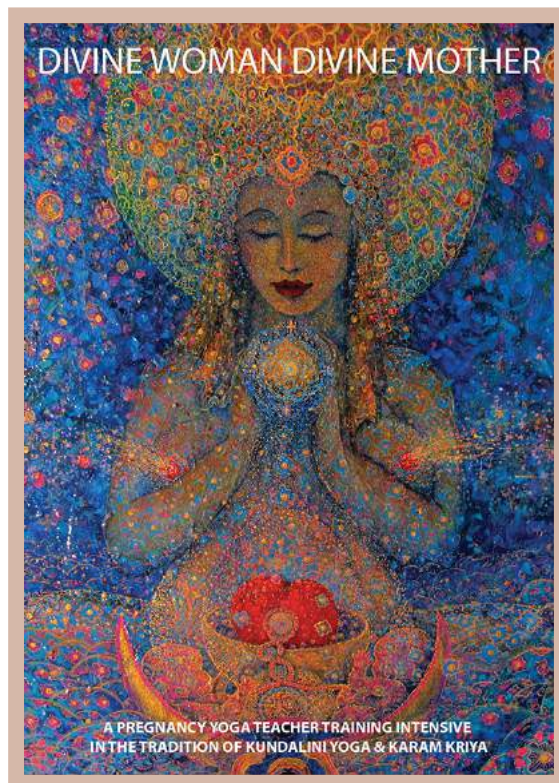


DIVINE WOMAN DIVINE MOTHER. COMPACT.

IN COLLABORATION WITH THE POSTNATALSUPPORTNETWORK



A MODULAR SIX DAY PREGNANCY YOGA TEACHER & POSTNATAL
DOULA TRAINING 26 – 31 MAY 22



INFORMATION BROCHURE

ONLINE (HYBRID) AND IN PERSON (IF POSSIBLE) IN ENGEN/GERMANY

BASED ON THE TEACHINGS OF KARAM KRIYA AND KUNDALINI YOGA AS TAUGHT BY SHIV CHARAN
SINGH AND YOGI BHAJAN AND ANCIENT TRADITIONAL PRACTICAL FEMALE WISDOM



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

EXPERT TRAINER: CHARAN KAMAL KAUR.
WWW.POSTNATALSUPPORTNETWORK.COM



It can be attenden online or (if possible) in person.

This means it will give you the tools to offer pregnancy yoga courses as well as qualify you to register as Postpartum Doula with the Postnatal Support Network (<https://www.postnatalsupportnetwork.com>) or work independently as postnatal support (Doula).

The inspiration of and development towards more conscious conception, pregnancy, birth and motherhood is embedded in a global if not cosmic movement of female awakening. As consequence this training also puts focus on female liberation and leadership by taking a bigger picture: The divine woman in every woman. What is keeping her at bay and what may entice her to step forward consciously co-creating this world?

During the week you will experience female community, sharing and caring and you will learn to deepen your sense of common sisterhood and how to carry it far into the world.

The future is feminine. It requires solidarity among women.

Become a part of it and support other women during pregnancy and postpartum. You will help allowing the best possible start for the small and tender new human life in the womb of the mother-to-be and help building a rock-solid foundation at the start of a new human life. Creating a peaceful foundation for the next generation.

We look forward to welcoming you to our week in May. Sat Naam.

IN A NUTSHELL

Originally, this training for pregnancy yoga and postnatal doula enriched with additional teachings for women, female awakening and leadership is part of our Kundalini Yoga Teacher Training Level 1 for Women Only (<https://www.yogafamily.one/cherdi-kala-international/level-1-for-women-only-2022/>)

To respond to the needs of the times we are living in we have chosen to open it up and make it accessible to all woman. This means you can now take this course independantly from Teacher Training Level 1.

And what is even better: You can choose whether you immerse yourself into the full six day program or attend singular modules only.

The modules are

1. Kundalini Yoga for Pregnancy (2 days)
2. Postnatal Support Training (becoming a postnatal doula) (2,5 days)
3. Teachings for women, female awakening and leadership (2 days)

If you wish to receive a certificate, you have the following options:

- To become a certified Pregnancy Yoga Teacher (in the tradition of Kundalini Yoga) you are required to attend at least module 1 and 3, meet home assignment requirements and pass the exam.
- To become a certified Postpartum Doula you are required to attend at least module 2, meet home assignments-requierments and do an internship.
- If you wish to become certified as Pregnancy Yoga Teacher *and* Postpartum



Doula, you are required to attend the entire course and fulfill all its certification requirements (see also section "certification").

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, Kundalini Yoga as taught by Yogi Bhajan and timeless female wisdom

THIS PROGRAM OFFERS YOU

DIVINE WOMAN DIVINE MOTHER. COMPACT. is a pregnancy yoga teacher and postnatal doula training that gives you the know-how and tools to accompany women throughout their transformational journey into motherhood.

