

Specialty Training for Kundalini Yoga Teachers:
Conscious Pregnancy©
KRI approved recognition
Edmonton, Alberta, CANADA
August 15 - 28, 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.

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
- Specialized yoga and meditation for the postpartum
- Community Building using women's yoga

Special Meditation on August 26

We hope that you celebrate Yogi Bhajan's birthday on August 26 with us and the Edmonton 3HO Community. On this day the 3HO family around the globe joins in spirit as we chant 2 ½ hours of Long Ek Ong Kar early in the morning.

Schedule

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

	Date	Time
Daily Program	August 15 - 20	9:00 AM - 7:00 PM
Sunday Free Day	August 21, Sunday	---
Daily Program	August 22 - 28	9:00 AM - 7:00 PM
Closing Ceremony	August 28, Sunday	3:00 - 7:00 PM

Daily Schedule

9:00 AM - 1:00 PM Morning program
1:00 PM - 2:00 PM Lunch
2:00 PM - 7:00 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, 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 Teacher Trainer for Level 1 and 2. Email: 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.

- Dev Amrit Kaur is a certified Doula and is presently studying to become a midwife in Mexico. She is also an Associate KRI Teacher Trainer.

The primary training manuals for this course are the Conscious Pregnancy: the Gift of Giving Life and Conscious Pregnancy Yoga Manual which are reviewed by and carry the KRI Seal of Approval. Both books can be purchased on www.kundaliniwomen.org

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

CAD\$ 1425 plus 5% GST Pre-registration, paid before June 10, 2011.
CAD\$ 1525 plus 5% GST After June 10, 2011

Payment Method

Register with Healing Connections via email Wellness@Healing-Connections.ca
Or call 780-488-9779.

Payment is made in CAD dollars only.

Cancellation Policy for Conscious Pregnancy

There is a Cancellation Fee of \$200. Your cancellation request must be made in writing by June 10, 2011 via

- Email to Healing Connections and to Satwinder at s_sran@yahoo.com

Training Course Includes:

Snacks, tea and water.

Accommodations in Edmonton

Accommodations are not included in training price.

The following options are located in downtown Edmonton and are closer to the studio "Healing Connections"

- Glenora Bed and Breakfast
- Ramada Hotel and Conf./Courtyard Edmonton
- Holiday Inn Express

Please look into sharing a home at less cost than hotel through www.VRBO.com with other students.

Training Location in Edmonton

Healing Connections Wellness Center

10548 - 115 Street

Edmonton, Alberta T5H 3K6

Phone 780-488-9779

Wellness@Healing-Connections.ca

Nearest Airports

Edmonton International Airport is about 30- 40 minutes from downtown Edmonton.

Transportation to and from the Edmonton International Airport

Shuttle service is only available to and from certain hotels, otherwise taxi. If given advanced notice of your flight, arrangement for your pick up can be made for cheaper price than taxi. Taxi can cost \$50-75. Email Satwinder s_sran@yahoo.com to make arrangements for pickup at \$30.

Edmonton weather and climate

In Edmonton weather is known to change quickly, In August temperature can range from 10-30 degrees C (60-90 degrees F) with occasional rain.

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 days. There are number of laundry mats available around downtown area if needed.
- 2-3 white casual outfits for special events
- Comfortable walking shoes
- Light rain gear

Contact Information

Kundalini Women

www.kundaliniwomen.org

Phone: 1.505 747 7411

E-mail: info@kundaliniwomen.org

Contact person and organizer in Edmonton is Satwinder Kaur Sran at info@3hoyoga.com (www.3hoyoga.com), s_sran@yahoo.com or 780-457-6639.

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.

What language is this training presented?

This Conscious Pregnancy Training will be presented in English.

What activities are recommended to do on our day off?

- Edmonton - Devonian Botanic Garden
<http://www.ales.ualberta.ca/devonian/>
- Edmonton Queen Riverboat
<http://www.edmontonqueen.com/index.php>
- West Edmonton Mall (number attractions like water park, Golf course)
<http://www.wem.ca/#/play/theme-parks-attractions>

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 Phone 780-488-9779