

# **Conscious Pregnancy Speciality Training Course**

## **Frequently Asked Questions:**

**London –Berkshire  
United Kingdom**

**May- September 2008**

### **1. What is Conscious Pregnancy Speciality Training Course?**

This is a KRI certified course based on the teaching of Yogi Bhajan which includes the following aspects:

- Relationships, Conscious Conception, 120 Days
- Pregnancy Supports
- Kundalini Yoga and Meditation
- Preparation for Birthing
- The Birth Process
- Handling the Unexpected
- 40 Days After Birth
- Breastfeeding Basics
- Baby Massage and Baby Yoga

### **2. What is the duration of the course?**

The 13 day training course comprises 100 classroom hrs and a 6 of hr exam. The course is in 5 parts and takes place in London and Berkshire.

- London-based training includes 4 weekends:

**9 am – 6 pm SAT & SUN – 3 & 4 MAY**

**9 am – 6 pm SAT & SUN - 19 & 20 JULY**

**9 am – 6 pm SAT & SUN – 18 & 19 OCTOBER**

**9 am – 6 pm SAT & SUN – 1 & 2 NOVEMBER**

- Berkshire-based training is a residential from:

**THU TO MON – 28 AUGUST TO 1 SEPTEMBER**

### **3. What are the basics of the course?**

- Kundalini Yoga and Meditation for Pregnancy twice daily (includes student practicum)
- Lecture and discussion of topics
- Personal growth activities and small group discussions
- Regular small group check-ins
- Two Yogi Bhajan videos, including meditations.
- Healthcare guest lecturers (where applicable)
- Includes dancing (Yogi Bhajan taught dance as “an essential activity for pregnant women”)

#### **4. What is the training location?**

1) Alchemy, Unit 101, Stables Market, Chalk Farm Road, Camden, London NW1 8AH

([www.alchemythecentre.co.uk](http://www.alchemythecentre.co.uk))

and

2) Ufton Court, Green Lane, Ufton Nervet, Reading, Berkshire RG14 4HD

([www.uftoncourt.co.uk](http://www.uftoncourt.co.uk))

#### **5. Who will be presenting the Conscious Pregnancy Speciality Training Course?**

**KRI Certified Conscious Pregnancy Lead Trainer Satya Kaur (UK)**, BA Hons, Dip H E Mid. Satya has been teaching Kundalini Yoga since 1981. She worked as a midwife for nine years in one of London's most multicultural neighbourhoods. She believes women are perfectly created and equipped to give birth and need no training other than to become conscious of all that they are.

[www.karamkriya.co.uk](http://www.karamkriya.co.uk)

**KRI Certified Conscious Pregnancy Trainer Carolyn Cowan (UK)**, aka Karta Kaur, has been teaching Kundalini Yoga since 1998. She specialises in helping women deal with fear during pregnancy and fear of pain in labour. Carolyn is the author of several DVDs including 'Kundalini Yoga for a Conscious Pregnancy'. She has two children and lives in South London.

[www.devotion.co.uk](http://www.devotion.co.uk)

**KRI Certified Conscious Pregnancy Trainer Hariang Kaur (NL)** has been teaching pregnancy yoga for more than 25 years. She has three grown children and two grandchildren. She has been part of the Conscious Pregnancy teacher training team since 2002, having taught in New Mexico, Germany and UK. Hariang Kaur believes "The Conscious Pregnancy program is great in a sense that it caters to the needs of pregnant women in the Aquarian Age."

[www.michon.org](http://www.michon.org)

**KRI Certified Conscious Pregnancy Associate Trainer Elena O'Keeffe (UK)** has been teaching regular pregnancy yoga classes since 2004. Her work was featured in "Pregnancy & Baby" and "Yoga" Magazines.

**KRI Certified Conscious Pregnancy Associate Trainer Mangal Jot Kaur (UK)** has been teaching regular pregnancy yoga classes since 2004, including international workshops in Europe and UK.

