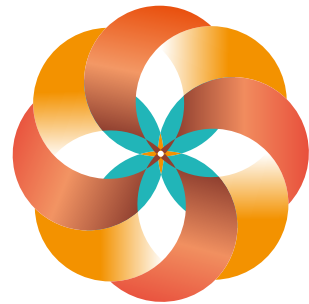


Kundalini Yoga doula School
Yoga Doula Training
Copenhagen 2017-2018



yoga doula[®]
serving mother's wisdom



Time for Transformation : Change fear into power.
The Yoga-Doula is a non-medical mother's companion during pregnancy, birth and postnatal period. Her support is based on traditional yogic wisdom for modern women and family.

Yoga Doula Training

Copenhagen 2017-2018

21 days - 200 H - 40 H practice

*Activate your innate Knowledge, Become Prenatal Yoga Doula,
Birth companion & Postnatal Yoga Doula*

Learn **pre & postnatal yoga** and **yogic wisdom for maternity**

Train to **empower women** during pregnancy, sacred Birth, postnatal Rest & Bond period

Explore 1001 ways to provide **wellness** to **mother-to-be, partner and new parents**

4 non residential modules in Copenhagen :

Module 1 : 23 - 27 November 2017

module 2 : 18 - 22 January 2018

module 3 : 15 - 19 March 2018

module 4 : 7 - 12 June 2018

Based on Kundalini Yoga and Humanology as taught by Yogi Bhajan
With Gurujagat kaur and team of inspiring teachers



Read more : www.yoga-doula.eu

Ask for information pack :

info@agnieszkabera.com

