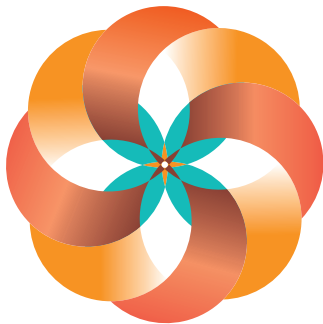


Kundalini Yoga Doula School

2017 - 2018



yoga doula[®]
serving mother's wisdom



The Yoga-Doula is a non-medical mother's companion during pregnancy, birth and postnatal period. Her support is based on yoga and Ayurveda tradition adapted for modern women and family.

Join the Yoga Doula Training

With Inspiring Teachers
Lead Teacher Gurujagat Kaur

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

Train to **empower women** during pregnancy, birth and postnatal period

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

Training 2017-2018 :

Barcelona, Spain

Amsterdam, Netherlands

Chateau Anand, France

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

Based on Kundalini Yoga and Humanology as taught by Yogi Bhajan

**For all information on training,
or to organize a training in your country :**

www.yoga-doula.eu - info@yoga-doula.eu

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