#### **6. Will all the training materials be KRI approved? What is the primary training material?**

All the training materials have the KRI seal of approval. The training manual is based on the book "The Gift of Giving Life" by Tarn Taran Kaur.

**7. Who can attend the Conscious Pregnancy Training Course and what certification/verification will they receive upon successful completion of the course?**

- a) KRI Certified Kundalini Yoga Instructors will receive:
  - KRI Speciality Training Certification in Conscious Pregnancy (20 KYTA CEU points and 30 Yoga Alliance CEU points). You will have to complete all CP training requirements and pass an examination.
- b) Level 1 Teachers in training will receive CP Certification once they complete the Level 1 training. You will also have to complete all CP training requirements and pass an examination.
- c) All OTHER applicants must have some experience in the area of pregnancy and/or childbirth and basic knowledge of Kundalini Yoga as taught by Yogi Bhajan. If this is not the case, then you are required to: Attend minimum of 4 Kundalini Yoga classes. Contact the Kundalini Yoga Teachers Association [www.kundaliniyoga.org.uk](http://www.kundaliniyoga.org.uk) to find your nearest registered teacher. **IMPORTANT:** After completing all training requirements and passing the training exam, you will receive as verification a Certificate of Completion. KRI Certification in Conscious Pregnancy will be issued to all successful participants who complete Kundalini Yoga Teacher Training Level 1 within one year from the date of the completion of the Conscious Pregnancy training.

**8. How does CP Training coincide with KRI Certified Teacher Training programme?**

The Conscious Pregnancy Training is a Speciality programme or track. It does not substitute for any level of KRI Teacher Training programme. Conscious Pregnancy Training is, however, accepted as a CEU for KRI Certified Teachers.

**9. What are the Conscious Pregnancy Training Course fees?**

Full registration fee: £ 872

**10. How do I pay for Conscious Pregnancy Training and what is the cancellation and refund policy?**

- a) Make a cheque payable to Conscious Pregnancy UK and mail it to: CP UK, Culver Road, Newbury RG14 7AR United Kingdom. Alternatively, you can make direct bank transfer to Conscious Pregnancy UK bank account (contact Elena O'Keeffe at [info@consciouspregnancy.eu](mailto:info@consciouspregnancy.eu) for details)
- b) Cancellation 7 days before the course will be fully refunded minus £100 administration fees, once the application has been processed. No refund is available if at least one weekend has been attended. We recommend you attend a Conscious Pregnancy class led by KRI Certified teacher BEFORE applying for the course.

## **11. What provisions are included in the fees?**

- a) London-based weekends include light refreshments during tea breaks. Lunch of your choice can be purchased in the various food stalls within Stables Market.
- b) Berkshire-based residential weekend provides 5-nights accommodation and full board (breakfast, lunch, dinner).
- c) Training manual and all other handouts.

Help with London accommodation :

- [info@kundalini.org.uk](mailto:info@kundalini.org.uk) or [info@karamkriya.co.uk](mailto:info@karamkriya.co.uk) for friendly arrangements of accommodation in London via KY network or search the following sites:
- [www.bedandbreakfasts.co.uk](http://www.bedandbreakfasts.co.uk) and [www.londontoolkit.com](http://www.londontoolkit.com) for cheap hotels and bed & breakfast places

## **12. What should I bring to the Conscious Pregnancy Training?**

For the Yoga practice:

- Yoga mat or sheep skin, meditation blanket or shawl
- Materials to take notes

For residential weekend:

- towel and personal hygiene accessories (shower gel, shampoo, etc)

## **13. What if I do the course, but I am unable to attend one or more of the training weekends?**

You will have to complete your training by:

- attending any missed weekend in the next available CP training course
- attending any weekend or part that you have missed at a KRI approved CP training course in another European country
- arrangement with one of the available trainers on an individual basis (additional charges will apply)

## **14. Is there is an examination to conclude the training and what are the elements?**

Yes. The examination consists of the following elements:

- Verbal examinations on each subject area
- Yoga/meditation practicum
- Lecture topic practicum
- Written exam
- Student Exit Interview

## **15. When is the final examination held?**

September 1st, 2008. Completion at 16.30 (4:30 PM)

## **16. 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.”

### 17. How is the final examination graded?

All aspects of the examination are taken into consideration and graded with either: Pass, Fail, or Pending.

