



Awakening Birth

Conscious Beginnings

YOGA THAT COMPLEMENTS PRENATAL, CHILDBIRTH AND BABY CARE

KARMA FAMILY YOGA CENTER



Conscious birthing... conscious parenting

The nine months of gestation is the most focused time a mother has to impact the growth and development of her child. It is a time of influence on brain and organ development. This time shapes the person this baby will become – from soul level outward.

“How powerful to have an impact on this quiet but crucial time of a new life,” says Katherine Austin, founder and owner of Karma Yoga and a mother of three grown sons.

Karma Yoga offers classes for expectant mothers, women wishing to conceive, new mothers and parent-child

*“Women have now reached a time in our planetary history when
we must learn to procreate from
not just to fill up an empty*

together. This menu of family classes introduces the power of yoga on every stage of life – from conception through toddlerhood and beyond. It is the first time in Southeastern Michigan that women can find regular yoga classes that support conscious birthing and parenting on a regular weekly schedule.

Expectant mothers find that the physical and spiritual benefits of yoga not only ease the process of gestation but profoundly prepare them for an easier labor and birthing process, creating a calmer start to life for their babies and their maternal roles.

“The idea of conscious conception is profound,” says Katherine Austin. “A mother can prepare to receive a soul, and our ancient traditions guide mothers along this path. We clear out the past, eliminate emotional blockages and prepare a healthier body and mind for conception and gestation.”

Research shows that if a mom is calm and relaxed throughout her pregnancy, she won't bring fear into the birth process. That state of calm is passed on to her child. Yoga prepares a mother for a supreme state of awareness so that her baby is born in the most positive of circumstances.



*our conscious choice,
space inside ourselves or to try to get a man.”
– Christiane Northrup, M.D.*

Karma FamilyYoga Center Offerings



Conscious conception encourages us to see the wisdom behind the plan of life and take an active role in becoming a parent and relating to our children and ourselves.

The sacred journey of life contains so many inherent possibilities for connection and elevation. Our family yoga classes teach:

- How to prepare for and invite a child into your family.
- How to nurture yourself and your child through pregnancy.
- Support and guidance for doulas, lactation consultants, midwives and obstetricians as well as partners, friends and family.

Karma Yoga offers classes for women wishing to conceive, expectant mothers, new mothers and parent-child together. We provide opportunities for mothers at every stage to gain information that make them better parents – from their perspectives on motherhood, to how they live it, to how they care for themselves along the way.

Our teachers, with trainings in The Khalsa Way®, DigYoga and Mindful Mamas™, take students through

*“Personal transformation can and does have global effects. As
The revolution that will save the*

poses, breath-work and meditation to prepare for a healthy pregnancy and birthing process. Classes are offered three times weekly on the regular schedule.

Prenatal Yoga: Breath-work, poses and meditation teach moms-to-be to find calm, radiance and a healing joy, influencing the way babies enter the world. Breath-work teaches expectant moms to eliminate stress and silence the noise of the world to focus on the inner Self and create a peaceful pregnancy.

Spirit Baby Yoga: Mommy and Me yoga (daddies are welcome, too) is a gentle and encouraging setting for parents and their little ones (ages 6 weeks to 3 years) to connect, nurture development and deepen their innate bond. These classes also offer support for new parents.

Workshops & Seminars: Guided by ancient yogic philosophy, Karma Family Yoga Center offers frequent workshops on topics from conception to raising children allowing special opportunities for parents to consider their approach to parenting. Families will gain new tools, perspectives and empowerment to be the best they can be.

Expectant Parents Partner Yoga: An intimate opportunity for mothers and fathers to escape the stress and pressures of daily life to focus entirely on inner Self, each other and their pregnancy.



Creating Healthy Families: This series of classes will offer Ayurvedic approaches to newborn and new parent care, including nutrition, massage and herbal medicine. Learn self-massage techniques for mother and child to promote healthy digestion and speedy recovery; healthy, wholesome recipes that are easy for new moms; and other holistic lessons to inspire and empower new parents.

