

Yoga Doula School



Pre and Postnatal Yoga & Yoga doula Training

ESTONIA 2017 / 2018

INFORMATION PACK

The kundalini yoga doula school (KYDS) is founded by Gurujagat kaur, senior kundalini yoga teacher & Lead trainer and based on Yogi Bhajan teachings. She studied Yoga and specialised with Yogi Bhajan on women and mother's teachings. Trained as a family counsellor, NLP and systemic family therapy. She is also a mother of four and grandmother, she lives in the French Alps.

Open to ALL, the Yoga Doula training is a comprehensive, theoretical and practical, *non-medical* curriculum to become a Yoga- Doula.

The training offer you a deep self knowledge experience and a transformational journey. The training gives you knowledge to support to mother and family from conception to weaning as a Yoga-doula.

What is the difference between a doula and a Yoga Doula?

The Yoga-Doula is a *non-medical* mother's companion.

She offers presence, information and supports to mother and partner/family using yoga practical Ayurveda for maternity journey.

Traditionally the Yoga-Doula serves as a conscious pregnancy yoga teacher, an empowering Birth Companion, and as a postpartum helper to care and "Mother the Mother " during the first 6 weeks after birth, using Yoga and Ayurveda tools through each of the steps into maternity.

After the postnatal period, the Yoga Doula will offer postnatal mama & baby yoga class and support the transition from woman-wife-mother and back to couple life.

Why train as a Yoga-doula?

- Because many women today are socially isolated, sometimes lacking feminine transmission, may feel disconnected from their body/mind needs as a woman and ignore their innate mother wisdom.
- Because the hyper medicalization of birthing makes women resign to their true needs during birth, and react with fear or passivity during birth process.
- because you can contribute for a better physical, emotional and conscious preparation of the mother and her partner to live the precious transformation of pregnancy, birth intensity and the deep change of life when baby arrive.
- because you can make a significant life amelioration of new mother life and baby, if you nurture her after birth for some weeks.

The yoga-doula informs and inspires the mother-to-be, helping to awaken mother's intuitive power, make good choices for herself and tap into her inner self.

That's the art of being a Yoga Doula:

the yoga Doula supports the future mother and partner, using yoga, meditation and practical Ayurveda tradition adapted for maternity, and so well fitted for modern women.

Bringing a child into the world is a sacred journey for parents-to-be. Supporting them through the process is a blessing for family and for society. Mother's Wellness and her state of consciousness during pregnancy, birth and postnatal time **greatly impact** child's foundations of security and contributes to his future contentment and balance in life.

Therefore it is so precious to inform and support mothers-2-be on Healthy, Happy and wholesome ways of living during maternity journey.

Women and future mothers often know intuitively what is right for them, but hearing and sharing on these topics, confirms & gives them self-confidence and empower to act in accordance to inner wisdom.

The Training:

This multi-disciplinary training is based on the authentic teachings for women and mothers as taught by Yogi Bhajan, Master of Kundalini Yoga and Humanology (applied yogic lifestyle for daily wellness).

The yoga-Doula training covers the process from conception, through birth to postpartum convalescence as given from yogic and Ayurvedic traditions.

In addition, the training bridges east - west as it provides a global vision on contemporary studies around natural birthing developed by Dr. Michel Odent, midwives Ina-may Gaskin, Naoli Vinaver and other professional of Active Birth movement.

The training will give you the following skills:

- **Prenatal Yoga-Doula** : offers a non-medical support using yoga, meditation, breathing, visualisation and relaxation for pregnant women, and yoga for expecting couples.

The prenatal Yoga Doula accompanies the mother/couple during stages of pregnancy, helps adjusting to transformation, preparing for birth (postures, breath, place of father, dealing with fear, preparing a Birth Plan, and much more), can supports father role and place.

