

## Conscious Pregnancy: The Journey from Woman to Mother

**A Specialty Training for Kundalini Yoga Instructors**  
Based on the Teachings of Yogi Bhanjan  
KRI recognized  
Yoga Alliance: Registered Prenatal Yoga Training

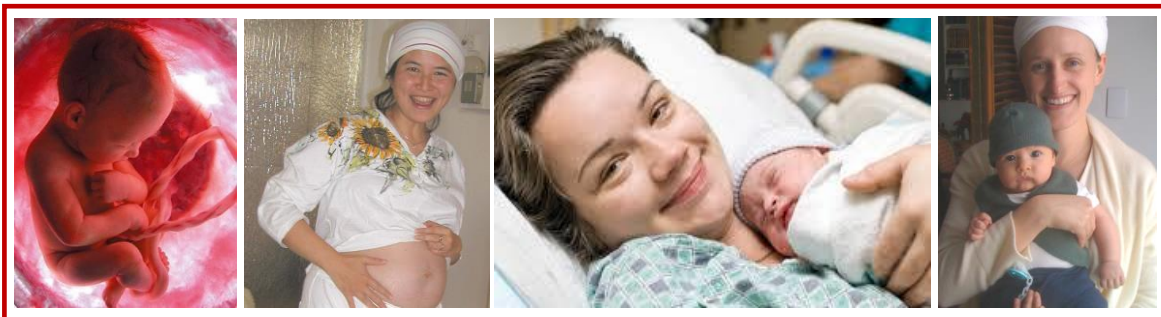
**July 4 - 16, 2016**  
Española, New Mexico, USA

### Heal Generations

United States Price	\$ 1545
International Price	\$ 1445

If you are a IKYTA or national KYTA member, email  
[ttk@kundalinewomen.org](mailto:ttk@kundalinewomen.org) to receive a 10% discount

**Join us in beautiful northern New Mexico  
at the Mother Ashram, Hacienda de Guru Ram Das,  
and the home of Yogi Bhanjan**



A mother is the first teacher. She teaches her child inside her womb, and after birth. She teaches by her example, and by her daily lifestyle. She sustains the foundation of human dignity, and identity. This is NOT a small thing.

Join us this summer under the blue skies of New Mexico, and discover within your own self the grace, and the courage to serve women, and the next generation. You can expand your experience of your own Soul through the sacred practice of Kundalini Yoga. You will meet incredible women of

awareness, grace, and courage. This will be a precious turning point in your life! This is what you have been longing for.



TARN TARAN KAUR....Pregnant 1972 in Amsterdam. With daughter, Madhur Nain, in Netherlands. Prenatal group 1976 in Hamburg.

### Lead Trainer: Tarn Taran Kaur

The Lead Trainer for this Conscious Pregnancy Training is Tarn Taran Kaur Khalsa, who has dedicated her life to support women as they journey from woman to mother. She created this training, as a medium 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, and postpartum around the globe.

Tarn Taran Kaur is the International Director for the Conscious Pregnancy Training program, and author of *Conscious Pregnancy: The Gift of Giving Life*. She is also an international KRI-Lead Trainer for Level One and Two, and a senior mentor in the Aquarian Trainer Academy.

She has been married to Tarn Taran Singh for over 44 years, and is blessed with one daughter and two grandsons. When she is not tending her organic vegetable garden, and fruit orchard, she is teaching Kundalini Yoga throughout Asia, Mexico, South America, and Europe. Email: [ttk@kundaliniwomen.org](mailto:ttk@kundaliniwomen.org)



### Specialty Training

Since 1977 this Specialty Training has been taught around the globe, inspiring women from all cultures, paths, and walks of life. We welcome participants from various countries because their sharing during the training expands the group awareness of mothering.

Upon satisfactory completion of all training requirements, and final examinations, Kundalini Yoga Instructors will receive a Conscious Pregnancy Certificate from Kundalini Women, with KRI recognition, and Yoga Alliance recognition: Registered Prenatal Yoga Training.

