

SACRED WOMAN

INFINITE MOTHER



Anatomy of the Soul
in its journey into Life

Pregnancy
Birth
Postpartum and
Mother's Yoga
Teacher Training

6 Weekends of
Feminine Spiritual
Wisdom,
learning, healing and
celebrating our
Journey as Women
and Mothers

Led by Sukhdev Kaur

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Pregnancy, Birth, Postpartum and Mother's Yoga Teacher Training



Dates 2021 Estonia:

(Friday evenings 2.5 hrs
and full Saturday and Sunday)

M1 20-22 August 2021

M2 24-26 September

M3 8-10 October

M4 29-31 October

M5 12-14 November

M6 26-28 November

All women are invited to participate, whether they are mothers or not, yoga teachers or not. This is a training to learn from each other, heal wounds related to the female ancestry line, and to celebrate womanhood in all its splendor.

Anatomy of the Soul and its Journey into Life. The thread throughout the training is mostly on the Spiritual aspect: The Soul in its Journey... as a mother, as a baby, as a hu-man growing in this world, the spiritual connection of the family and the realm of the unknown.

The foundations for the training is mainly from the Teachings of the Siri Singh Sahib, Yogi Bhajan which include, are Informed by, or/and are supported by:

- Sikh Dharma and Khalsa Consciousness
- Kundalini Yoga as taught by Yogi Bhajan
- Karam Kriya Applied Numerology
- Ayurveda wisdom
- Empowering birth movement including recent scientific and practical research by Naoli Vinaver, Michel Odent, Ina May Gaskin, Joseph Campbell, Michaela Glöcker, and others
- Universal wisdom shared among many different traditions on woman's teachings and ancient techniques, including but not limited to Sukhdev Kaur's own personal journey and experiences through womanhood and motherhood applying the teachings in my life as a woman and mother.

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CURRICULUM OF THE TRAINING

MODULE 1

Journey of the Soul as a Wo-man, Universal Womb, Conscious relationships and conception

2.5 days

Understanding ourselves as women. Woman is the WOW of the universe. Aspects of the feminine. Understanding the importance of Goddess in different traditions. Embracing the feminine, healing wounds of your female ancestry, Accepting yourself and your Soul's journey as a woman and mother. Flowing as a woman, key aspects for your prosperity as a woman.

Universal womb: Understanding Female spiritual, yogic and western anatomy. The 11 moon centers, the pelvis, the core muscles, the womb, the mother's body. Understanding our body, its gifts and rhythms. Understanding and honouring the menstrual cycle. Foods for the female body.

Conscious relationship and conception: Sexuality in the couple, understanding the polarities, merging of the male and female in a sacred relationship. Humanology and the Journey of the Soul. Preparation for a sacred conception and for receiving the soul.

MODULE 2

Understanding the Perfection of Pregnancy

2.5 days

Pregnancy: the three trimesters in body-mind-soul, changes and transformation in the mother and around her. In depth yogic techniques to support the mother and the family. How to teach pregnancy yoga classes as a main support for the woman in her transition to becoming a mother.

MODULE 3

Understanding the Birth of a Soul

2.5 days

Birth: the physical, emotional and spiritual process. Soul in its journey into this realm. How to support a woman through this journey. Special conditions and situations. Rebozo techniques for support. Yogic and Ayurvedic and Spiritual techniques for the birth. Supporting the mother. Healing your own birth and experiences of birth. Accepting the unknown: infant loss, grief and nurturing yourself in this healing process.

Birthing is the most profound initiation to
spirituality a woman can have.

~ Robin Lim

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MODULE 4

Postpartum: The blessing of a new beginning

2.5 days

Sacred moments, the Birth of a Mother, falling in love with your baby and your new role as a caregiver. What happens in the fourth trimester, first moments with your baby, 40 days blessing, lactation. Keeping up with all challenges. Embracing your new roles and the changes in the family. Spiritual, emotional and physical support for the mother and the family. Rebozo and belly-binding during postpartum. Yogic and Ayurvedic techniques for the postpartum period. Preventing and healing diastasis rectii. Placenta blessings. Teaching postpartum yoga. Recipes for healing.

MODULE 5

Motherhood and Conscious Child-raising

2.5 days

Days 11-12: Motherhood: The heart and prayer of the mother, conscious child-raising. Spiritual aspect of being a parent. Priorities, dynamics and values in the family. Finding the balance between all different roles and responsibilities as a woman and mother. Staying centred and inspiring yourself and others in the midst of chaos. Dynamics between siblings. First lifecycles of life: supporting your children through each of their stage, from baby to adult. Teaching baby yoga, family yoga.

MODULE 6

Lifecycles of a woman. Female leadership in the Aquarian age

2.5 days

Lifecycles of the woman: daughter, virgin, bride, woman, mother, crone. how do we raise strong, conscious and happy girls? How to support yourself and others through the different stages in life? Rites of passage. From Menarche to Menopause. Practical yogic wisdom to apply to the different cycles. Womens yoga.

Female leadership in the Aquarian Age. Envisioning a world where the polarities support and inspire each other. Creating community around you - the female way. Continuity and self-sustainability as a female leader and all other roles. Representing the Goddess in the material world. Celebrating womanhood, celebrating each other and our community of women.



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This is a Specialty training open to all women who are interested in learning about the process as a woman, and as a mother. For personal growth yet also for growth as a pregnancy and postpartum yoga teacher. If you are interested in pursuing teaching in those fields, we highly recommend you have previous experience in Kundalini yoga, as the teaching part is a specialty training those who are already yoga teachers from any tradition.