*we go, so goes the world, for the world is us.
world is ultimately a personal one.”*

– Marianne Williamson

"It is a privilege to have children, not a right. The elders took that child, and the woman couldn't have more children. Children are You treat them as if they don't belong to you;



Katherine Austin

Katherine Austin, E-RYT, opened Karma Yoga in 2003. She is certified in The Khalsa Way® prenatal yoga, Ashtanga and Vinyasa. A yoga instructor for nearly 20 years, a Natural Meditation Technique teacher, and a trainer of yoga teachers, Katherine leads yoga retreats and workshops around the world. Beginning in 2012, Katherine is expanding the mission and focus of Karma Yoga to offer Michigan's only full-scale family yoga center, beginning with pre-conception and continuing throughout the lifecycle to offer yoga to all ages and all life stages. Katherine is the mother of three grown sons.



Nicole Hall-Gendjar

Nicole Hall-Gendjar has been a student of yoga for almost 18 years. At an early age, she fell in love with yoga and its focus on breath and the community. At age 19, Nicole took her first yoga teacher training. After completing her degree in sociocultural anthropology at Michigan State University, Nicole found her way back to yoga. Ready to teach and to share her yoga, Nicole began Karma Yoga's Teacher Training with Katherine Austin in 2010. Most recently, she completed Mindful Mamas Prenatal Teacher Training with Laurel Hicks.

About Karma Yoga

Founded by Katherine Austin, E-RYT, in 2003, Karma Yoga is a yoga studio in Southeastern Michigan that prides itself on offering integrity, authenticity and high-quality yoga instruction. Classes are open to all ages, from prenatal to seniors, guided safely by Karma's trained staff of teachers, who collectively bring more than 200 years of experience, study and living by yoga principles.

Offering a broad range of classes, special programs and merchandise, the Bloomfield Hills, Mich., studio offers some of the most progressive programs in the state, including Michigan's first Khalsa Way® prenatal yoga class as well as adult yoga, family yoga, yoga therapy, meditation, workshops, retreats and yoga teacher training.

(women) used to determine who could have children. If somebody abused a child, they sacred...living treasures, gifts from the Great Spirit. they belong to the Creator.”

– Betty Laverdure (Ojibwe elder)



Natalie Donnellon Piet

Natalie Donnellon Piet is a mother, Certified Yoga Teacher and Ayurvedic Inner Medicine Practitioner. She uses Yoga and Ayurvedic Medicine to help students improve health as a gateway to higher consciousness. Natalie delights in the journey of aligning with nature and helping other moms reveal the innate goodness and radiant health that is the essence of family life and mothering, guiding students to create inner health and harmony for their families, especially in the sacred weeks following birth. Dedicated to the study and practice of Ayurveda (the sister science of yoga) in the Wise Earth Tradition, Natalie is a Certified Massage Therapist (CMT) and Ayurvedic Counselor, trained in the U.S. and Southeast Asia. Her classes are filled with poetic language, philosophy and laughter, and she offers private Yoga sessions and Ayurvedic consultations to bring body, mind and spirit into balance and harmony.



Lori Cohn

Lori Cohn, RYT, has been practicing yoga since 1994. She completed her initial teacher training with Katherine Austin in 2006. She also has done Anusara Teacher Training with Desiree Rambaugh, Betsy Downing and John Friend, and Immersions with Sara Davidson Flanders and Natalie Donnellon Piet. She received Anusara Inspired status in 2010. Lori completed prenatal teacher training with Sue Elkind and has studied with other leading instructors including Todd Tesen, Sianna Sherman, Christina Sell, Jonny Kest, and Mitchell Bleier. Obtaining knowledge and inspiration from each teacher, Lori hopes to share and inspire her students to explore the challenges, opportunities for growth and ultimate bliss that can be found in the practice of yoga.

Karma Yoga

“Having a child is a beautiful kind of alchemy.

*What this soul brings to you, and what you bring to the soul,
transforms you both for all time. **Having a child is a
living prayer and simply amazing grace.”***

- Gurmukh Kaur Khalsa, Founder of The Khalsa Way®

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