### Teach And Heal Others

Conscious Pregnancy Specialty Training prepares a KRI Certified Kundalini Yoga Instructor to teach prenatal, and postpartum yoga classes, with an emphasis on serving women, and building community. This comprehensive training is also an incredible preparation for women who are planning to become mothers, or are interested to educate girls or women. The training is also open to women who are not Instructors of Kundalini Yoga.

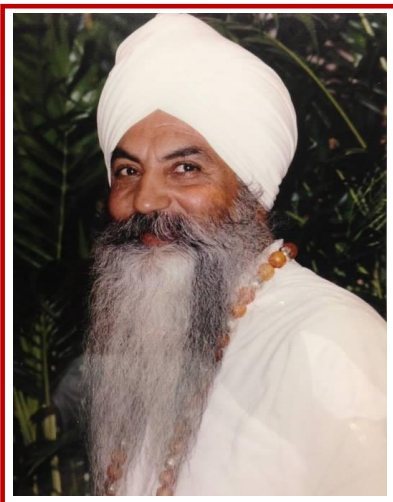
Using the wisdom and practical knowledge of Kundalini Yoga, participants experience personal transformation, and awakening about their own identity as a woman, and their journey as a mother.



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### Curriculum

The curriculum is based on the teachings of Yogi Bhajan, who began to share the revered and ancient technology of Kundalini Yoga and Humanology in the



West in 1969. He emphasized that everyone is spiritual; however, most people do NOT know how to be HUMAN!

It was never Yogi Bhajan's intention to collect disciples. He also never initiated anyone. He instead trained students to be teachers who could inspire others to live as conscious humans.

The Conscious Pregnancy program shares the yogic view of the identity of a woman, including her very unique aspects, potentials and challenges. We daily practice yoga and meditations that support a woman's wisdom, grace and invincibility.

We focus on the process of pregnancy and birth, however this is only a small segment of the journey of motherhood. Having a child, throws open one's identity, which can be an incredible opportunity for a new beginning.

The curriculum is structured to prepare a woman to teach a pregnancy yoga class, and various postpartum yoga classes, as well as support her students during their mothering journey.



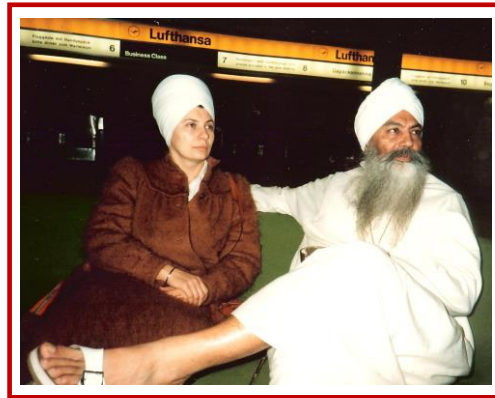
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### **Conscious Pregnancy Curriculum Overview**

- Kundalini Yoga and Meditation
- Relationships
- Conscious Conception
- First 120 Days after conception
- Pregnancy Supports
- Pregnancy and lactation anatomy
- Specific yoga and meditations for the child-bearing year
- Preparation for Birthing
- Birth Process
- 40 days after Birth
- Breastfeeding Basics
- Handling the Unexpected
- Baby Massage and Baby Yoga
- How to create curriculum for these subjects
- How to inspire others concerning these yogic teachings

### **What To Expect**

- Change, you will experience change within your own self!
- Healing, you will release patterns which confine you as a woman
- Kundalini Yoga and Meditation for women, pregnancy, and post-partum
- Student yoga and lecture practicums
- Lectures and small group discussions
- Personal growth activities
- Regular small group check-ins
- Baby massage and baby yoga
- Cooking classes
- Yogi Bhajan DVD lectures
- Rebirthing meditations
- Guest lecturers
- Celestial Communications
- Dance: Adi Shakti Movement, Dance with your baby
- Connection, you will meet a wonderful circle of women who will inspire you to your own excellence!



### Conscious Pregnancy Training Supports A Kundalini Yoga Teacher

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

### Training Schedule

This 106 classroom hour training is presented in one session.

