



# The Mother's Journey

A PREGNANCY YOGA TEACHER TRAINING

## CERTIFICATION REQUIREMENTS

In most countries insurance companies and brokers will readily recognize this professional qualification and therefore issue public liability insurance cover to TMJ certified instructors. The following criteria has to be met:

- Attendance of 10 training days during the 10-12 days course;
- Satisfactory performance in practicum;
- Passing grade of 75% on the TMJ final examination;
- Creation of a 3 course curricula about: (1)“Pregnancy Yoga”/; (2)“Birth Preparation”;
- (3) “Post-Partum Yoga- Mothers and Babies”;
- Give proof of participation in 10 Kundalini Yoga classes taught by a KRI certified teacher, if the participant is not yet a qualified KY instructor;
- Full payment of the course fees.

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