

The Khalsa Way Pregnancy Yoga Teacher's Training 2009

Saturday, January 31

Time	Activity	Location
8:00 - 8:30 am	Welcome/Registration	Mall/Café
8:30 - 9:30 am	Pregnancy Yoga Gurmukh	Amritsar
9:30 - 10:00	Check in with Jethas	Amritsar
10:00 - 12:30	<i>Healing our Births, Healing our Earth</i> video presentation with Anna Hermina, Doula & LVN	Amristar
12:30 - 1:30 pm	Lunch	Amritsar
1:30 -4:00 pm	Global Perspectives (incl 10 min. Birth Day DVD) with Anna	Amritsar
4:00 - 5:00 pm	Birth Day discussion Q & A with Anna	Amritsar

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Sunday, February 1

Time	Activity	Location
8:00 - 9:30 am	Pregnancy Yoga Gurmukh	Amritsar
9:30 - 10:00 am	Check-in	Café
10:00 - 1:00 pm	New Born Consciousness with Anna	Amritsar
1:00 - 2:00 pm	Lunch	
1:30 - 2:30 pm	Discomforts & How to Help Anna	Amritsar
2:30 - 3:30 pm	Breastfeeding & Post-Natal Care Anna	Amritsar
3:30 - 4:30 pm	Rebirthing Meditation with Gurmukh	Amritsar
4:30 - 5:00 pm	Q & A With Anna & Gurmukh	Amritsar
5:00 - 7:00 pm	Kundalini Yoga & Meditation with Gurmukh (optional)	Amritsar

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Monday, February 2

Time	Activity	Location
8:00 - 9:30 am	Pregnancy Yoga Gurmukh	Amritsar
9:30 - 10:00 am	Check-in	Café
10:00 - 11:30 am	Labor & Delivery With Davi	Amritsar
11:30 - 12:30	Nutrition Davi	Amritsar
12:30 - 1:30 pm	Lunch	Café
1:30 - 2:30 pm	OBs, Midwives & Doulas With Davi	Amritsar
2:30 - 3:30 pm	Anatomy & Physiology of Pregnancy & Birth with Davi	Amritsar
3:30 - 4:00 pm	Q & A With Davi	Amritsar
4:00 - 5:30 pm	Preparing to Teach Pregnancy Yoga Gurmukh	Amritsar
5:30 - 7:00 pm	Kundalini Yoga for Beginners Tej (Optional)	

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Tuesday, February 3

Time	Activity	Location
8:00 - 9:30 am	Pregnancy Yoga Akal	Amritsar
9:30 - 10:00 am	Check-in	Café
10:00 - 11:00 am	Beginning to Teach Pregnancy Yoga Gurmukh	Amritsar
11:00 - 12:00 pm	Business of Being Born DVD	Amritsar
12:00 - 1:00 pm	Lunch break/Discussion group in Jethas	Café
1:00 - 2:30 pm	Mantras & Meditations for Mothers Akal	Amritsar
2:30 - 3:30 pm	Practice Teaching - Pregnancy Yoga	Amritsar
3:30 - 5:00 pm	Class curriculum development Akal & Gurmukh	Amritsar
5:00 - 5:30 pm	Q & A Akal & Gurmukh	Amritsar
6:00 - 7:30 pm	Kundalini Yoga and Meditation with Harijiwan (Optional)	Amritsar

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Wednesday, February 4

Time	Activity	Location
8:00 - 9:30 AM	Pregnancy Yoga Gurmukh	Amritsar
9:30 - 10:00 AM	Check-in	Café
9:00 - 10:30 AM	Yoga Postures for Discomfort in Pregnancy & for Birthing Akai	Amritsar
10:30 - 12:00	Mantras, Meditations & Philosophy for Pregnancy, Family & the first 3 years of Motherhood Tej	Amritsar
12:00 - 1:00 PM	Lunch	Café
1:00 - 4:30 PM	Practice Teaching	Amritsar
4:30 - 5:30 PM	Q & A	Amritsar
6:00 - 7:30 pm	Kundalini Yoga & Meditation Gurmukh (Optional)	Amritsar

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Thursday, February 5

Time	Activity	Location
8:00 - 8:30 AM	Check-in	Café
8:30 - 11:30 AM	Practicum Testing	Amritsar
11:30 - 12:30	Lunch break	Café
12:30 - 4:00 PM	Practicum Testing	Amritsar
4:00 - 4:45 pm	Birth Into Being DVD	
4:45 - 5:30 PM	Q & A	Amritsar
6:00 - 7:30 pm	Kundalini Yoga & Meditation Tej (Optional)	

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Friday, February 6

Time	Activity	Location
8:00 - 8:30 am	Check-in	
8:30 - 9:00 am	What now? A look to the future.	
9:00 - 10:00 am	Group Meditation with Gurmukh	Mall
10:00 am	GROUP PHOTO	
10:00 - 11:00 am	Graduation	Mall
11:30 - 1:00	Brunch	