	Date	Time
Welcome Dinner	July 3, Sunday*	6:00 PM
Daily Program	July 4- July 9	8:30 AM - 6:30 PM
Free Day	July 10, Sunday*	No class
Daily Program	July 11- July 15	8:30 AM - 6:30 PM
Final Day	July 16	8:30 AM - 5:00 PM

*SUNDAYS: attend Gurdwara, visit Santa Fe, and enjoy hot springs at Ojo Caliente, or rest.*

### Daily Schedule

4:00 AM - 6:30 AM	Sadhana in Asharam (not required)
7:30 AM - 8:30 AM	Breakfast
8:30 AM - 12:30 PM	Morning program
12:30 PM - 2:00 PM	Lunch and break
2:00 PM - 6:30 PM	Afternoon program
6:30 PM - 7:00 PM	Light dinner
7:00 PM - 8:30 PM	Occasional evening program



### Arrival & Departure Times

Española is located in the beautiful high desert mountains of New Mexico. The elevation is over 6,000 feet. Some people find it beneficial to arrive a few days before the training begins in order to adjust to the altitude and the environment. You can also tour Yogi Bhajan ranch and enjoy the unique historical beauty on northern New Mexico and incredible art galleries of Santa Fe.

You can participate in the Ashram Gurdwara, free meal (langar), and bazaar on Sundays 10:00 AM - 2:00 PM.

### Welcome Dinner, July 3

We will start the training on July 3 with a cozy Welcome Dinner at 6:00 PM on Sunday, July 3, at Tarn Taran home: #4 Athenas Way, Española, New Mexico.

### Closing Ceremony, July 16

The training closing ceremony will end on Saturday, July 16 at 5:00 PM, followed by a delicious dinner celebration. If you chose to depart on Saturday evening, please be sure to schedule your Española departure after 5:00 PM.



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### Pre-requisites For Receiving Conscious Pregnancy Certification

- 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.
- Pass grade for exams.
- Study of basic anatomy of women.

### Pre-requisites For Receiving Conscious Pregnancy Letter Of Completion

- Basic experience in Kundalini Yoga, minimally ONE :
  - ✓ Practice of 1 year Kundalini Yoga.
  - ✓ Participate in a Beginner Kundalini Yoga course.
  - ✓ Read *The Flow of Eternal Power: Kundalini Yoga* by Shakti Parwha Kaur and practice 3 Kundalini Yoga DVD classes. Available on [www.amazon.com](http://www.amazon.com) or [www.thesource.kriteachings.org](http://www.thesource.kriteachings.org)
- Completion of all homework and reading assignments.
- Pass grade for exams.
- Study of basic anatomy of women.



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**Heal Generations**

## Conscious Pregnancy Training Fees

United States Price	\$ 1545
International Price	\$ 1445

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 **Payment Method And Registration:** [www.kundaliniwomen.org](http://www.kundaliniwomen.org)

### Training Fee Includes

- Thirteen day certification training.
- Vegetarian breakfast, lunch, dinner, snacks and drinking water are provided. Vegan options are available.
- Accommodations are NOT included.

### Cancellation Policy For Conscious Pregnancy

There is a Cancellation Fee of \$200. Your cancellation request must be made in writing by June 10, 2016 via

- Email to [ttk@kundaliniwomen.org](mailto:ttk@kundaliniwomen.org)
- Or a letter to:  
Kundalini Women  
4 Athenas Way  
Española, New Mexico 87532

## Manuals

We strongly request that all participants read the training manuals before the training.

The Conscious Pregnancy training manuals, carry the KRI Seal of Approval, and are available at [www.lulu.com](http://www.lulu.com) or at [www.satnam.eu](http://www.satnam.eu) :

- *Conscious Pregnancy: The Gift of Giving Life*
- *Conscious Pregnancy Yoga Manual*

We also recommend all participants to read: *I am a Woman: Creative, Sacred & Invincible* by KRI ([www.kriteachings.org](http://www.kriteachings.org)).

Manuals are NOT included in Training Fee.



## Housing Accommodation

Housing accommodations are NOT included in training price.

