterproof jacket

Contact Information

Tarn Taran Kaur Khalsa

Contact Tarn Taran Kaur for all training questions or details.

www.kundaliniwomen.org

Phone: +1 505 747 7411

E-mail: info@kundaliniwomen.org

Contact information in Poland: Sarbjot Kaur Khalsa

Contact Sarbjot Kaur for general information and registration and for all housing or arrival questions or details.

sarbjot@kundaliniyoga.pl Phone: +48 75 769 4118 Cell: +48 696 527 294

Frequently asked questions:

What certification will I receive upon successful completion of the Training if I am a KRI Instructor?

You will receive a certificate for Specialty Training in Conscious Pregnancy.

Can I participate in the Conscious Pregnancy Training if I am NOT a KRI Instructor?

Conscious Pregnancy is open for everyone who has completed an Introduction course in Kundalini Yoga.

Upon successful completion of all Conscious Pregnancy Training requirements you will receive a Letter of Completion from Kundalini Women. [To teach Kundalini Yoga for Pregnancy, you will also need to complete KRI Instructor Certification within two year.](#)

How does Conscious Pregnancy Training coincide with the KRI Aquarian Teacher Training programs?

This course is a specialty training program and does not substitute for any of the Levels of the KRI Aquarian Teacher Training programs. However CEUs are available for KRI Instructors and for Yoga Alliance.

How is the Final Examination graded?

All scores of the examination elements are tallied for the final grade. Grading: Pass, Fail, or Pending.

What is a Student Exit Interview?

Each student has a personal interview following the Final Examination with one or two of the Conscious Pregnancy trainers. During the interview the student will receive the exam results and suggestions for specific “yogic homework,” to enhance their personal development, or teaching presentation.

How can I market my pregnancy yoga classes after completing the Conscious Pregnancy training?

You can present yourself as “Conscious Pregnancy teacher, based on the teachings of Yogi Bhajan”, and you will have the right to use the standardized Conscious Pregnancy poster and flyer template, which you can request from Tarn Taran Kaur at ttk@kundaliniwomen.org.

Is there an emergency phone number where I can be reached during the training?

Sarbjot Kaur + 48 696 527 294