

KRI Specialty Teacher Training: Conscious Pregnancy© Ireland (Ballinrobe, County Mayo) March 12 -25 2008

Conscious Pregnancy Teacher Training course prepares a KRI Level 1 Certified Kundalini Yoga Instructor 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 KRI certification to teach Conscious Pregnancy yoga classes and share the yogic teachings on mothering and childcare, as taught by Yogi Bhajan.

KRI 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, 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 course and 6 hour examination is presented in one 13-day session. The schedule is as follows:

	Date	Time
Registration & Orientation	March 12	8.00 - 9.00
Daily Program	March 12-25	9.00 - 19.00
Free Day	March 22, Saturday	All day!
Closing Ceremony	March 25	16.00 - 17.00

Daily Schedule

9.00 - 13.00	Morning program
13.00 - 14.30	Lunch (1 ½ hour break)
14.30 - 19.00	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 - Training Director for 3HO WOMEN International, and author of Conscious Pregnancy: The Gift of Giving Life, and The 40 Day Blessing. Email: ttk@3HO.org

Tarn Taran Kaur created this training for pregnancy yoga in 1976 in Hamburg, Germany. Today there are thousands of Kundalini Yoga classes for pregnancy around the globe. She has one daughter and two grandsons.

- KRI Certified Kundalini Yoga Trainers
- Healthcare professional midwife/doctor and lactation specialists

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. All other training material is KRI approved.

Pre-requisites for receiving KRI 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

€ 1000 Pre-registration, paid before 1 February 2008

€ 1200 Registration, paid after 1 February 2008

Payment Method

Register directly with the Training Facilitator, Tarn Taran Kaur, via phone (001- 505-367-1309) or email (ttk@3HO.org).

- Payment can be processed in Euro.
- Payment is accepted by Visa or MasterCard, or International Money Order. Kindly arrange payment to: 3HO Foundation.

Cancellation Policy for Conscious Pregnancy

There is a Cancellation Fee of €300. Your cancellation request must be made in writing by 15 February via email to yogainfo@3HO.org

- Or a letter to:
3HO Events, 6 Narayan Court
Española, New Mexico 87532
- Or faxed to:
505.753.1999

Training Course Includes:

- All Conscious Pregnancy Training books, handouts, and booklets.
- Vegetarian lunch. Vegan options are available upon request.

Housing Accommodation

Housing accommodations are NOT included in training price.

Hotel and B&Bs are in walking distance, private accommodation possible. For further information contact: Esther Moser at amazingbirthing@gmail.com

Local information

You can contact Esther Moser/ Gurudharam Kaur for local information.
Tel 00353 9495 20869. Email amazingbirthing@gmail.com

Training Location

Ballinrobe is located in the middle of the West of Ireland Lakeland, surrounded by scenic mountains and beautiful lakes. Jutting proudly into the Atlantic Ocean, the county of Mayo boasts a stunningly beautiful unspoilt environment and a magical attraction for visitors. Cosmopolitan towns positively burst with charm and personality, as welcoming as the Mayo people themselves.

For further information go to [Discover Ireland - Failte Ireland's Official site for Home Holidays in Ireland](http://www.discoverireland.ie/WEST.aspx) <<http://www.discoverireland.ie/WEST.aspx>>

The training will take place in the Amazing Birthing Centre Ballinrobe.

Driving Instructions:

- From Dublin follow the signs to Galway
- From Galway take the N84 direction Castlebar, through Headford, Cross, The Neale to Ballinrobe. Turn left (one-way-system) into Main Street until you see Marina's Restaurant on your right and Gannon's Hotel on your left. Turn right into a small lane (you'll pass the entrance to the Amazing Birthing Centre on your left) and follow the lane until you see a big parking on your right, where you can leave your car for the day.

Nearest Airports

- Shannon International Airport (2 hours drive, Bus service to Galway))
- Dublin Airport (3 hours drive / bus service to Galway)
- Knock Airport (40minutes/taxi service to Ballinrobe)
- Galway Airport (40minutes drive / Taxi service to Ballinrobe)
- For further information please contact Esther Moser at amazingbirthing@gmail.com

Ireland weather and climate in March

Everything is possible and it changes ten times a day.... be prepared! Onion layers work best with a light rain coat on the outside.

What to Bring

For the yoga practice

- Yoga mat or sheep skin
- Meditation blanket or shawl

For the training

- Materials for taking notes
- Water bottle
- Pillow for sitting
- Snacks: nuts, fruit, juice, crackers
(There are shops in walking distance)

Personal items

- Warm clothes and jacket for early morning
- Loose, light clothes for day
Bring sufficient clothes for the 13 day training because our days are very fully packed. We do have a free day on Saturday, March 22. There are laundry facilities in walking distance in town.
- Comfortable walking shoes
- Light rain gear

Contact Information

3HO Events International

Customer Service and Registration (Located in New Mexico, USA)

www.3HO.org

USA Calls: 1.888.346.2420

International Calls: 1.505.753.4988

FAX: 1.505.753.1999

E-mail: yogainfo@3HO.org

Frequently Asked Questions:

What certification will I receive upon successful completion of the Training if I am a KRI Level 1 Certified Instructor?

You will receive a KRI certification for Specialty Training in Conscious Pregnancy.

Can I participate in the Conscious Pregnancy Training if I am NOT a certified KRI Level 1 Certified Instructor?

Conscious Pregnancy is a Specialty Training for Kundalini Yoga teachers. If you have sufficient experience with Kundalini Yoga, perhaps an exception could be made. Email the Conscious Pregnancy Program Director (ttk@3HO.org) with your request.

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

How does Conscious Pregnancy Training coincide with the KRI Certified Teacher Training programs?

This course is a specialty 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. Examinations of Pending status will be referred to KRI.

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 Certification?

You can present yourself as “KRI-certified Conscious Pregnancy teacher, and you will have the right to use the standardized KRI approved Conscious Pregnancy poster and flyer template, which you can request from Tarn Taran Kaur at ttk@3HO.org.

Is there an emergency phone number where I can be reached during the training?

24/7: 00353 (0) 86 355 45 76

Answering machine: 00353 (0) 9495 208 69