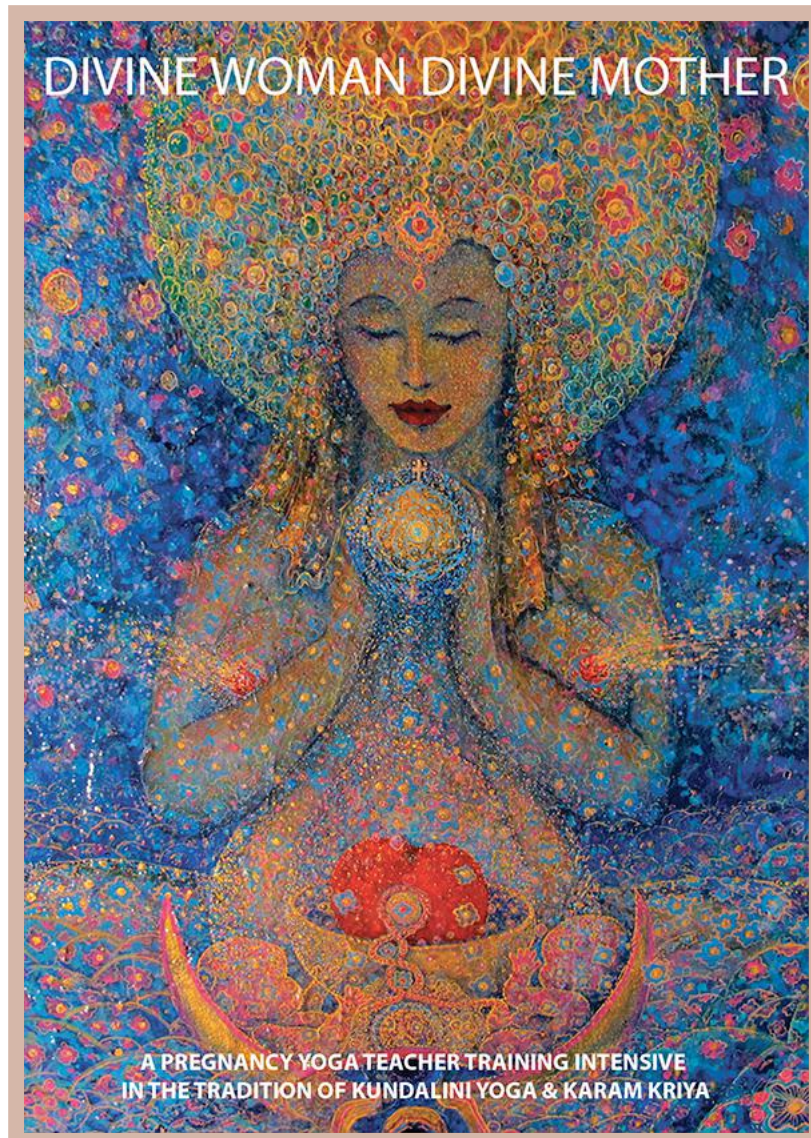


INFORMATIONBROCHURE
ENGEN/GERMANY 27 JAN – 1 FEB 2021



PREGNANCY YOGA TEACHER TRAINING INTENSIVE
FOR CONSCIOUS WOMEN AND MOTHERS

BAESD ON THE TEACHINGS OF KARAM KRIYA AND KUNDALINI YOGA AS TAUGHT BY
SHIV CHARAN SINGH AND YOGI BHAJAN



DIVINEWOMAN.ORG BACHITAR@DIVINEWOMAN.ORG +49 (0)170 5521 796



WE OFFER YOU

Divine Woman - Divine Mother is a pregnancy yoga teacher training that gives you the know-how and the tools to accompany women throughout their transformational journey into motherhood. In addition, it offers a space for you, divine woman, to blossom into the consciousness of your uniqueness and greatness. Divine Woman invites you to become fully aware of your creative potential as woman. Your true strength, your graceful presence, your boundless love. Awaken to the woman you already are and share the fruits of this journey with other women.

This course is a comprehensive, theoretical and practical, non-medical training that covers all aspects of pregnancy: from conception to weaning and beyond.