Each module we will experience:

- Morning Sadhana in the tradition of Kundalini yoga
- Sukhdev Kaur will be leading a pregnancy yoga, postpartum yoga or women's yoga class, for the purposes of understanding the structure and dynamics of the class.
- And a pregnancy/postpartum/baby yoga class, led by participants themselves as a practice for teaching.

The class taught by Sukhdev Kaur may be open for the general public (pregnant ladies, or mothers with babies).

If your plan is to teach Pregnancy, postpartum, baby and/or women's yoga, we recommend you study the KRI Level 1 Teacher Training in Kundalini Yoga as taught by Yogi Bhajan within 1-2 years of finishing the Sacred Woman Infinite Mother training. This will give you all the basics for how to teach Kundalini yoga which will not be covered during the Sacred Woman Infinite Mother training.

This training is not a physiological, anatomical indepth training on midwifery or medical procedures related to pregnancy, birth or postpartum. However, this training can benefit all of those who are supporting mother-s through pregnancy, birth or postpartum, such as Doulas, Midwives, Obstetricians, etc, as we offer the Spiritual Realm and wisdom of the Yogic technologies which were probably not present in their medical training.

REQUIREMENTS FOR CERTIFICATION

- Attending all full 135 academic hours (6 weekends of 2.5 days) in person (or zoom if gathering restrictions in place)
 - 40 day meditation practice in your own time and space with a Journal
 - participation in a minimum of 6 sadhanas within the training (we will have a total of 12 sadhanas)
 - participation in a minimum of 5 pregnancy yoga and/or postpartum yoga classes outside the training (ideally within the Kundalini yoga tradition, price not included in the price of the training)
 - Leading a minimum of 1 pregnancy and 1 postpartum yoga class (practicum) within the training
 - Completing a written curriculum of 5 classes to a group of pregnancy or postpartum yoga.
- Upon completion you will receive an international Certificate of Training issued by Dharamsaal - International School of Kundalini Yoga and Humanology.

"All I am trying to do is remind you with every chance I get that you are the Grace of God. You are the vehicles. All it takes, dear ladies, is one woman to create the consciousness of a Guru Nanak or Christ or Buddha" - Yogi Bhajan

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RECOMMENDED READING

TRAINING MANUALS: (included in the training)
Conscious Pregnancy vol 1 and 2, by Tarn Taran Kaur
Lunar Woman

PROVIDED MATERIAL:
The Moon She Rocks you
Birth without violence - Frederick Leboyer
and more books, videos, resources will be shared throughout the training.

Extra reading material suggested (not included in the training)
I am a Woman textbook and yoga manual
Fountain of Youth
Spiritual Midwifery - Ina May Gaskin
Michel Odent - Birth and breastfeeding

LOCATION, ACCOMMODATION AND FOOD

Modules 1-3 (August - October):

Guru Ram Das Institute & Ashram in Rajamaa
Kalesi küla, Raasiku vald, Harjumaa

Modules 4-6 (October - November):

In Tallinn or Tartu,
place to be confirmed.

Food expenses are not included in the training. Modules at the Ashram we will ask participants to bring something to cook together. Modules in Tallinn we will either order in or cook together. Accommodation in the Ashram modules is included in the price (with your own bedding. If bedding needed rent is 10 eur per module). For more information on the ashram please refer to the House Rules found here: www.dharamsaal.ee/house-rules



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LEAD TRAINER

Sukhdev Kaur Khalsa

Born and raised in Mexico, trained in university as an Architect and Urbanist, has dedicated her life to sharing the Teachings of Yogi Bhajan and the wisdom of Numbers through Karam Kriya. She has organized and taught in different Pregnancy yoga teacher training programs for the past 11 years, which have led to the creation of the Sacred Woman Infinite Mother program. She learnt of the importance of these spiritual teachings when she had her first child, a daughter named Vida, who passed away as an infant. Later she gave birth to two healthy boys, Theo (10) and Arti (5) and continuously finds support in these teachings in all aspects of her life as a mother, wife, yoga teacher and a woman. With the building mastery of her husband, she has been busy building the Guru Ram Das Institute & Ashram to share these technologies in a sustainable community following the yogic lifestyle.



There will be guest teachers for different parts of the training as required.

PRICE

Full attendance in the training 1150 € paid by instalments, registering and paying the deposit of 250 € latest 1 week before the training.

Later registrations, price of the training is 1300 € (deposit 400€).

Next instalments (5x180€) to be paid two days before each module.

Attending for only one module is possible, yet it does not lead for certification.

Price for attending single modules: 2.5 day module 250 €

**Pre-registration and full payment latest 5 days in advance is required for attending single modules.*

*** If you are in a difficult economic situation, please contact us for inquiring about scholarships.*

TO REGISTER:

1- Fill the Application Form found here: www.dharamsaal.ee/sacredwoman

2- Pay the deposit (with your name and the title of the training) to the account: MTÜ Guru Ram Das Instituut EE597700771002082177 or paypal to: <http://www.paypal.me/sukhdevkhalsa>
You will receive a confirmation of your application once the deposit has been fulfilled.

3- See you at the training!

Questions: Sukhdev Kaur (whatsapp) +372 53731839 sukhdevkaur@khalsa.com

"All of these facets of God you can go on writing,
if you total them up they will equal one word: WOMAN"

- Yogi Bhajan