Graceful and modest rooms are available on the ashram property [www.lyfrentals.com](http://www.lyfrentals.com). Please contact Nirbhe Kaur directly for rates and availability: [khalsanirbhe@gmail.com](mailto:khalsanirbhe@gmail.com) or 1-505-927-8665 or 1-505-753-7523. Please book your room early as there are only limited availabilities!!!



It is not necessary to have a car as the classroom, ashram and accommodations are all within walking distance. However, if you have a physical hardship or are interested to explore other beautiful areas of northern New Mexico, you may find it convenient to rent a vehicle.





### Training Location In Española

Tarn Taran's home and lovely garden. 4 Athena's Way, Española, New Mexico 87532.



### Driving Instructions

From Albuquerque, follow I-25 North to Santa Fe. Exit right onto St. Francis Dr. (Hwy 285/84). Follow Hwy 285/84 through Santa Fe, and approximately 26 miles toward Española. Before reaching Española, look for Hwy 106 at a four-way stoplight (The Dream Catcher movie theater is at the cross roads) and turn right. Turn right at East Sombrillo Road and continue ¼ mile until you see a golden dome on your left.

Continue past the golden dome and turn right at Lumbre del Sol. Turn right onto Athena's Way. First house on left: 4 Athena's Way.

### Nearest Airports

- Albuquerque, New Mexico: International airport is located about 1 ½ hours from Española.
- Santa Fe, New Mexico: Small airport is located about 45 minutes from Española.

### Transportation To And From Albuquerque Airport

Española is located in northern New Mexico. You can book your flight into Albuquerque or Santa Fe and a shuttle service or a rental car to Española.

- Travel time from the Albuquerque Airport is about 1.5 hours.
  - Travel time from Santa Fe is about 30 minutes.
- ✓ Shuttle from Albuquerque Airport to Española: Twin Hearts Shuttle  
Reservations required! Phone: 1-800-654-9456; 1-575-751-1201. Depart from Airport daily 11:30 AM, 1:30 PM, 3:30 PM, and 5:30 PM. Departs from Española Ashram daily 8:00 AM, 10:00 AM, 12:00 PM, 2:30 PM. One way is \$40. Round trip is \$75.

✓ **Shuttle from Albuquerque Airport to Santa Fe ONLY: Sandia Shuttle**  
Reservations required. Phone: 1-888-775-5696. This shuttle service does NOT transport from Santa Fe to Española. You would need to rent a car in Santa Fe or arrange transportation from Santa Fe to Española. [www.sandiashuttle.com](http://www.sandiashuttle.com)



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### **Española Weather And Climate**

In July, it is dry and hot (90-100 degrees F) with occasional short rain storms.

Arrange to arrive in New Mexico a few days prior to the training so that your body can adjust to the climate and the high altitude (about 6,000 feet above sea level). Increasing your water intake and limiting any strenuous activity will assist your acclimatization.

### **What To Bring**

For the yoga practice

- Yoga mat or sheep skin
- Meditation blanket or shawl
- Your personal yoga props

For the training

- Materials for taking notes
- Water bottle
- Pillow for sitting
- Snacks: nuts, fruit, juice, crackers
- Flashlight for the evenings

Personal items

- Lip balm, skin lotion, insect repellent, sunscreen, sunglasses or visor
- Yoga mat or sheepskin
- Warm clothes and jacket for early morning yoga
- Loose, light clothes for daytime yoga.  
Bring sufficient clothes for the 13 day training as laundry facilities are not located on site. Laundry automats are located in Española, accessible only by car. The training program is full-time therefore time is very limited for laundry.
- 2-3 white casual outfits for yoga practicum and special events
- Comfortable walking shoes
- Light rain gear

### Contact Information

Kundalini Women

[www.kundaliniwomen.org](http://www.kundaliniwomen.org)

Phone: 1-505-747-7411

E-mail: [info@kundaliniwomen.org](mailto:info@kundaliniwomen.org)



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### Frequently Asked Questions

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

You will receive a Specialty Training Certificate in Conscious Pregnancy. This certificate is given by Kundalini Women, with a Yoga Alliance seal: Registered Prenatal Yoga Training.