The training consists of tutorial modules, self-guided study groups, homework projects, on the job training, examination, self-statement and certification

The course covers

- **themes around yoga and pregnancy:** pregnancy, birth & beyond in the yogic tradition, the 120 days celebration, humanology, female nature, sexuality, fertility, emotions, needs and yogic self-care, anatomy and physiology of pregnancy and birth, the dos and don'ts of postures in the various trimesters, helpful pranayama, meditation, mantra, changes, challenges and transformations, birth-preparation and postures for birthing, the role of medicine, alternative medicine, birth-plan, birth helpers, cesarian, care of the mother during the 40 days postnatal period and beyond, breastfeeding, role of mother, role of father, family balance and energetic realities.

- **themes around being**

a teacher: introduction into kundalini yoga, identity of a



teacher, consciousness & lifestyle, pregnancy yoga classes (set-up, structure, roles & responsibilities, dos and donts, promotion, presence), partner classes, birth preparation in pregnancy yoga classes, Kundalini Yoga classes for mothers and babies, network- and community building.

- **themes intertwined with women, pregnancy and motherhood:** journey of the soul, cosmic myth, the mind, its expectations and projections, conscious relationships and the five voices in female-male partnership, conscious communication, the aquarian age and its call to women, the future is feminine, ceremony, rite of passage, from me to we, woman is community, doubt and trust, fear and faith, instinctive and intuitive female, the mastery of woman, nobility and radiance, the importance of an altar, female leadership and leadership for the next generation, the numbers of your date of birth, your path, your gift, being a leader and a reference for women in your community.

In addition, the course is continuously highlighting the transformational process of pregnancy in the context of universal principles and invites to explore the evolution and history of women & pregnancy as well as individual stories of womanhood, pregnancy and birth throughout the ages.

This soul-friendly, holistic and multidisciplinary approach to pregnancy and motherhood is based on the teachings of Karam Kriya (Kriya: Exercise. Karam: Karma, Kindness) as taught by Shiv Charan Singh and Kundalini Yoga as taught by Yogi Bhajan.

COURSE GOALS

- Recognise, accept and agree to the supreme role of woman and integrate this understanding into your own sense of identity and daily life.
- Understand the multidimensional changes, challenges and transformations during pregnancy.
- Understand the technology and concepts of pregnancy yoga and develop the skills, confidence and consciousness required to teach pregnancy yoga.
- Have an outstanding insight into holistic and conscious practices for pregnancy, birth and the first 40 days with the newborn baby.
- Facilitate an intimate (re)connection of the future mother with her own body, her needs, her feelings, her choices, her freedom and empowerment concerning pregnancy, childbirth and motherhood.
- Accompany the man in the process of being a present and conscious partner and becoming a present and conscious father.
- Experience a sense of community with other participants, local teachers, the Karam Kriya School Community and 3HO worldwide.
- Create a local network and community that will inform, support and accompany women and future parents towards a harmonious and respected pregnancy, birth and post partum period.

After completion of this training the trainees will have gained a well-founded experience and be qualified to teach Kundalini Yoga & Meditation to pregnant women as well as postnatal yoga to mothers.

For students who wish

to certify under Divine Woman - Divine Mother and are not a



Kundalini Yoga Teacher Level 1, there will be the requirement of partaking in a minimum of 20 Kundalini Yoga classes within six month with start of this training (see also Certification Section below).

Students who have a very limited or no experience of Kundalini Yoga and who wish to certify are additionally recommended to participate in an extra weekend module about the basic principles of Kundalini Yoga (see also Certification Section below).

WHO CAN PARTICIPATE

This speciality training course is an invitation to and intended as a benefit for all women: mothers, mothers-to-be, women without children, midwives, doulas, doctors, nurses and other professionals working in the field of pregnancy, childbirth and mothering.

It is open to all who wish to study pre- and post natal yoga and yogic lifestyle. Who wish to learn more about womanhood, pregnancy, motherhood and spirituality. Who wish to become a pregnancy yoga teacher and accompany women during their pregnancy and post partum period. Who are interested in female mastery and leadership. Who are interested in a spiritual community of women. Who are parents and wish to contribute, learn and transform. Who are, planning or wishing to be pregnant. Who simply want to grow personally.