### 18. How can I present or market my pregnancy yoga classes after receiving Certification?

You can use the standardized KRI approved Conscious Pregnancy poster and flyer template. You can present yourself as “KRI-certified Conscious Pregnancy teacher.”

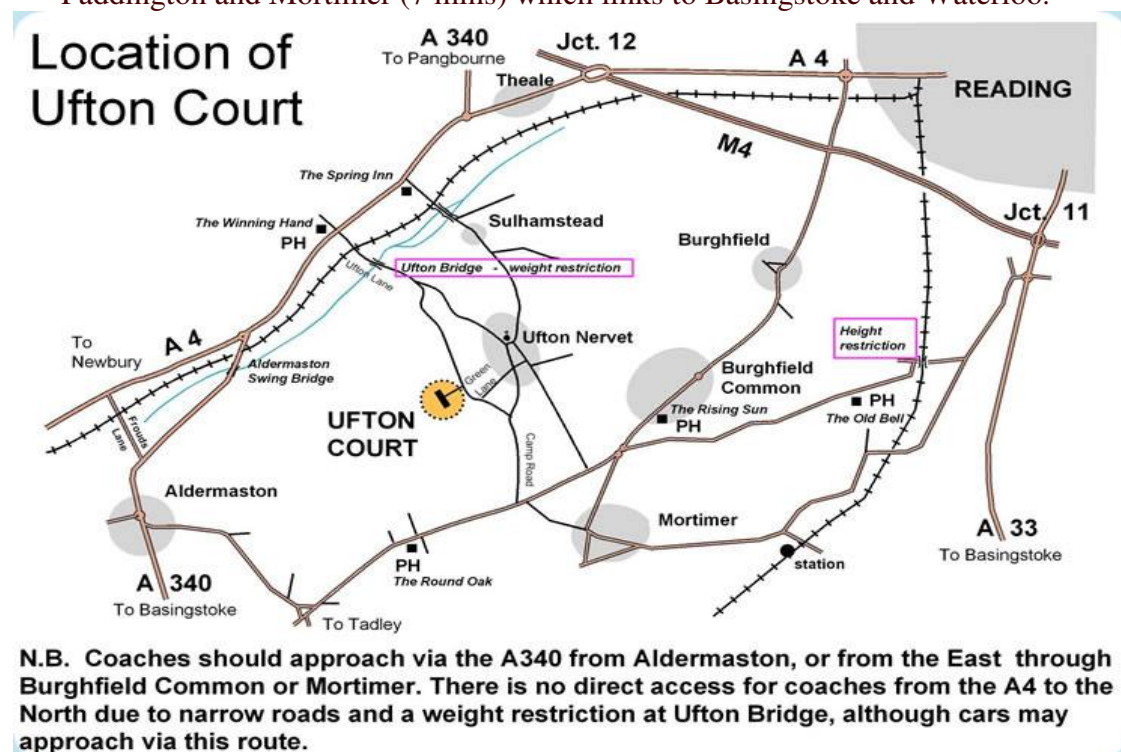
### 19. What public transport facilities are there?

Log onto <http://www.tfl.gov.uk/tfl> for London travel details.

All London airports have bus services into central London.

Heathrow is served by London Underground connecting you to other tube lines.

Heathrow is the most convenient airport for the Residential weekend is located at Ufton Court, Berkshire which is only 30 miles from London and easily accessible from the M3 and M4 motorways. The nearest rail hub is Reading (20 minutes from the venue). The local train stations are Theale (5 mins) with a direct link to Paddington and Mortimer (7 mins) which links to Basingstoke and Waterloo.



### 20. Can I only attend one session?

No, you should participate in the entire Training.

### 21. If you have any more questions, please contact:

Elena O’Keeffe, Course Administrator at [info@consciouspregnancy.eu](mailto:info@consciouspregnancy.eu)