



The Mothers Journey

September 2009 with Satya Kaur, Carolyn Cowan and Elena O'Keeffe in London

The Mothers Journey is a new **Pregnancy Yoga Teacher Training**, based on the teachings of Yogi Bhajan and set up by Satya Kaur, Carolyn Cowan and Elena O'Keeffe.

The course starts in September this year and is spread over three long weekends in London, and is based on our own experiences of teaching ante-natal classes, as mothers, health professionals, and as Aquarian leaders in the tradition of Kundalini Yoga.

The course is made up of **64 intense classroom** hours, including practical and theoretical sessions, some research work done at home and an exam at the end.

The cost of the course is **£850** per person.

Certification is dependent upon attendance of all the three modules of the course as well as upon passing the final exam.

The course is open to **women** only and is suitable for yoga teachers, (to-be) mothers and health care professionals including midwives and doulas. A previous experience of pregnancy is not necessary for participation. Insurance can be arranged through DSC insurance services for those taking part with a view to teaching upon qualification.

This course includes an obligatory one day introduction to Kundalini Yoga as taught by Yogi Bhajan for those not enrolled on a Level I training or fully qualified as Level I Instructors. Please add £50 per person for this day.

For more information and to register your participation please contact admin@themothersjourney.co.uk