

# CONSCIOUS PREGNANCY

## SPECIALTY TEACHER TRAINING

### *For Kundalini Yoga Instructors*

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

Join us for this Specialty Teacher Training at the Kundalini Yoga Center in San Francisco. The Conscious Pregnancy training shares the core of Yogi Bhajan's teachings for a woman as she journeys through her child-bearing year, and prepares you to teach pregnancy yoga.

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

**Course Dates:** Saturday, April 16, 2011 • Saturday & Sunday, April 30 & May 1  
Saturday, May 14 • Saturday & Sunday, June 4-5 • Saturday, July 16  
Saturday & Sunday, August 13-14 • Saturday, September 17 •  
Saturday, October 8 • Saturday, November 19 •  
Saturday, January 14, 2012 • Saturday, February 18, 2012  
Saturdays 8:15-6, Sundays 1:30-6

Course Cost: \$1450. or \$1370. if registered by March 16



**Awtar Kaur Khalsa** has studied Conscious Pregnancy for 40 years & is the mother of an adult daughter. She is an Internationally Board Certified Lactation Consultant (IBCLC) & the director of The Kundalini Yoga Center.

*Awaken your wisdom as a woman as you explore the yogic teachings for the childbearing year, starting with conscious conception through birth and the 40 days following.  
Enhance your Kundalini Yoga teaching repertoire, serve women & build community.*

**Kundalini Yoga Center** at Guru Ram Das Ashram  
1390 Waller Street • San Francisco 94117 • 415 863-0132