

Conscious Pregnancy

The Journey from Woman to Mother

July 7-19, 2014 ~ Espanola, New Mexico, USA

*A Specialty Training for Kundalini Yoga teachers and interested women
Inspire future mothers with hope, healing and uplifting spiritual values
Based on the Teachings of Yogi Bhajan*

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

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 comprehensive course 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, as taught by Yogi Bhajan, participants experience personal transformation and awakening about their identity as a woman and her journey as a mother.

Curriculum

The curriculum is based on the teachings of Yogi Bhajan, who began to teach the revered and ancient teaching 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! He did not want to collect disciples and never initiated anyone. He instead trained students to be teachers who could inspire others to live as conscious humans.

The training begins with the yogic view of the identity of a woman, including her very unique aspects, potentials and her challenges. We also will practice yoga and meditations which are specifically to support her wisdom, grace and invincibility. We also study the nature and psychological base of the male. From these two polarities we can start to investigate how intimate relationships can be developed using conscious communication and a secure self-identity.



Early Registration ends 05/31/2014

Full price: \$1650. Discounted: \$1500* IKYTA member: \$1350

After 06/01/2014

Full Price: \$1850. Discounted: \$1700* IKYTA member: \$1650

**Discounted price available for: full-time students, seniors (over 55), and IKYTA members or International travelers.*

For more information & registration: www.kundaliniwomen.org



Kundalini Women

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Throughout the course we give special attention to investigating how the partner transforms during the pregnancy and parenting experience. Building a conscious “family culture” based on compassion, kindness and caring is something which can be learned.

Each participant will give various presentations, lectures and two yoga practicums. We will also view Yogi Bhanan DVD lectures and birth DVDs.

Join us for this transformation two weeks!

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 expands the understanding 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 approved recognition.

Conscious Pregnancy Training supports a Kundalini Yoga teacher:

- Develop a deeper relationship with herself.
- Gain knowledge about the yogic teachings, as taught by Yogi Bhanan, on 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 these subjects 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

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- 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

Schedule

This 100 classroom hour training, and 6 hour examination is presented in one session.

	Date	Time
Welcome & Dinner	July 6	3:00 PM - 6:00 PM
Daily Program	July 7- July 12	8:30 AM - 6:30 PM
Sunday*	July 13, Sunday	3:00 PM - 6:30 PM
Daily Program	July 14- July 19	8:30 AM - 6:30 PM
Closing Ceremony	July 19, Saturday	2:00 PM - 6:30 PM

**Free morning: attend Gurdwara, visit Santa Fe, enjoy hot springs of Ojo Caliente or rest.*

Daily Schedule

7:30 AM - 8:30 AM	Breakfast
8:30 AM - 12:30 PM	Morning program
12:30 PM - 2:00 PM	Lunch
2:00 PM - 6:30 PM	Afternoon program
6:30 PM - 7:00 PM	Light dinner

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Elements of the final exam

- Verbal examinations on each subject area
- Yoga/meditation class practicum
- Lecture topic practicum
- Written exam
- Student Exit Interview

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 discussion
- Personal growth activities and small group discussions
- Regular small group check-ins
- Baby massage and baby yoga
- 40 Day cooking class
- 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!

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

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 thousands of Kundalini Yoga classes for pregnancy around the globe. She is married now for 41 years and is blessed with one daughter and two grandsons.

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Manuals

We strongly recommend that all participants read the three training manuals before the training.

The three Conscious Pregnancy training manuals, carry the KRI Seal of Approval, and are available at www.lulu.com:

- *Conscious Pregnancy: The Gift of Giving Life,*
- *Conscious Pregnancy Yoga Manual,*
- *The 40-Day Blessings*

We also recommend all participants to read: *I am a Woman: Creative, Sacred & Invincible* by KRI (www.kriteachings.org). Manuals are NOT included in Training Fee.