In addition, it offers a space for you, divine woman, to awaken to your uniqueness and greatness. Divine Woman Divine Mother invites you to become fully aware of the creative potential you as a woman hold. Next to yoga and meditation for pregnancy and information, ageless wisdom and caring tools for the newly born postpartum mother, we wish to honour the presence of the divine female energy in all areas of life. The great mother shakti and the divine woman in yourself. What is keeping her at bay and what may entice her to step forward consciously co-creating this world? This includes self-work and techniques for birthing your ideas and manifesting your vision(s) of a better tomorrow. You are invited to become aware of your true strength, your graceful presence, your boundless love. And awaken to the woman you already are. Join the sisterhood and share the fruits of this journey with other women.

This course is a comprehensive, theoretical and practical, non-medical training that covers the most important aspects of pregnancy from conception to birth 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 in 3 modules

MODULE 1:

MAY 26-27 (2 DAYS)

WITH BACHITAR KAUR

TEACHING PREGNANCY YOGA IN THE TRADITION OF KUNDALINI YOGA: 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.



MODULE 2:	MAY 27 (EVENING) - 29 (2,5 DAYS)	WITH CHARAN KAMAL KAUR
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THE FIRST 40 DAYS AND CONSCIOUSNESS OF A SEVADAR: The first 40 days as a period of healing and bonding, principles of postpartum, reasons for postnatal support, physiological and emotional needs of the newborn mother and family, appropriate care after birth, healing postpartum food: recipes and cooking, specific nutritional requirements of mother and baby, postpartum techniques such as belly binding, postnatal rituals, massage, baby bundling, what is seva, consciousness of a sevadar, different scenarios of postpartum doula services, how to start, practical advise.

MODULE 3:	MAY 30 -31 (2 DAYS)	WITH BACHITAR KAUR
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WOMEN'S TEACHINGS FOR LIBERATION; FEMALE AWAKENING AND LEADERSHIP: being a woman in the times we are living in, the Aquarian Age and its call to women, aspects of the female nature on a biological, emotional, mental and spiritual dimension, daughter, princess, warrior, mother, our world as reflection of our internal dialogue, negative messages & affirmations, the power of thought, cycle of the intellect as a tool for conscious manifestation, creative power of vibration, mantra, becoming your word, creating your reality or loss of creative power, identity as woman, moving from victim to volunteer, passing on the wisdom, creating female community, become a leader in female awaking, before you leading others, learn lead yourself, Mool Mantra, Numbers (Karam Kriya) and guiding principles

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.

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 and after birth.
- 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.
- Understand the reasons for postnatal support, the physiological and emotional needs as well as care of this special time.



- Healing through cooking selected postpartum recipes.
- Learn postpartum techniques such as belly binding, postnatal rituals, bed sharing, massage and baby bundling
- Develop an attitude of service and communication skills
- 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, the PostnatalSupportNetwork 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 serving newborn mothers in their first 40 days postpartum.

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.

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

OVERALL REQUIREMENTS:

- Full course attendance and payments are required.
- Timely completed homework assignments.
- Formation of self-guided study groups via e.g. zoom or skype 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 and/or postpartum Doula.

REQUIREMENTS FOR CERTIFICATION AS PREGNANCY YOGA TEACHER:

- Satisfactory demonstration of at least one pregnancy yoga session (practicum).
- achieving 70% or more of the final exam,
- satisfactory completion of home study assignments
- 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.

For students who wish to certify as Pregnancy Yoga Teacher 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 months 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).

REQUIREMENTS FOR CERTIFICATION AS POSTPARTUM DOULA MODULE:

- Experience of preparing at least one postpartum menu
- Experience of giving AND receiving the following Postpartum techniques
 - Yoni Steam
 - Massage
 - Closing Ritual
 - Belly Binding
- Minimum of 40 hours of volunteering service/internship in one family in the course of the 40-day postpartum timeframe.
- A reflection of your internship in a written report plus handing in a feedback sheet from the family you served.



COURSE FEE

ONLINE COURSE

EUR 650 for the entire course (module 1,2 and 3) if registered by 15.4.22

Fee for singular modules:

EUR 200 for Module 1: Kundlini Yoga for Pregnancy

EUR 350 for Module 2: Postnatal Support Training

EUR 200 Module 3: Teachings for women, female awakening and leadership

You receive a EUR 50 discount if you decide to join 2 modules.

The course fee includes:

Teaching fee incl. manual for the postpartum modul, registration fee, administration and general services, membership fee postnatalsupportnetwork.

ON-SITE

In addition to the course fee (see above):

Accommodation EUR 23 p.n. in a shared room or EUR 10 in your own tent (EUR 138 resp EUR 60 for entire course)

Vegetarian food EUR 35 per day (EUR 210 for entire course)

Extra nights and meals for more comfortable travel arrangements can be booked and will be charged separately. Same fees apply.

EARLY BIRD DISCOUNT COURSE

Full course fee is EUR 650,00 if registered until 15.04.2022.

With registration after 15.04.2022 the full course fee is EUR 685,00.

DEPOSIT COURSE

A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of your transaction. The remaining amount of EUR 450,00 resp. 485,00 is due latest two weeks prior to start of the course.