No previous knowledge of yoga or Kundalini Yoga is required. If you have no experience of Kundalini Yoga we may offer an extra weekend module to help you to get familiar with the basic principles.

CERTIFICATION

To become a certified Pregnancy Yoga Teacher, full course attendance and payment are required, timely completed homework assignments, achieving 70% or more of the final exam, and satisfactory demonstration of at least one pregnancy yoga session (practicum).

You will also be required to write a statement about yourself elaborating on:

- being a Divine Woman,
- being a Pregnancy Yoga Teacher ,
- certification and self-initiation
- what does the training do to you professionally, personally and spiritually
- what does it enrich in your quality as yoga teacher.

Formation of self-guided study groups for active integration and application of the course content and to accompany each other in the process of studying, learning and becoming a pregnancy yoga teacher.

For students who wish to certify under Divine Woman -Divine Mother and are not a Kundalini Yoga Teacher Level 1, there will be the requirement of partaking in a minimum of 20 Kundalini Yoga classes within six month with start of this training.

Students who have a very limited or no experience of Kundalini Yoga and who wish



to certify are additionally recommended to participate in an extra weekend module about the basic principles of Kundalini Yoga.

You will be certified under the Divine Woman - Divine Mother Pregnancy Yoga Training which is approved by the International Karam Kriya School (www.karamkriya.com).

COURSE FEE

The course fee includes the following costs of the training:

Teaching fee incl. manual, registration fee, administration and general services, accomodation, vegetarian food during the course in Yogahouse Prasaad and exam.

Early Bird Discount:

Full course fee is EUR 925,00 if registered until 21.12.2020. (All fees & services EUR 575,00 and food and accomodation EUR 350,00.)

With registration after 21.12.2020 the full course fee is EUR 975,00.

Deposit

A deposit of EUR 250,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 675,00 resp. 725,00 is due latest two weeks prior to start of the course

COURSE STRUCTURE

The course is an 68 hours program of which 50 hours are classroom time, 12 hours are part of home study assignments and activities to be completed after the classroom segment and 6 hours work in self-guided study groups e.g. zoom, skype (s. "Certification" p. 4.)

Participants are required to attend all classes, complete the home study requirements which span the 90-day period after the course and pass the exam. Furthermore the students need to deliver an acceptable practium (demonstration of at least one pregnancy yoga session) and write a self-statement in order to receive a certificate.

For more details please read the certification requirement section.

The course starts Wednesday 27.01.2021 at 5:30 AM with Sadhana and ends Monday 01.02.2021 at 18:00. Arrival and departure see Schedule and Dates section below.

Homework will be given as preparation for the training and for post-processing. For example listening to other women's (family, friends) birth-experiences. Develop a 5 weeks course for teaching pregnant women etc.



LOCATION

THE 6-DAY INTENSIVE COURSE TAKES PLACE IN

Yogahouse Prasaad
Almenstrasse 11
78234 Engen-Anselfingen, Germany (Near Lake Constance)
info@prasaad.de
prasaad.de
+49 7733-9965 995 or +49 170 5521 796

Accommodation is Ashram-Style in bedrooms of 3-6 beds.

Closest Airports are Kloten/Zurich in Switzerland and Stuttgart in Germany



Bachitar Kaur & Hari Krishan Singh
Facilitator/Manager Yogahouse Prasaad



Yogahouse Prasaad

SCHEDULE AND DATES

Arrival 26. January in the afternoon. Departure 1. February in the evening or 2. February in the morning

Daily Program at Yogahouse Prasaad

5:30 Aquarian Sadhana
8:30 Breakfast
9:30 Teachings
13:00 Lunch
15:00 Teachings
18:30 Dinner
20:00 Evening Program/Study group (on some evenings)

Please note: Trading or promotion of goods or services, by trainees, during the course is not permitted without prior consent from the teachers.



