

Enhance your wisdom as a woman as you explore the yoga teachings for the childbearing year, starting with conscious conception, pregnancy, birthing to the 40 days after birth. Enhance your Kundalini Yoga teaching repertoire, serve women and build community.

CONSCIOUS PREGNANCY/ SPECIALTY TEACHER TRAINING *for kundalini yoga instructors*

EDMONTON,
ALBERTA

AUGUST 15 – 28, 2011

Kundalini Yoga, and its rich realm of wisdom and practical lifestyle technology, prepares a woman for the journey of motherhood.

The Conscious Pregnancy is a 106 hour KRI-recognized Specialty Training, based on the teachings of Yogi Bhanjan. This course prepares a Kundalini Yoga Instructor to support women for the journey of the child-bearing year.

Awaken your own power and grace as a woman! Expand your Kundalini Yoga teaching repertoire! Build your local community as you support mothers-to-be.



Kundalini Women



Lead Trainer of Conscious Pregnancy

Tarn Taran Kaur established the Conscious Pregnancy program in 1976 in Europe. She continues sharing these precious teachings, as taught by Yogi Bhanjan, to women and their families around the globe.

Training Location & Registration

Healing Connections

10548 - 115 Street

Edmonton, Alberta, CANADA T5H 3K6

Wellness@Healing-Connections.ca Phone 780-488-9779

In Edmonton: Satwinder Kaur at s_sran@yahoo.com or info@3hoyoga.com Phone 780-457-6639
For detailed information about the training: www.KundaliniWomen.org