PAYMENT FOOD & ACCOMODATION

Fee for the length of your stay is payable 2 weeks prior to start of the course to reserve your place.

COURSE STRUCTURE

The entire course is at least a 108 hours program of which 50 hours are classroom time, 12 hours are part of home study assignments and activities to be completed before and after the classroom segment and 6 hours work in self-guided study groups e.g. zoom, skype (s. "Certification") Plus an additional minimum of 40 hours of volunteering service/internship in one family in the course of the 40-day postpartum timeframe as part of the postnatal Doula Certification.



Participants are required to attend all classes, complete the home study requirements which span the 90-day period after the course, take an active role in the study group 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.

For more details please read the certification requirement section.

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

WE OFFER THE TRAINING IN PERSON AND ONLINE. IF RESTRICTIONS ARE STILL IN PLACE, YOU CAN JOIN US ONLINE VIA ZOOM.

THE 6-DAY COMPACT COURSE IN PERSON TAKES PLACE AT

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

The course starts Thursday 26.5.2022 at 5:30 AM with Sadhana and ends Tuesday 31.5.2022 at 17:00.

In case of onsite-participation: Recommended arrival 25. May in the afternoon/evening. Departure 31. May in the evening or 1. June 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)

May 26 - 27: Module 1 Pregnancy Yoga in the tradition of Kundalini Yoga

May 27 (evening) – May 29: Modul 2 Postnatal Doula Training

May 30 - 31: Module 3 Women's teachings, Female awakeing and liberation

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



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.

QUESTIONS?

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



IMPRESSIONS



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.



CHARAN KAMAL KAUR

(THE NETHERLANDS)

Is a Kundalini Yoga Teacher, Postnatal Doula and Postnatal support network (PSN) chair and coordinator. She gives trainings in postpartum care and teaches yoga in her local village Geldrop. Her experience and skills have been formed by being a mother of two boys, as a yoga teacher and her previous jobs as director of the PSN charity, in corporate communications and hospitality. She is a passionate gardener and grows her own herbs that support women's health and in particular postpartum mothers.



RECOMMENDED READING

OBLIGATORY

Conscious Pregnancy – The Gift of Giving Life by Tarn Tarn Kaur (**required for the yoga module**)

RECOMMENDED

Primary

After the Baby's Birth; a complete guide for postpartum women by Robin Lim
(<http://iburobin.com>)

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

Spiritual Midwifery by Ina May Gaskin

The first forty days by Heng Ou

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. COMPACT. 2022 IN COLLABORATION WITH POSTNATALSUPPORTNETWORK

REGISTRATION FORM PAGE 1 OF 3

The entire course is at least a 108 hours program of which 50 hours are classroom time, 12 hours are part of home study assignments and activities to be completed before and after the classroom segment and 6 hours work in self-guided study groups e.g. zoom, skype. Plus an additional minimum of 40 hours of volunteering service/internship in one family in the course of the 40-day postpartum timeframe as part of the postnatal Doula Certification.

Participants are required to attend all classes, complete the home study requirements which span the 90-day period after the course, take an active role in the study group 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 26 – 31 May 2022

Arrival May, 25 in the afternoon/evening. Departure May, 31. in the evening or June, 1 in the morning.

Location (please mark your choice)

☐ Online

☐ Yogahouse Prasaad – Almenstrasse 11 – 78234 Engen-Anselfingen – Germany (if possible). I am aware that fee for the length of my stay is payable latest 2 weeks prior to start of the course to reserve my place.

Course fee

EUR 650,00 if registered until 15.4.2022. With registration after 15.4.2022 the full course fee is EUR 685,00. A deposit of EUR 200,00 is required with your application. This is only refundable within 14 days of my transaction. The remaining amount of EUR 450,00 resp. 485,00 is due latest two weeks prior to start of the course.

I hereby register for participation in the Divine Woman Divine Mother. Compact. A pregnancy yoga teacher and postpartum doula training based on the teachings of Kundalini Yoga, Karam Kriya and timeless female wisdom 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 650,00 resp. EUR 685,00 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 Compact“ along with my name.



REGISTRATION FORM PAGE 2 OF 3

☐ I have paid the registration fee of EUR 200,00 into the following bank account. I will transfer the remaining course fee of EUR 450,00 resp. 485,00 until 12.5.22:

Cherdi Kala Yoga International, IBAN: NL24 INGB 0008 3321 46 BIC: INGBNL2A. Please name your payments in the subject line „DWDM Compact“ along with my name.

☐ I have paid the fee for module(s) _____ of EUR _____ into the following bank account: Cherdi Kala Yoga International, IBAN: NL24 INGB 0008 3321 46 BIC: INGBNL2A. Please name your payments in the subject line „DWDM Compact“ along with mentioning the module(s) and my name.

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 Bhaajan do not constitute medical advice.



REGISTRATION FORM PAGE 3 OF 3

Do you give Cherdi Kala 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

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



Cherdi Kala Yoga International is registered in the Netherlands: KvK No. 57426015
Turnhoutlaan 9 | 5628 RJ | Eindhoven | The Netherlands | +49170 9359951

