



Conscious Pregnancy Teacher training

April - May 2012

This course approved KRI specialty teacher training course but it is open to everyone. To receive certification as a Conscious Pregnancy teacher you must also be qualified as a Level One Kundalini Yoga Teacher. If not, you will receive a certificate of completion.

For more information & questions; Hari Jot Kaur, merjam@rootlight.se

Dates: April 13-15, april 28–May 1 and May 17-20

Location: Rootlight Yogacenter, Järnvägsgatan 2, Solna, Sweden

Costs: SEK 12 000 (plus VAT SEK 3000) incl. lunch and tea.

Application Deposit: SEK 1500 (part of the total) pg 6070772-6

IBAN SE669500009960186070726, Bic NDEASESS. Rootlight HB.

One mother, one father, one child... one family at a time.
One child is conceived and brought into the womb consciously and birthed consciously, one child is raised for the first three years with spirit and with a natural way of living, this could possibly be our greatest contribution to the world



ROOTLIGHT
Yogacenter & Yogabutik



Conscious Pregnancy Kundalini Yoga Teacher Training

Nurturing a soul, even before a mother conceives, and then bringing this high divine energy into the pregnancy and through the first three years of this child's life, this is the highest gift we can give to the planet and to future generations.

The KRI Certified Specialty Training is a 100 hour course which guides a woman's personal transformation, our awareness and awakening to being a woman, to our divine feminine, so that we may accept our sensitivity and our strength to connect to the blessing of being a woman, and being a mother.

It prepares a teacher of Kundalini Yoga to offer a wide variety of pregnancy, post pregnancy, mothering and child-care classes.

- Conception, Pregnancy & Birth
- A conscious approach to Conception
- Conscious Relationship
- Transformation of Pregnancy
- Body Care, Nutrition, Comfort & Wellbeing
- Pranayam: Breath awareness and practices
- Kriyas and Meditations for Pregnancy
- How to connect deeply with your baby
- Understanding the Pelvic floor
- Relaxation
- Mantra and Sound to support you and your baby
- Transition and Birthing
- Delivery
- Understand the impact of the birth experience
- Kriya & Meditation for new mothers after birth
- Breast feeding & self care
- Pranayam for Balance & healing
- Physical & Emotional considerations of Mother
- The 40 day blessing
- Conscious Communication & Relationship
- Conscious approach to Parenting
- Child development for infants in first year
- Infant Yoga & massage
- Celestial Communication



Teachers

Seva Kaur Khalsa lives and teaches in Norway and Europe. She first met Yogi Bhajan in France in 1977 and studied with him for many years. She has taught in many countries including China and Australia. As a lead trainer she shares these precious teachings through pregnancy yoga, children's yoga, teacher training, conscious pregnancy, child raising, womens courses, meditation courses and more.

Seva Kaur has 3 children raised with the teachings of Yogi Bhajan and is part of the coordinators team for the European Yoga Festival. She was Scandinavian representative for 3HO as an NGO at the United Nations in Geneva and has a counseling qualification.

Hari Jot Kaur lives in Sweden where she runs her own yogacenter – Rootlight. She has been practicing Kundalini Yoga since 1992 and started teaching during her Level 1 teacher training 1995. Currently she is training Level 1 teachers both in Sweden and Finland. Hari Jot was trained in Conscious Pregnancy yoga 2004 in UK. Already in 1998 she organized a shorter training in pregnancy yoga and then again in 2005 a fully developed Conscious Pregnancy training where she was co-teaching.

Hari Jot Kaur has one child, now grown up. "It would have been great to know this technology when pregnant."

A midwife will be teaching at one of the modules.

"One touch, one smile, from a woman can heal the world"

Yogi Bhajan