- **Birth Yoga Doula** offers a scale of emotional, practical and uplifting (non-medical) presence & support, and accompanies mother and partner through the process of birth. She is always present *with* a professional health practitioner and with their agreement.
- **Postnatal Yoga-Doula** offers (non-medical) “Mothering the mother” practical, emotional care, presence and support for mother, baby and family, (for the the whole or part) of the first 6 weeks after birth. The postnatal Yoga Doula can coordinate a network of PN support (meal train, etc.). This postnatal support is organized well before birth, Idaly.
The Postnatal Yoga Doula guides the mother through breathing and gentle yoga work after birth. She proposes postnatal mom & baby yoga as well as other PN support groups that we will study during training.

COURSE GOALS

- Understand the fundamental nature, technology and concepts of Prenatal Yoga & being a Yoga-Doula from yoga perspective.
- Have an yogique insight into nature of woman / man / couple
- Comprehend the process of conscious pregnancy, birth and the first 40 days with the new-born baby from ayurvedic point of view.
- Develop the skills, qualities and consciousness required to teach pre/postnatal yoga and to be a pregnancy / birth and / or postnatal Yoga Doula.
- Facilitate an intimate (re)connection of the future mother with her own body, her feelings, her baby, her birth choices, her rights, freedom and empowerment concerning childbirth and motherhood.
- Accompany the man in the process from a lover into a present partner and becoming a conscious father.
- Support the couple relationship as it shifts and matures from lovers to parents (2 to 3, or 3 to 4)
- Understand and Respect the needs of the new-born baby/breastfeeding/massage.
- Understand the importance of postnatal Rest & Bond time for woman bodymind wellness, as well as impact on father and siblings.
- Create a local support network and community that will inform, support and accompany the future parents towards a harmonious and respected birth and postpartum period.

THEMES

The practice of yoga/meditation/pranayama/relaxation/massage is an integrated part of each module

- The Yoga-Doula training framework
- Yogic Humanology: man/woman/family; from conception to the end of the first trimester: physical, emotional & relationships transformations
- Yogic Humanology: the second trimester, the 120 days celebration. The mother’s psyche and impact on foetus
- Yogic Humanology: the third trimester: preparing for birth, body care. Dance and meditative walk for pregnancy
- Family traditions and family culture. Conscious parenting, from couple to parenting Relationships

- Prenatal yoga: How to prepare a Pregnancy Yoga Class
- Postnatal yoga: progressive body/mind work to find strength and health after birth
- Anatomy/Physiology /Pathology of Pregnancy
- Preparing the Perineum for birth, Breathing Techniques, Visualisation Techniques.
- Ayurvedic Recipes and Cooking for Pregnancy, Birth, Baby & Father.
- Conscious communication Module and the Yoga Doula Attitude with parent(s), midwife.
- History, Role and Place of a Yoga-Doula
- Anatomy/Physiology/Pathology of Birth.
- How to support mourning and grieving around pregnancy and birth.
- Yogic Preparation for Birth & Birth Process
- After Birth: Placenta, welcoming the newborn, mother needs ; Place of Father; Place of Doula
- The Art of Breastfeeding – basic notions
- Importance of after birth rest and concrete implementation of 40 postnatal Days
- Participate in creating a Postnatal Support Network in your town, village.
- Create a Legal framework, professional status as a Doula, create a network

For Who?

- The course is open to ALL who wish to study pre and postnatal yoga and related Yogic lifestyle in depth.
- No previous experience or knowledge of yoga is required.
- No need to be a mother yourself, but to carry Love and Devotion for motherhood.
- You can participate in the course for yourself, whether you are a mother or not, to enhance and empower your femininity and mother potential.
- If you are pregnant you may participate “ à la carte” and be there when you can.your partner is welcome to join too !
- If you breastfeed, you may participate with your baby; please contact us for further information.

However, if you aim receiving the YOGA DOULA diploma, you will need to accomplish certain requirements during (or after) training.

Validation of YOGA DOULA diploma

The training consists of 21 days of tutorial modules, including exam (200 hours) and 40 practice hours/ of which 2 days of self study in geographical small groups. Study topic will be indicated by trainer.

