

COURSE CONTENT

The practice of yoga, meditation, pranayama and relaxation as well as practicum classes is an integrated part of each day.

Day 1

February 5, 2020

Where are you? Locating yourselves on the map – past, present, future and eternal women and mothers.

Past: Stories of womanhood, pregnancy and birth, family history and inheritance, contextual and cultural perspectives and traditions around pregnancy and birth.

Present: where are we now, personally and collectively? Current Developments around Pregnancy and Birth. **Future:** Expectations, attitudes and visions for the training.

The future is feminine: The Aquarian Age and its call to women. **Eternal:** Karam Kriya, the universal language of numbers and their tale of the Cosmic Myth – the eternal blueprint for the journey.

Conscious Beginnings. Planning. Fertility and Conscious Conception. Kundalini Yoga for the journey to motherhood - introduction

Day 2

February 6, 2020

Pregnancy – The mother in becoming: An alchemical journey of personal transformation

Outer and inner changes of pregnancy. Journey to the heart and the journey from me to we. Physical, mental, emotional and spiritual changes, challenges and transformations during pregnancy. Conscious Relationship & Conscious Communication with yourself, your partner, your baby to be, your environment and the divine. The 5 Voices and numbers in male - female relationships. Primary and secondary male, instinctive and intuitive female. The Marriage.

For Kundalini Yoga teachers and Pregnancy Yoga Teachers in becoming: Identity of a teacher

Day 3

February 7, 2020

Mother as first teacher for the child

Kundalini Yoga and meditation, postures & alternatives during pregnancy (part 1). The trimesters. Journey of the soul. Humanology: The baby chooses parents and all circumstance, 120 days celebration, the experiences of the pregnant woman and their effect on the unborn, prayer of a mother, moonpoints, female nature, sexuality, fertility & pregnancy. Emotions, needs and self care, daily rhythms, rest, exercises and yogic self care. Food, prana and nourishment in pregnancy.

Day 4

February 8, 2020

The awakened Woman - Conscious Pregnancy and Female Community

Conscious choices for birth: What are the options? What is the right support? The role of medicine. Alternative Medicine. What informs our choices? Birth plan. Female Community and sisterly support. Midwives and Doulas. Kundalini Yoga and meditation, postures & alternatives during pregnancy (part 2). Changes: Safety, fear and trust. Pranayama and its importance for pregnancy and birth.

A baby is born; a mother is born

Everyday Miracles. Preparation for labour and birth – meeting with the unknown. Labour and birth: A Rite of Passage. Ceremony. Understanding birth from the inside out: Anatomy and physiology of birth, stages of labour, understanding the needs of a labouring woman. Drugs and interventions in birth and their pros and cons. Caesarian Fear and faith in labour – how to ease fear and tension. Possible complications. Positions in labour. Baby's first minutes and hours. Birth preparation in your pregnancy yoga classes.

Day 5

February 9, 2020

Mother and the newborn. 40 days and beyond.

A cornerstone of life: The first 40 days after birth. Breastfeeding and soul food. Postpartum needs and changes, rest, recovery. Self care and being cared for – mothering the mother. Postnatal Support Network. Role of mother, role of father, changes in the relationship. Other siblings and family balance, energetic realities. Dealing with still birth and supporting others to process grief. Postnatal yoga and meditation – Kundalini Yoga for women with babies.

Day 6

February 10, 2020

The Mastery of a Woman: Nobility and Radiance

Postnatal is forever. Relaxation, rest and being a woman becoming a mother. Connection to the fount of life. Creating an altar and having a place to lay your head – Infinity and Me. Self-confirmation as a woman and the teachings of Yogi Bhajan for women. Female Leadership and leadership for the next generation. Woman is molder of time. Being a leader and a reference for women in your community.

Karam Kriya: your numbers, your path, your gifts

➔**Note:** None of the information provided during the course is intended to constitute or substitute medical advice which is regarded as essential, specially when symptoms deviate from the normal.