IMPRESSIONS





SEVA

A part of the training is also to do seva (selfless service, or Karma Yoga), which might consist of helping prepare or cook food, cleaning up and some light cleaning at the accommodation.

FRAGEN?

Please direct any enquiries to Bachitar Kaur bachitar@divinewoman.org or +49 170 5521 796.



COURSE CONTENT

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

Day 1 **January 27, 2021**

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 **January 28, 2021**

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 **January 29, 2021**

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. 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 **January 30, 2021**

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

January 31, 2021

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.

Day 6

February 1, 2021

Adi Shakti: Female Creative Power, Nobility and Radiance

Postnatal is forever. Relaxation, rest and being a woman becoming a mother. Connection to the fountain 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.



THE TEACHERS



BACHITAR KAUR

(GERMANY)

is an enthusiastic Kundalini Yogini who loves to bring the wisdom of the teachings into her and others' everyday life. She met Kundalini Yoga in 2003 and very soon after decided to become a teacher. Meeting Shiv Charan Singh and the Numbers in the Court of Karam Kriya added tremendous depth to her understanding of the yogic teachings and life in general. Under his guidance she trained as a Kundalini Yoga Teacher Lead Trainer and as a Karam Kriya Consultant and Trainer. She teaches workshops based on Kundalini Yoga and Karam Kriya about Female Leadership and Community Building, Conscious Parenting, Pregnancy and on the Spiritual Journey of Women. As Pregnancy Yoga Teacher she accompanies women on their journey into motherhood. Bachitar is co-founder of Cherdi Kala Yoga

International and of Yogaschule Golden Temple and teaches throughout Europe, Asia and Australia. Being a mother of two boys she greatly enjoys the experience of bringing the consciousness of the teachings to her identity as a mother and a professional trainer and to share this with other women. Having lived in England and the Netherlands she now lives in Yogahouse Prasaad in South Germany together with her husband Hari Krishan Singh and their two sons. There she organizes Yoga Workshops, Retreats and Trainings. She loves to play music and study Gurbani, gardening, (permaculture) and roaming the great outdoors.





AVTAR KAUR

(DEUTSCHLAND/FRANKREICH)

has been walking on the path of the Spiritual Journey of a Woman every day since her first meeting with Yogi Bhajan in 1998, and thrives to invite and accompany other women on this path of discovery of oneself every time she is given this opportunity.

Simultaneously was the meeting with Shiv Charan Singh and the magical discovery of Karam Kriya, the study of numbers through life and life through numbers:

One of these “one in a lifetime moments” which revealed a long lasting love story with the numbers and a deep sense of destiny.

Her way to express her gratitude naturally turned into sharing the blessings that she received with others, in becoming a Kundalini Yoga Teacher, then a Kundalini Yoga Teacher Trainer, a Karam Kriya consultant and trainer.

She holds workshops based on Kundalini Yoga and Karam Kriya about pregnancy at the European Yoga Festival since 2004, at the French Yoga Festival, and on the true nature of Women in France and Germany. She also served the community in organizing events such as the Karam Kriya International Women’s Camps, the European Khalsa Council in Frankfurt, and several concerts Tours for artists such as Snatam Kaur, Satkirin Kaur and Mirabai, in Germany, in 2009, 11 and 13.

While working at Sat Nam Europe, a company grounded by her husband Gurbasant Singh- which has been distributing 3ho lifestyle and products throughout Europe for almost 30 years-she also takes great satisfaction in raising their 2 children (aged 13 and 9) with a yogic and dharmic awareness. When she has time, she also loves outdoor activities such as sailing, skiing, hiking in the Swiss Mountains or cooking! She also has kept from a former journalistic career a delight for writing.

