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# The Mother's Journey Agreement – Appendix 1

## CERTIFICATION REQUIREMENTS

### The Mother's Journey Pregnancy Yoga Teacher Training

***Please read, sign and return this form to your Lead Trainer. This form will be checked and signed by the Trainer AT THE COMPLETION OF TMJ COURSE.***

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 “pregnancy yoga”/”birth preparation”/”mothers and babies” course curricula.
- Give proof of participation in 6 Kundalini Yoga classes taught by a KRI certified teacher, if the participant is not yet a qualified KY instructor.
- Full payment of course fees.

I, the undersigned, have read, understood and abide by the The Mother's Journey Pregnancy Teacher Training certification requirements. I understand that The Mother's Journey is not responsible for my interpretation of the teachings given.

I accept that pregnancy outcomes are always uncertain. The teachings, the advice and suggestions offered during this The Mother's Journey Course do not constitute or substitute medical advice. The techniques taught will not induce a miscarriage or any complications or issues during pregnancy or birth. I am advised to be fully insured before teaching yoga to pregnant women.

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(signature)

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(date)

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(print name)

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(course location)

I recommend this trainee to be certified as a Pregnancy Yoga Teacher in the tradition of Kundalini Yoga as taught by Yogi Bhanjan since she has completed all requirements for certification.

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(Lead Trainer)

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(date)

[www.themothersjourney.co.uk](http://www.themothersjourney.co.uk)

contact: [info@quinta-do-rajo.pt](mailto:info@quinta-do-rajo.pt) or phone Joana +351 219616197

Please return this form to: Quinta do Rajo, Rua do Rajo 1, Santa Susana, 2705-736 S. João das Lampas, Portugal

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