IF YOU WANT TO VALIDATE YOUR TRAINING AND OBTAIN THE YOGA DOULA DIPLOMA*

** as women, or mothers we are often very busy, therefore we allow to take time to complete the below requirements of your Yoga Doula diploma validation beyond end of training. More information on timing will be given during training.*

Yoga Doula Diploma validation requirements:

- Attend all classroom teachings. If you miss ONE topic, hand in a written resumé of the missed class.

- Yoga and meditation practice at home
- 2 days of self-guided study (students will meet in small geographical groups 2 X 1 day in between modules, place and date are up to you)
- For those who didn't participate in the kundalini yoga teacher training level 1: requirement to participate in 20 regular KY classes, over the year of the training, and up to 2 years after completing training. Ask your teacher to sign and date every class you take.

FOR ALL :

- participate in 3-5 prenatal classes (KY class if available)
- Teach 3-5 prenatal classes. Teaching can be done in a home setting. Hand a short written report at the end of the teaching practice.
- Take 3-5 postnatal classes
- Teach 3-5 postnatal classes. Hand a short written report at the end of the teaching practice.
- Support of 1-2 women during their pregnancy. Hand a written report at the end of the practice.
- Participate in 1-2 birth and hand a written report. This hand on experience isn't compulsory. but if you do it, includes 2-3 meetings with the mother-to-be before birth, presence during birth and follow with 1-2 meetings after the birth.
- Serve new mother(s), if possible for 40 hours during postnatal time
- Write a plan of 8 prenatal classes (include kriya, Pranayama, meditation, relaxation, topic)
- Write 1 self-created prenatal yoga set, using adapted asanas, Pranayama, a KY meditation, guided relaxation, visualisation.
- Adapt 1-2 KY kriya for prenatal class
- Write a 5 postnatal mother and baby class plan
- During the training, student will be asked to teach a minimum of 1 prenatal class and 1 postnatal class
- Present the final exam (open book, open notes, no stress exam)

All students that were present in training will receive a certificate of participation in the last day of training. The Yoga Doula Diploma will be handed to those who accomplished the above mentioned requirements.

Student disposes 3 years from the beginning of KYD training to hand all required work in order to obtain the KYD diploma.

COURSE FEES

Full cost of the Yoga Doula training: **2156€**

Early bird price extended: 1950€ reduction is offered if you register **before 15th of November 2017**

Reductions for students coming from abroad:

1750€ (for registration before 15th of November)

1850€ (for registration after 15th of November)

This includes tuition, administration fee, tea & and certificate of your participation and diploma for those who validate all the requests.

Deposit: A deposit of **380€** is required to validate your application and to secure your place.

Payment: Student is properly registered when payment of the first instalment of 380€ is done. Student may then pay the whole course upon the beginning of training, or choose to pay in several instalments.

Payment facilities: After deposit had been paid, the rest will be paid in 7 installments:

registration before 15th of November

- 180 € 8th of Dec 2017
- 180 € 20th of Jan 2018
- 180 € 3rd of March 2018
- 260€ 23rd of March 2018
- 180 € 14th of April 2018
- 260 € 25th of May 2018
- 330 € 22nd of June 2018

registration after 15th of November:

- 180 € 8th of Dec 2017
- 245 € 20th of Jan 2018
- 180 € 3rd of March 2018
- 260 € 23rd of March 2018
- 180 € 14th of April 2018
- 260 € 25th of May 2018
- 480 € 22nd of June 2018

If you need, it is possible to pay in smaller installments. Please contact us in order to find a win-win agreement. dharamsaalkeskus@gmail.com

Certificate of participation and diploma will be given when payment is completed.

*Money should not be an obstacle for your participation.
Contact us for arrangements.*

How to pay:

Please make transfer of non-refundable registration fee (for the materials and organisation) to

URBAN DHARMA OÜ EE137700771002081453 SWIFT/BIC code: LHVBE22

Please add "yoga doula training" and your name

Send the copy of the transfer to dharamsaalkeskus@gmail.com

Next payments will be paid as agreed, according to confirmed payment schedule.