From the shores of the French Riviera where she was born to the green hills near Frankfurt where she lives with her family, Avtar has always follow the thread of the possible human, in accordance to Yogi Bhajan’s quote “we are not spiritual beings having a spiritual experience



RECOMMENDED READING

OBLIGATORY

Conscious Pregnancy – The Gift of Giving Life by Tarn Tarn Kaur (included in the training fee)

RECOMMENDED

Primary

Kundalini Yoga – The Flow of Eternal Power by Shakta Parwha Kaur Khlasa

Spiritual Midwifery by Ina May Gaskin

Let the numbers guide you by Shiv Charan Singh

Beautiful Bountiful Blissful by Gurmukh Kaur

Secondary

Birth without Violence by Frederic Leboyer

Gentle Birth, Gentle Mothering : A Doctor's Guide to Natural Childbirth by Sarah Buckley and Ina May Gaskin

Birth and Breastfeeding: Rediscovering the Needs of Women During Pregnancy and Childbirth by Michel Odent

Ina May's Guide to Childbirth by Ina May Gaskin

Loving Hands – The traditional Art of Baby Massage by Frederic Leboyer

Primal Health: Understanding the Critical Period Between Conception and the First Birthday by Michel Odent

Pregnancy, Childbirth, and the Newborn: The Complete Guide (medically updated) by Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham

Stillborn: The Invisible Death by John D. DeFrain

The Cesarean by Michel Odent

The Labor Progress Handbook by Penny Simkin and Ruth Ancheta



REGISTRATION DIVINE WOMAN – DIVINE MOTHER

The course is a 68 hours program of which 50 hours are classroom time, 12 hours are part of home study assignments and activities to be completed after the classroom segment and 6 hours work in self-guided study groups e.g. zoom, skype. Participants are required to attend all classes, complete the home study requirements which span the 90-day period after the course and pass the exam. Furthermore the students need to deliver an acceptable practicum (demonstration of at least one pregnancy yoga session) and write a self-statement in order to receive a certificate.

Course Dates 27 Jan – 1 Feb 2021

Arrival January, 26 in the afternoon. Departure February, 1 in the evening or February, 2 in the morning.

Location

Yogahouse Prasaad – Almenstrasse 11 – 78234 Engen-Anselfingen - Germany

Course fee

Is EUR 925,00 if registered until 21.12.2020. With registration after 21.12.2020 the full course fee is EUR 975,00. A deposit of EUR 250,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 675,00 resp. 725,00 is due latest two weeks prior to start of the course

I hereby register for participation in the Divine Woman – Divine Mother Pregnancy Yoga Teacher Training Program based on the teachings of Kundalini Yoga and Karam Kriya as detailed in the above information brochure. I have read and understood the information given in the information brochure and I am aware of the certification requirements. Along with my registration I am sending a letter of motivation, which describes my motivation to take part in this training and summarizes any yoga experience I may have as well as other relevant training.

Please mark the correspondent with a cross:

I have paid the course fee of EUR 925,00 resp. EUR 975,00 into the following bank account: Cherdi Kala Yoga International, ING Bank, IBAN: NL24 INGB 0008 3321 46 BIC: INGBNL2A . I have named the payment in the subject line „DWDM Intensive“.

I have paid the registration fee of EUR 250,00 into the following bank account. I will transfer the remaining course fee of EUR 675,00 resp. 725,00 until 22.1.20: Cherdi Kala Yoga International, IBAN: NL24 INGB 0008 3321 46 BIC: INGBNL2A. Please name your payments in the subject line „ DWDM Intensive“.

I understand that my place can only be reserved with payment of the registration fee.

Family Name _____ First Name _____

Spiritual Name _____ DoB _____

Address _____



Address _____ Mobile _____

E-Mail _____

In emergency contact

Name..... Relation to you Mobile.....

Address.....

Disclaimer

To the best of my knowledge there is no physical or mental medical reason why I should not do this course. I understand that the teachings of Yogi Bhajan do not constitute medical advice.

Do you give Cherdikala permission to use your data for:

- Identify and contact you before and during the event in case of need
- To contact your emergency contact if needed during the event
- To add your email address to our database in order to send our newsletter and occasional announcements
- Issuing you with an invoice/receipt

SIGNED (by applicant).....Date

Thank you for registering. We are looking forward to welcoming you. Sat Naam.

Please send this form along with your letter of motivation to

bachitar@divinewoman.org or

Bachitar Karle-de Hommel – Almenstrasse 11 – 78234 Engen-Anselfingen

For more information contact us through: bachitar@divinewoman.org



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