

SACRED WOMAN

INFINITE MOTHER 2025



Anatomy of the Soul
in its journey into Life

Pregnancy
Birth
Postpartum and
Mother's Yoga
Teacher Training

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



Led by
Sukhdev Kaur Khalsa



SACRED WOMAN INFINITE MOTHER

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



Dates 2025 Online + in person English, starts February 2025

10 evenings on zoom +
5 intensive days; in person Estonia

Wednesday Evenings 16:00-19:00 (Eastern European timezone)
Feb 5, 12 and 26. Mar 19 and 26. April 9, 23 and 30. May 21 and 28.

5 day module (in person in Estonia)
14-18 May 2025 (these are full days. Please plan to arrive one day earlier).
Including Sadhana every day at 05:00 am

The Training takes place in English language

**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 Bajan which include, are Informed by, or/and are supported by:

- Sikh Dharma and Khalsa Consciousness
- Kundalini Yoga as taught by Yogi Bajan
- 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, Vasant Lad and others
- Universal wisdom shared among many different traditions on woman's teachings and ancient techniques, including Sukhdev Kaur's own personal journey and experiences through womanhood and motherhood applying the teachings in her life as a woman and mother.



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CURRICULUM OF THE TRAINING

MODULE 1 (zoom) - Feb 5 and 12

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

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 (zoom) - Feb 26 and Mar 19

Understanding the Perfection of Pregnancy

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 (zoom) - Mar 26, Apr 9

Understanding the Birth of a Soul

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. 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.

MODULE 4 - April 23 and 30

Postpartum: The blessing of a new beginning

3x Wednesday evenings on zoom

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,

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

~ Robin Lim



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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. Yogic and Ayurvedic techniques for the postpartum period. Preventing and healing diastasis rectii. Placenta blessings. Teaching postpartum yoga. Recipes for healing.

MODULE 5 IN PERSON - May 14-18 , Guru Ram Das Ashram in Rajamaa, Estonia
Birth Anatomy. Yoga Postures. Postpartum techniques, recipes, breastfeeding, belly binding. Motherhood and Conscious Child-raising, Practicums.

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.

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 sup

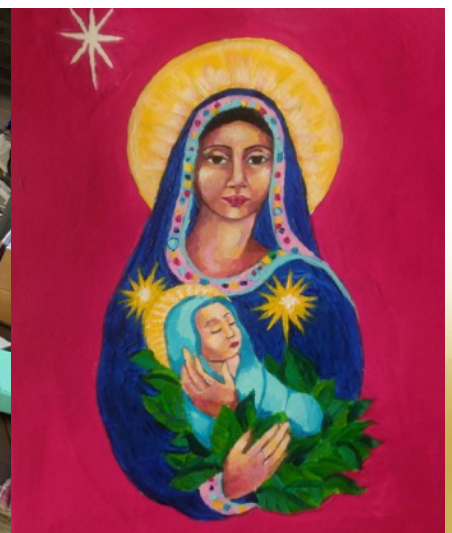
Included in the in-person module:

Birth Anatomy, Yoga Postures and Exercises for Pregnancy, Birth and Postpartum. Rebozo closing, belly binding, baby sling wrapping, songs for yoga class, belly drawing, healing walk, dances and other activities and ceremonies which are best to do together as a group.

MODULE 6 (zoom) - May 21 and 28
Lifecycles of a Woman, Female leadership in the Aquarian age. Closing and Exam.

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.

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.

During the training we will experience:

- Morning Sadhana in the tradition of Kundalini yoga
- Pregnancy yoga, postpartum yoga or women's yoga class,
for the purposes of understanding the structure and dynamics of the class.
- Each participant will be leading a practicum of pregnancy yoga class,
as a practice for teaching.

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 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 full training - 100 academic hours (40 h on zoom, 50 h in person, 10 h pre-recorded)
- 40 day meditation practice in your own time and space with a Journal
- participation in a minimum of 4 sadhanas within the training
- 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 class within the training (practicum)
- Completing a written curriculum of 5 classes to a group of pregnancy or postpartum yoga
- Self evaluation essay to end the training

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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READING MATERIAL

TRAINING MANUALS:

- Conscious Pregnancy vol 1 and 2, by Tarn Taran Kaur. ****NOT INCLUDED IN THE PRICE**** Please buy it in advance in your local seller EU: www.satnam.eu

PROVIDED MATERIAL:

Lunar Woman

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 (women's yoga)

Fountain of Youth

Any book by Ina May Gaskin

Michel Odent - Birth and breastfeeding

LOCATION, ACCOMMODATION AND FOOD FOR THE LAST MODULE

Guru Ram Das Institute & Ashram in Rajamaa

Kalesi küla, Raasiku vald, Harjumaa (25 km from Tallinn, Estonia)

We will be cooking the Ayurvedic and Yogic recipes for pregnancy and postpartum during the last training module. Food expenses are not included in the training fee (ca 10 eur per day per person). Accommodation in the Ashram modules is 30 € per person for the whole module in shared cabins, 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 16 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 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.



YOUR INVESTMENT

2025 Spring Training	Deposit	Installments
Early bird registrations (full price 1150 €)	150€ paid by 8th of January	08.february 200€ 10. march 200€ 01. april 200€
Regular price (full price 1300 €)	300€ paid by 4th of February	01. may 200€ 01. june 200€

**Attending single evenings or day modules might be possible, if it does not interrupt the flow of the group. Please inquiry for price and possibility. This option does not lead to certification*

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

**** Please mark in your registration whether you would attend the last module in-person or zoom*

***** Accommodation and food for the in-person last module is paid separately and not included in the training fee*

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 bic/swift LHVBE22

You will receive a confirmation of your application once the deposit has been fulfilled.

Questions: (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

