

Pregnancy Yoga Teacher Training Prospectus

Thank you for your interest in pregnancy yoga teacher training. In recent years pregnancy yoga has become very popular, and there now are quite a few courses offering training for teachers in this field. I view this as a positive development, enabling you as a prospective trainee to choose a course that most precisely meets your needs, and enables you to teach your students appropriately.

When you are weighing up the relative benefits of the courses on offer, it is helpful to know the key differences between them. In brief, the training I offer equips you to:

- design and teach appropriate yoga classes and private sessions to all pregnant women, including those with previous yoga experience and practice and those who are new to yoga, and those in the early postnatal stage;
- teach a full range of holistic yoga techniques that enhance a woman's experience of pregnancy as a preparation for motherhood, and in the immediate postnatal period, including asana, paired asana, pranayama, nada yoga, mudra, bandha, mantra, prana vidya, dharana, meditation, and pratyahara through yoga nidra (deep relaxation);
- understand the philosophical and spiritual basis of yoga in the context of the emotional journey towards birth and motherhood, and to use that understanding as the basis of all pregnancy yoga teaching, and for the immediate period of postnatal recovery.

The course involves obligatory detailed observations of pregnancy yoga classes and/or DVDs (as broad a range of approaches as you are able to find), and three short assignments that help you to focus your learning in a practical manner by creating handouts, publicity material and health questionnaires for your future students. The sixth day of the course involves an appraisal session, at which your teaching is observed by experienced pregnancy yoga teachers. The appraisal is conducted in a supportive and mutually respectful manner, so that most trainees find this experience to be hugely enjoyable, and often comment that the appraisal session was one of their favourite parts of the course.

To help you make an informed decision about whether this training is the one for you, I warmly encourage all prospective trainees to attend, if they are able, any of the Sitaram yoga for pregnancy classes or birth rehearsal workshops in central and south London. These classes are all taught by teachers who have attended my training courses. Details of these classes are here - www.sitaram.org - and we have an open door policy for all trainees. If you are not within easy reach of London, then the best way to get a feel for the approach of the course is to take a look at the pregnancy yoga disc of the DVD set Mother Nurture Yoga, available on www.yogamatters.com. If you do decide to go ahead and apply for the course then your observation either of the taught class or the DVD class can count towards your required class observations.

If you want to know more, then please read on:

One of the distinctive features of the training I offer is that it encourages you to think for yourself and to develop your own style and method of teaching pregnancy yoga within a clear framework of safety guidelines. I have been involved in training pregnancy yoga teachers with a number of different organisations since 2001, and my own personal practice since 1984 has been inspired by a range of different yoga traditions, so the courses I run tend to draw on a wide variety of different influences. This is why I am very happy to be working with Yogacampus, whose courses have established an enviable reputation for promoting an inspiring and eclectic range of all that is best across many yoga traditions. First and foremost though, I am a yoga therapist, so everything I train teachers to do is grounded in sound anatomical and physiological principles, observing sensible health and safety guidelines.

One of the other distinctive features of this training is that it gives equal emphasis to each of the pancha kosha (physical, energetic, emotional, wisdom and bliss bodies). This means that the training provides balanced instruction across all of these topics: asana, pranayama, nada yoga, mudra, bandha, mantra, prana vidya, meditation and yoga nidra (deep relaxation). We also focus an entire day on the needs of the early stages of postnatal recovery.

You will notice from my biography that I am mother to three children, and author of three books all related to yoga and women's health. Both as a mother and a writer (and as someone who spent ten years lecturing in higher education) I am wholeheartedly committed to sharing the benefits of yoga for all women at all stages of their lives - I aim to do so with clarity, passion, and to the highest possible standards. I am very proud of the detailed course manuals which I provide for my trainees, and the thorough training I offer in all of my courses, and I am happy to answer questions from trainees, prospective trainees and graduates of the trainings I offer.

My aim is to give you the information and practical training you need to enable you to respond with joyous creativity to the needs of your pregnant students. If you have any questions, please do email me at yoga@sitaram.org.

Uma Dinsmore-Tuli

Uma was first introduced to yoga at the age of four, and has been teaching yoga and meditation since 1986 and training yoga teachers and therapists since 2001. She has a PhD in Communications from London University, a diploma in Yoga Therapy from the Yoga Biomedical Trust and is a recognised teacher of the British Wheel of Yoga. Before yoga and mothering took over her life completely, Uma spent seven years as a journalist and ten years working as a lecturer, tutor and course designer in higher education. She draws on her experience as writer, educator and mother to create positive learning experiences and high standards of teaching, training, appraisal and support on all her courses.

Uma teaches the British Wheel of Yoga Module in Pregnancy Yoga, designed the British Wheel Module in Postnatal Yoga and is a member of the British Wheel of Yoga's Child Protection Steering Group. Uma is also a Breastfeeding Counsellor for the National Childbirth Trust. She co-organises the annual Yoga Gathering Santosa, and teaches the family yoga sessions at the Healing Field Gatherings and other festivals. As well as the

pregnancy yoga teacher training module, Uma also designed and leads the Yogacampus early years yoga training course, covering family yoga sessions for parents and children from birth to four years.

Uma is a tutor on the Yoga Biomedical Trust/Yogacampus Yoga Therapy Foundation Course, and the Well Woman Yoga Therapy module. Together with her husband, clinical hypnotherapist Nirlipta Tuli, she founded Sitaram Partnership in 1998 in order to promote the further education of yoga teachers, and to make yoga more accessible through classes in St Thomas's and King's College Hospital and other places in central and south London.

Uma is the author of three books about yoga therapy for women's health: *Mother's Breath* (a definitive guide to yoga breathing and awareness practices for pregnancy, postnatal recovery and mothering); *Teach Yourself Yoga for Pregnancy and Birth* (Hodder and Staughton) and *Yoga for Living - Feel Confident* (Dorling Kindersley). She has also produced a number of CDs and DVDs to support the practice of pregnancy, postnatal recovery yoga and yoga for the relief of stress. For full product listing see www.yogamatters.com.

Uma practices what she preaches: she is mother to three children: Tejomaya, Abhisheka, and Rajakumari Prayaag, who were all born at home in the Sitaram yoga rooms.