This price doesn't cover:

- Your travel, food and board costs during the training.
- Training Manual and other recommended books.

2 books are obligatory for the training:

1) Main training manual (2 volumes) Conscious Pregnancy: The Gift of giving life
Yogi Bhajan teaching on pregnancy and birth, compiled by Tarn Taran Kaur Khalsa

You may order it from www.satnam.eu Please bring it with you for module 1 starting in November.

<https://www.satnam.eu/conscious-pregnancy-the-gift-of-giving-life-vol-1-tarn-taran-kaur-khalsa-p-817.en.html>

<https://www.satnam.eu/conscious-pregnancy-the-gift-of-giving-life-yoga-manual-tarn-taran-kaur-khalsa-p-818.en.html>

2) The Doula Book by Marshall Klaus, please have this book with you for module 2 on January 2018

<https://www.amazon.com/Doula-Book-Companion-Healthier-Lawrence/dp/0738215066>

Recommended books

Please choose and read any of the books of Michel Odent, probably translated to Danish

Please choose and read any of books by Ina May Gaskins, probably translated to Danish

See more books recommendation below

COURSE STRUCTURE:

Each Module starting at 9:00 with tea and welcoming on the first day and ending at 18:00 on the last day. Lunch breaks hours will be defined together.

All modules schedule evening sessions, normally on Friday and Saturday evenings. Please arrange to be there as not to miss important educational movies, massage, couple session.

The daily schedule will be shared after registration.

If needed, we will help you to find accommodation!

LOCATION - Training will be located in Kundalini yoga center, Dharamsaal in Tallinn, Liivalaia 11/1-14.

Last module (June 2018) may take place out of Tallinn, but will be agreed with all participants.

LEADING TRAINER:

GURUJAGAT KAUR

Gurujagat Kaur is founder of the French Association « Kundalini yoga Provence », and of the Yoga Doula School. She is a trained family consultant, therapist and Conscious Parenting trainer. She met kundalini yoga and Yogi Bhajan in 1975 and has studied under his guidance for many years. She had been teaching since and offers trainings in Kundalini Yoga Level 1, woman workshops and Yoga Doula Training. The Yoga Doula concept successfully combines the traditional yogic lifestyle as effective tools for the contemporary Doula work. The yoga doula offer a non medical support of mother and partner during maternity journey using Yoga and Practical Ayurveda wisdom.

Gurujagat Kaur about herself: Yoga has been an essential resource in my life for the past 37 years. Born in Israel, I first came across Kundalini Yoga in 1975 in Amsterdam, the Netherlands, where I shared the yogic lifestyle in the first European Mother-Ashram for eleven years, studying and practicing the vast teachings under the guidance of Yogi Bhajan. Giving birth to four children has enabled me to put into practice the ancient yet so modern Yogic Maternity tradition. For years I have been accompanying women, couples and families on this beautiful path to becoming parents. Training in Human Relations, NLP, Non-Violent Communication, Family and Marital Counselling enhance my yogic background as a holistic trainer and therapist. Today, I'm grateful to share this treasure of knowledge and experiences with you, so you may enjoy it and pass it on to other women.

<http://www.yoga-doula.eu>

Other teachers:

Amrit Kaur

Sukhdev Kaur Khalsa

LITERATURE

Obligatory

- Conscious Pregnancy : The Gift of Giving Life (Vol. 1) & Yoga Manual (Vol. 2) by Tarn Tarn Kaur Khalsa
- The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth by Marshall H. Klaus, John H. Kennell, Phyllis H. Klaus

Recommended

- Any book of midwife Ina May Gaskin
- 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
- Spiritual Midwifery by Ina May Gaskin
- Stillborn: The Invisible Death by John D. DeFrain
- The Cesarean by Michel Odent
- The Labor Progress Handbook by Penny Simkin and Ruth Ancheta

APPLYING TO THE YOGA DOULA TRAINING:

please fill the registration form on <https://dharamsaal.ee/yoga-doula-training/>