

## **3HO WOMEN Conscious Pregnancy© KRI approved**

**We are planning on having a Conscious Pregnancy Course in Australia in late 2009 or early 2010, taught by Seva Kaur (Norway) and Suraj Kaur (Australia). Please email to express your interest.  
Full details of the course follow:-**

Conscious Pregnancy Teacher Training prepares a KRI Kundalini Yoga Instructor/ Level 1 to teach Conscious Pregnancy and Post-partum yoga classes, with emphasis on serving women and building community.

Upon successful completion of all course requirements and the final examination, the participant will receive a diploma issued by 3HO WOMEN to teach Conscious Pregnancy yoga classes and share the yogic teachings on mothering and childcare, as taught by Yogi Bhajan and approved by KRI.

This Specialty Teacher Training: Conscious Pregnancy is hosted by 3HO WOMEN which is a department of 3HO International.

### **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.

### **3HO WOMEN Conscious Pregnancy Curriculum Overview**

- Kundalini Yoga and Meditation
- Relationships
- Conscious Conception
- First 120 Days after conception
- Pregnancy Supports
- 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 13-day session with a one day break in the middle of the course

### 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.

### Primary training material

The primary training manuals for this course is Conscious Pregnancy: the Gift of Giving Life, and The 40 Day Blessing which are reviewed by and carry the KRI Seal of Approval.

### Staff

- KRI Kundalini Yoga Trainers - Seva Kaur (Norway) and Suraj Kaur (Australia)
- Healthcare professional midwife/doctor and lactation specialists

### Pre-requisites for receiving a Conscious Pregnancy diploma for this training:

- KRI Instructor/ Level 1
- IKYTA Professional member or KYTANZ Kundalini Yoga Teacher member, in good standing with all dues paid.
- Completion of all homework and reading assignments.
- Study of basic anatomy of women.

### Contact Information

Suraj Kaur

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## Frequently Asked Questions:

**What diploma will I receive upon successful completion of the Training if I am a KRI Kundalini Yoga Instructor/ Level 1?**

You will receive a 3HO WOMEN Specialty Teacher Training in Conscious Pregnancy - approved by KRI.

**Can I participate in the Conscious Pregnancy Training if I am NOT a KRI Kundalini Yoga Instructor/ Level 1?**

Conscious Pregnancy is a Specialty Training for Kundalini Yoga teachers. If you have sufficient experience with Kundalini Yoga, exceptions are made.

Upon successful completion of all Conscious Pregnancy Training requirements you will receive a Letter of Completion from 3HO WOMEN. To teach a normal Kundalini Yoga class, you will need to complete KRI Level I Certification.

**How does Conscious Pregnancy Training coincide with the KRI Kundalini Yoga Teacher Training programs?**

This course is a Specialty Teacher Training program and does not substitute for any of the Levels of the KRI Teacher Training Certification program. However CEU are available for KRI Certified teachers.

**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 present or market my pregnancy yoga classes after receiving the Conscious Pregnancy diploma?**

You can present yourself as a KRI Kundalini Yoga Instructor with Specialty Training in Conscious Pregnancy. You will have the right to use the standardized 3HO WOMEN Conscious Pregnancy poster and flyer template, which you can request from Tarn Taran Kaur at [ttk@3HO.org](mailto:ttk@3HO.org).