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

Pre-requisites for receiving **Conscious Pregnancy Letter of Credit** for this training:

- 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 (www.amazon.com) and practice of 3 Kundalini Yoga DVD classes. (http://thesource.kriteachings.org/category_s/46.htm?searching=Y&sort=13&cat=46&show=10&page=5)
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Registration Price, Discounted*	\$1700
IKYTA members	\$1650

* Discounted price available for:

Full-time Students, Seniors (over 55), IKYTA members or
International Travelers.

Five work exchange positions are available for financial assistance. If you are interested and need financial assistance, please email Tarn Taran Kaur directly to request:

ttk@kundaliniwomen.org.

Payment Method

Register directly with the Training Facilitator, Tarn Taran Kaur, via email (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
 - US check
 - International Money Order
- Kindly make all payments in the name of: Tarn Taran Khalsa.

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Cancellation Policy for Conscious Pregnancy

There is a Cancellation Fee of \$200. Your cancellation request must be made in writing by June 10, 2014 via

- Email to ttk@kundaliniwomen.org
- Or a letter to:
Kundalini Women
9 Sombrillo Road
Española, New Mexico 87532

Training Course Includes:

- Thirteen day certification course.
- Vegetarian breakfast, lunch, dinner, snacks and drinking water are provided. Vegan options are available.

Housing Accommodation

Housing accommodations are NOT included in training price.

Graceful and modest rooms are available on the ashram property www.lyfrentals.com. Please contact Nirbhe Kaur directly for rates and availability at khalsanirbhe@gmail.com or (505) 927-8665 or (505) 753-7523

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, #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

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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 1½ hours from Española.
- Santa Fe, New Mexico: Small airport is located about 45 minutes from Española.

Transportation to and from the Albuquerque Airport

Espanola 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 Espanola.

- Travel time from the Albuquerque Airport is about 1.5 hours.
- Travel time from Santa Fe is about 30 minutes.

* Shuttles from Albuquerque Airport to Santa Fe and Espanola

Soul Sisters:

<http://soulsistersshuttle.com/>

Twin Hearts Shuttle Service:

<http://www.goservices.com/z/23001/Taos-NM/Twin-Hearts-Express-Transportation>

*Shuttle from Albuquerque Airport to Santa Fe Only

Sandia Shuttle:

<http://www.sandiashuttle.com> or 888 775 5696. (You would need to rent a car or arrange transportation from Santa Fe. This shuttle service does not transport from Santa Fe to Espanola.

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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 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

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Contact Information

Kundalini Women

www.kundaliniwomen.org

Phone: 1.505 747 7411

E-mail: 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.

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What is a Student Exit Interview?

Each student has a personal interview following the Final Examination with one of the course trainers. During the interview the student will receive their 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 a recommended time that I should arrive and depart?

Espanola is located in the beautiful high desert mountains of New Mexico. The elevation is over 6,000 feet. Some people find it beneficial to arrange a few days before the training begins in order to adjust to the altitude and the environment, as well as participate in the Ashram activities, tour Yogi Bhajan ranch and enjoy the unique historical beauty and incredible art galleries of Santa Fe.

Arrive on Sunday, July 6: Join us for a cozy Course Welcome and check-in anytime between 3:00 PM and 6:00 PM. A light dinner will be served on Sunday, July 6 at **5:00 PM**. Both will be held at Tarn Taran Kaur’s home: #4 Athenas Way, Espanola, New Mexico.

Departure: The course will conclude Saturday, July 19 at 7:00 PM, followed by dinner. If you chose to depart on Saturday evening, please be sure to schedule departure **after** the course concludes.

Although I understand Sadhana is conducted daily from 3:45 am - 6:45 am and 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 pm.

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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 course & evenings: At Program Director’s home: 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 passionately felt inspired to empower women to have trust and faith in their own ability to give birth. L. Skelton, UK

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

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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

I understand that this was part of a 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



Looking forward to greet you here in New Mexico!

Sat Nam!

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