

Awakened Woman

Conscious Pregnancy with Suraj K Khalsa

Kundalini Yoga Course ❖ 17-27 September 2020

Whether you want to be a mother, are a mother, or have no concept of being a mother, the teachings around pregnancy and birth are a mirror for your life journey as a woman.

It is a journey of healing from your own birth, your mother's birth,
and the ancestral patterns imprinted in the womb.

The healing is reflected forward for your family, your children, your sense of self as a woman and your relationships.

This course is for every Woman.

As we learn about pregnancy and birth and the cycle of life for the woman we understand the process of conception, birthing and early childhood.

The Awakened Woman teachings for Conscious Pregnancy are from the ancient science and technology of Kundalini Yoga. Together with evolving science and transpersonal psychology, they include childbirth education and parenting as well as Suraj's own life experience and journey of Awakening. They are a blueprint for emotional, physical and spiritual health for the nine months of pregnancy and the first few months after birth.

It is of great benefit for preconception care, pregnancy, mothers, yoga teachers, mid-wives; doula's, grandmothers and women who want to embrace the mother within.

It prepares a KRI Level One Teacher of Kundalini Yoga to offer a wide variety of pregnancy and women's classes.

Part 1 - Open to everyone

7 days / Sept 17 - Sept 24, 6pm (arrival Sept 16 evening)

- Awakening as a woman • Woman in relationship • Preparation for pregnancy • conception
- first 120 days of pregnancy • Preparing to be a mother • 120 days to birth • preparation for birth • birthing Mother • the first teacher • after birth care • creating a healthy and loving family

Part 2 - Conscious Pregnancy Teacher Certification

3 days / Sept 24 - 27, 5pm

Pre-requisites for receiving a Conscious Pregnancy Diploma of Teaching
To attend Part 2 you must have completed Part 1

Part 1

Preparation for pregnancy, conception, the first 120 days of pregnancy

Having a baby is one of the most important decisions we make in our life.

The parents influence the child even before conception.

We will explore the natural power of pregnancy and birth with the support of Kundalini Yoga and the tools you need to have a happy and healthy pregnancy so that you make conscious choices about what is best for you and your baby.

This module teaches you

- the relationship with yourself and the divine feminine within you
- the relationship with your partner
- how to prepare for pregnancy, to relax, to have a healthy body, mind and spirit
- how to make love to conceive a healthy baby
- the many changes you go through in the first four months
- ways to stabilise your mood, thoughts, and emotions to move beyond fear, to feel your strength, power and natural grace

Through the rebirthing techniques of Kundalini Yoga we heal past wounds and old beliefs, memories from your birthing, from being in the womb of your mother and early childhood. These old belief patterns may block you from being able to conceive a baby.

Preparing to be a mother, 120 days to birth, preparation for birth, birthing

Being pregnant and giving birth is a natural state, the most natural state of being. It may be the most transforming and empowering experience of a woman's life. If the mother fully accepts and loves herself and she unites with her body, mind and spirit, she will love the baby into existence.

Through the practices of yoga, meditation, awareness, walking and breath, she will be naturally guided to prepare for the birth of the baby.

This module includes

- how to nurture yourself and your baby in the womb
- intimacy during pregnancy
- Yogic teachings to prepare for birthing
- The power of the breath to connect to our inner strength and wisdom
- Basic anatomy of birthing
- Yogic care for women during birthing
- Natural Birth or Caesarian

We will learn why natural birth creates an ideal bonding between the baby and mother and prepares a child for life's challenges.

Also the differences between natural birth and C Section and the care needed to support a caesarian baby to grow beyond the challenges of a caesarian birth.

The mother is the first teacher. The lessons begin in the womb.

The consciousness of the mother is very important. Each word we speak during pregnancy, every thought, every feeling, every experience, provides the foundation, the vibration from which the body and psyche of the child is formed.

Mother, the first teacher, after birth care, creating a healthy and loving family

- First 40 days after birthing
- Breast feeding
- Care after a caesarian birth
- Baby care, baby massage
- Creating a healthy and loving family
- Creating family values
- Healing, Woman as Healer

Part 2 - Conscious Pregnancy Teacher Certification

Pre-requisites for receiving a Conscious Pregnancy Diploma of Teaching

- KRI Instructor Level One
- Study of basic anatomy of women
- Completion of all course hours
- Completion of all homework and reading assignments
- Completion of practicum and exam

Yoga Teachers of other styles besides Kundalini Yoga

If you have a 200hr Yoga Teacher Certification of any other styles of yoga and complete Part 1 & 2 of this training you will receive a

- Certificate of Completion

You may decide to do your Level 1 Kundalini Yoga Teacher Training after having completed the Conscious Pregnancy Teacher Training.

At the discretion of the trainer your certification can then be applied.

Final Exam

A written examination, a Yoga/Meditation practicum and a student final Interview.

Lead Trainer - Suraj Kaur Khalsa

Suraj Khalsa has been practicing meditation and healing for over 40 years. She is a KRI Kundalini Yoga Lead Teacher & Trainer.

Born in New Zealand, the mother of three daughters, she teaches, facilitates and mentors students and teachers in many countries.

For 10 years she served as President of Ramadasa, center for the study of KY and Meditation in China and Asia Pacific.

Her life-work is with women, guiding transformation through the wisdom and compassion of the divine feminine.

Her teaching is distilled from her own life experience and journey of healing and awakening.

Suraj's light touches many hearts.

Supporting Teachers:

Harjinder Kaur

Gopalpreet Kaur



Venue

Chenrezig

A Centre for Buddhist Study, Meditation & Retreat

<http://chenrezig.com.au>

Eudlo, QLD Australia

How to get there

<http://chenrezig.com.au/contact/how-to-get-here/>

Site Map

<http://chenrezig.com.au/contact/site-map-of-ci/>

Daily Schedule

All days unless specified

4.30 - 7.00am	Sadhana
7.00 - 7.30am	Rest / Free Time
7.00 - 8.00am	Breakfast
8.00 - 8.45am	Free Time
8.45 - 9.00am	Meditation
9.05 - 9.35am	Check In
9.40 - 11.00am	Morning Session 1
11.00 - 11.15am	Break
11.15 - 12.30pm	Morning Session 2
12.30 - 2.00pm	Lunch
2.00 - 3.45pm	Afternoon Session 1
3.45 - 4.00pm	Break
4.00 - 6pm	Afternoon Session 2
6pm	Dinner

Everyone is kindly asked to join in some Karma Yoga to support the retreat.
A schedule will be arranged on arrival.

What to Bring

- the weather can vary so bring layers to be comfortable
 - yoga mat, sheepskin if you wish, shawl, blanket
- There are some yoga mats and cushions available at the venue.
Please confirm with me if you require some.
- water bottle
 - pen, paper
 - torch, alarm clock, sunscreen, insect repellent, ear plugs
 - comfortable footwear to walk between venues
 - comfortable cotton clothing (or other natural fibre) and head cover for 7 - 10 days
 - If you are attending Part 2 please wear white cotton clothing for the certification training
 - towels

Enquiries

For all enquiries please contact our Administrator Harjinder
info@ramadasa.com.au
+ 61 408 218 443