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

Conscious Pregnancy is a Specialty Training for Kundalini Yoga teachers. If you have sufficient experience with Kundalini Yoga, an exception can be made. Email the Conscious Pregnancy Program Director ([ttk@kundaliniwomen.org](mailto:ttk@kundaliniwomen.org)) with your request.

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 Specialty Training program 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 is simply Pass, Fail, or Pending.

### **What is a Student Exit Interview?**

During the training each student has a personal interview with the Trainer. She will share suggestions for specific “yogic homework,” to enhance the student’s 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](mailto:ttk@kundaliniwomen.org)

### **Although I understand Sadhana is conducted daily from 3:45 AM - 6:45 AM is optional, how do I get through such a long day?**

Morning Sadhana is offered daily at the ashram. This is a very special opportunity to practice a group Sadhana here at the Mother Ashram. Sadhana is a spiritual discipline which accelerates transformation and awareness. Group

Sadhana at the ashram is optional however you may want to give yourself the experience during the time you are here. You can participate as best you can: just getting there gives you 70% of the benefits! You can sleep and rest during sadhana. Bedtime is recommended at 9:00 PM.



## What does the word Ashram mean?

Ashram means the house of the teacher. For over 30 years Yogi Bhajan inspired many of his students to establish ashrams around the globe. However he spent the last years of his life here in New Mexico and revered Hacienda Guru Ram Das, as “The Mother Ashram.” He said, “God is everywhere, however His home is in New Mexico”. Yogi Bhajan loved the ancient land here, the wide blue skies and the fresh clean air. The Ashram facility is the center of many community activities throughout the week.

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

During training & evenings: At Program Director’s home: 1-505-747-7411.



## Conscious Pregnancy Testimonials

*There are no words to thank you enough. So a simple thank you is my expression, backed up by a million blessings. Sat Nam.*  
Dev Amrit Kaur

*Thank you for the inspiration and good experiences you shared with all of us. If “God lives in cozy homes,” you brought him with you. Love.*  
Harbhajan Kaur

*I learned that I had forgotten many of the things my own mother had taught me 35 years ago. It helped me to get in touch with myself. It also helped me to be more comfortable with my own aging process. Accepting that now it is my time to share with younger women the need for empowerment, discipline and connection with the divine. Blessings.*  
Guru Rai Kaur, New Jersey





*Non-judgmental atmosphere. Extremely comprehensive. Thank you.*  
S.H, Sweden

*I learned so many things about the spiritual side of pregnancy, in fact about the spiritual side of life in general....Level One was only an introduction into yoga. This training helped to integrate deeply the teachings in a real life way.*  
S.W, California

*I passionately felt inspired to empower women to have trust and faith in their own ability to give birth.*  
L. Skelton, UK

*This trainings was an important part of a deep healing that I needed in my life. Thanks.*  
Guru Ganesha, Florida



*This training is amazingly much more than just information about pregnancy. It is a transformation for me as a teacher and a conscious woman. In gratitude.*  
P.K, Spain

*This training has clarified in me, that which I knew in my heart but did not know consciously. It has helped me to have the confidence to share this information in a clear precise way. I feel that I am more connected personally now to the women of 3HO and will be more comfortable in reaching out for help from them. This course was amazing in its scope and powerful in its presentation. The women trainers are experts in their fields.*  
Guru Rai Kaur, New Jersey





*Gave me very specific tools to serve others. I used these yogic teachings with the birth of my daughter. I wanted to now learn the depth of it, and become specialized, so that I could share these teachings in my country.*  
Sat Want Kaur, Australia

*Yes, I would recommend Conscious Pregnancy training. It is very inspiring. It is a must for all women, if you ask me. Especially for all women who teach Kundalini Yoga.*  
Japji Kaur, Florida



**Contact Information:** Tarn Taran Kaur [www.kundaliniwomen.org](http://www.kundaliniwomen.org)  
Phone: 1-505-747-7411 E-mail: [info@kundaliniwomen.org](mailto:info@kundaliniwomen.org)