

**Specialty Training for Kundalini Yoga Teachers:**  
Conscious Pregnancy©  
KRI approved recognition  
Española, New Mexico, USA  
July 4 - 17, 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.

Upon satisfactory completion of all training requirements and final examinations, 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 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**

- 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

## Schedule

This 100 classroom hour training, and 6 hour examination is presented in one session. The schedule is as follows:

	Date	Time
Daily Program	July 4 - July 10	9:00 AM - 8:00 PM
Sunday Free Day	July 11, Sunday	---
Daily Program	July 12 - July 17	9:00 AM - 8:00 PM
Closing Ceremony	July 17, Saturday	3:00 - 8:00 PM

## Daily Schedule

8:00 AM - 8:45 AM	Breakfast
9:00 AM - 1:00 PM	Morning program
1:00 PM - 2:00 PM	Lunch
2:00 PM - 6:00 PM	Afternoon program
6:00 PM - 6:45 PM	Light dinner break or cooking class
6:45 PM - 8:00 PM	Evening program or study

## 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, including student practicum.
- Lectures and discussion.
- Personal growth activities and small group discussions
- Regular small group check-ins
- Two Yogi Bhajan videos
- Guest lecturers
- Celestial Communications
- Dance: Adi Shakti Movement, bhangra and belly dance.

## Staff

- 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 an international KRI-Lead Trainer for Level 1 and 2. Email: [ttk@kundaliniwomen.org](mailto:ttk@kundaliniwomen.org)

Tarn Taran Kaur created this Conscious Pregnancy training as a medium 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.

- Pavitar Kaur is a licensed midwife, accomplished Native Healer and KRI Instructor.

The primary training manuals for this course is Conscious Pregnancy: the Gift of Giving Life which are reviewed by and carry the KRI Seal of Approval.

#### Pre-requisites for receiving 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.
- Study of basic anatomy of women.

#### Conscious Pregnancy Training fees

US\$ 1370 Pre-registration, paid before June 10, 2010.

US\$ 1670 After June 10, 2010.

#### Payment Method

Register directly with the Training Facilitator, Tarn Taran Kaur, via email ([ttk@kundaliniwomen.org](mailto:ttk@kundaliniwomen.org)) or mail (KUNDALINI WOMEN/ 9 Sombrillo Road/ Española, New Mexico 87532/ USA).

- Payment is made in US dollars only.
- Payment is accepted by Paypal, Visa or MasterCard, US check or International Money Order. Kindly make all payments in the name of: Tarn Taran Khalsa.

### Cancellation Policy for Conscious Pregnancy

There is a Cancellation Fee of \$200. Your cancellation request must be made in writing by June 10, 2010 via

- Email to [info@kundaliniwomen.org](mailto:info@kundaliniwomen.org)
- Or a letter to:  
Kundalini Women  
9 Sombrillo Road  
Española, New Mexico 87532

### Training Course Includes:

- Vegetarian breakfast, lunch, and dinner are provided. Vegan options are available upon request.

### Housing Accommodation

Housing accommodations are not included in training price.

- Amrit Nivas: Private and shared rooms within walking distance to training and Hacienda de Guru Ram Das. Prices range from \$30 - \$60 per night, including breakfast and snacks. Hot tube, meditation gazebo, hiking trails. Also whole houses are available to rent. Visit [www.santafegetaway.com](http://www.santafegetaway.com). Email [nam@newmexico.com](mailto:nam@newmexico.com). Phone 1- 888-809 0885. Cell 1- 505 929 0569.

### Training Location in Española

Tarn Taran's home, Athena's Way #4, 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 pass the golden dome and turn right at Lumbre del Sol. Turn right onto Athena's Way. First house on left: Athena's Way #4.

### 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 the Albuquerque Airport

Contact Twin Heart Shuttle Company, a public shuttle service, which will take you directly to Española from the airport.

- Standard Daily Departures from the Albuquerque Airport: 11:30 am, 1:30 pm, 3:30 pm and 5:30 p.m. (Confirm times before booking your flight)
- You must reserve a shuttle 48 hrs in advanced in order to guarantee a seat on the shuttle.
- You must be on time for your shuttle pick up. Remember to set you watch to New Mexico time.
- If your flight is late, or you missed your flight, call the shuttle company to make new shuttle arrangements.
- The last shuttle is at 5:30 PM; make sure your flight and shuttle arrangements compliment each other.
- Cost to Española Ashram: For the four standard daily departure times the cost is \$30 one way or \$55 round trip.  
For rides outside of their standard daily departure times (anything after 5:30pm), with a reservation, the cost is \$190 one way.
- Cancellation policy: Once you have paid there are no refunds. If you do not show up for your shuttle you will not get a refund, however you can use or sell the shuttle credit for up to one year.
- REMEMBER TO MAKE A RESERVATION TO INSURE A SHUTTLE SPACE:  
800.654.9456 or 505.751.1201

### 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 7,000 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 special events
- Comfortable walking shoes
- Light rain gear

### Childcare during training

We do not offer childcare, however, the Española 3HO Ashram community does offer a few options in the near vicinity.

- 1) KYC (Khalsa Children's Camp) is a two week children's camp which is held at Ram Das Puri (in the mountains 45 minutes from the ashram) since 30 years. More information contact the camp director, Siri Nam Singh: [sirinam1@rcn.com](mailto:sirinam1@rcn.com); <http://www.3ho.org/events/Khalsayouthcamp.html>
- 2) KYC DAY CAMP for younger children. Mothers can car pool with ashram families. Also contact Siri Nam Singh.
- 3) Montessori Day School (Trio School) which is directed by Ravi Kaur. She does open the school during our summer events for a limited number of children. Ravi Kaur: 1-(505) 747-3962.

### 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)

### **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 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) 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 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 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?**

During course & evenings: At Program Director’s home: 505.747.7411