

**Conscious Pregnancy©**  
**A KRI Recognized Specialty Training for Kundalini Yoga Teachers and Practitioners**  
**Tallinn, Estonia**  
**July 20 – 24 & August 9 - 16, 2010**

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 July and the second session in August.

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 breastfed 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
Registration and Introduction	July 20, Tuesday	8:00 AM – 9:00 AM
Daily Program	July 20 - 24 and August 9 - 16	9:00 AM – 19:00 PM
Closing Ceremony	August 16. Monday	4:00 – 6:30 PM

### Daily Schedule

9:00 AM – 13:00 PM	Morning program
13:00 PM – 14:30 PM	Lunch
14:30 PM – 19:00 PM	Afternoon program

### 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](mailto: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 hundreds 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](http://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 Estonian and possibly to Russian.**

### 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

900 EUR      Registration and first payment(400 EUR) before or on April 26, 2010

1100 EUR     Registration and first payment after April 26, 2010

### Registration Process

The registration documents will be emailed to you after contacting Maibrit Metsaroos (Livjog Kaur) directly at [livjog.kaur@gmail.com](mailto:livjog.kaur@gmail.com) or phone : +37256565118

## Payment Method

**Deposit:** A non- refundable deposit of 400 EUR( 6500 EEK) is required with your application to secure a place( at least before on April 26, 2010).

Registration and a non- refundable deposit after on April 26 is 600 EUR (9750 EEK)

**Payment :** Students must then pay 500EUR before the start of the first week on July 20,2010.

### Bank transfers to be made to:

Eesti Kundalini Jooga Õpetajate Ühing MTÜ a/a 221048949850 (Swedbank)

Please specify : "Kundalini yoga conscious pregnancy training" and your name.

**Registration Processing:** Via email ([livjog.kaur@gmail.com](mailto:livjog.kaur@gmail.com));

Via post : Maibrit Metsaroos ,Salu tee 32-2,

Peetri küla, Rae vald, Harjumaa, 75312 Estonia

Or contact her by phone to bring it in person

## Meals during Training

Tea and snacks are offered during the tea breaks (included in price).

Meals(lunch) are not included in price. There are possibility to visit nearby restaurants during the lunch time or to order the vegetarian lunch around 4EUR/ per day (it is provided if there are enough people to order the lunch from restaurant, necessary to mention it before the course).

## Housing Accommodation

Housing accommodations are not included in price. The training is located in Tallinn, Estonia. Accommodations in nearby hotels cost 25- 50 EUR /person/per night.

## Training Location

### Budakoda

Luha street 1, Tallinn, Estonia. To enter, press the button for "Budakoja saal" nr. 6. Parking is allowed in front of the building. On Mondays – Fridays the tariff KESKLINN applies 8:00 – 19:00, on Saturdays 8:00 – 15:00. The nearest free parking is in Kristiine keskus. Sundays parking is free on the street. Please, do not park in the courtyard behind the building.

## Tallinn weather and climate

We will be enjoying warm weather during the day average temperature 18-25 C. However it can get cooler at night so bring a sweater.

### What to Bring

For the yoga practice

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

For the training

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

Personal items

- Lip balm, sunscreen, sunglasses or visor
- Loose, light clothes for yoga
- Plan to bring sufficient clothes for the training. Check with your hotel about nearby laundry facilities. The training program is full-time therefore time is very limited for laundry.
- Comfortable walking shoes

### Contact Information

Tarn Taran Kaur Khalsa

Contact Tarn Taran Kaur for all training questions or details.

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

Phone: +1 505 747 7411

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

**Contact information in Estonia** : Maibrit Metsaroos (Livjog Kaur)

Contact Maibrit Metsaroos for registration and for all housing or arrival questions or details.

[livjog.kaur@gmail.com](mailto:livjog.kaur@gmail.com) Phone: +37256565118

### 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 Bajan”, 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).

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

Maibrit Metsaroos (Livjog Kaur) +37256565118