

Pregnancy Yoga Teacher Training Prospectus

Thank you for your interest in pregnancy yoga teacher training. This long-established course is taught with love and passion by a joyful, committed team of three excellent and highly experienced trainers: Uma Dinsmore-Tuli, Lisa White, and midwife Emma Yate. Together we hold a clear open, welcome space for a superb training experience with depth and clarity at every level. In addition to a wide range of modified postures designed to support and enhance a woman's experience of pregnancy and birth, this course includes many subtle yoga practices relating to deep relaxation, sound and breath, that are not widely taught elsewhere.

We've been at this a very long time now and know that our course is uniquely nourishing and informative. The course was first offered in 2001 and has grown and developed and deepened over fifteen continuous years of successful trainings in six different countries. We love our work and we are delighted to share our combined years of experience with you. Uma Dinsmore-Tuli designed the course: she is a yoga therapist, mother and author. The course teachings are based on Uma's books 'Mother's Breath', 'Yoni Shakti' and 'Teach Yourself Yoga for Pregnancy and Birth.'

Uma co-teaches the course 50/50 with Lisa White who has been teaching pregnancy yoga for over twelve years, and who runs the highly successful Yoga Place Studio in East London and her new studio in Swansea. In both venues Lisa provides a full programme of pre-natal yoga, birth preparation yoga and postnatal yoga. Emma Yate has been a midwife for six years. Based in East London, Emma brings a wealth of experience, wisdom and understanding to the course, answering questions, contributing key points of understanding and delivering special sessions on birth and postnatal recovery.

In recent years pregnancy yoga has become very popular, and there are now many courses offering training for teachers in this field. We 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 we 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 (first four months); this includes learning how to hold women's circle space for pregnant women and their unborn babies with respect and sensitivity, whilst competently managing issues of time, and achieving a good balance between the focus on yoga practice, and respectful welcoming of women's emotional states;
- teach a full range of holistic yoga techniques (not just postures) that enhance a woman's emotional, psychic and physical experience of pregnancy as a preparation for motherhood, and in the immediate postnatal period, including asana (postures), paired posture work, supported posture work (using walls and

chairs), a set of restorative postures for pregnancy, pranayama (breath practices), nada yoga (sound practices), mudra (sacred gestures), bandha (locks and seals), mantra (sacred sound), prana vidya (knowledge of energy movements), dharana (focused attention), meditation, and pratyahara (sense withdrawal) through yoga nidra (deep relaxation);

- understand the deep 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. In this context, the course also addresses issues arising around pregnancy loss, grief and emotional disturbance, equipping students to know how to cope in their classes in the event of pregnancy losses. This aspect of the course is handled with sensitivity and depth, utilising yoga practices that honour women's experiences, and provide helpful yoga techniques to cope with intense emotions.

Uniquely, each day of this intensive training course begins with specially designed yoga nidra practices designed for pregnancy, and exquisitely beautiful meditations, sound practices and breath work that gives all students on the course a direct experience of the subtle power of yoga to support the transition to motherhood. There are also deep relaxation and sound practices in the afternoons, and a lot of direct and practical encounters with restorative yoga. The emphasis on practice experience and subtle yoga practice makes the learning process effortless and enjoyable.

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. Towards the end of course there will be a practical appraisal session at which your teaching is observed by experienced pregnancy yoga teachers who are skilled at giving positive feedback. The appraisal is conducted in a totally 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 our training is the one for you, I warmly encourage all prospective trainees to attend, if they are able, a class taught by a teacher who has trained with Uma and Lisa in the past. Please see www.WombYoga.org/teachers/profiles for a list of teachers. If you are not within easy reach of a teacher on this list, 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 at <http://www.wombbyoga.org/shop>. 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 we 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. Uma has been involved in training pregnancy yoga teachers with a number of different organisations since 2001, and her own personal practice since 1984 has been inspired by a range of different yoga

traditions, so the courses she runs draw on a very wide variety of different influences. This is why she is 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, Uma is a yoga therapist, so everything she trains teachers to do is grounded in sound anatomical and physiological principles, observing sensible health and safety guidelines.

One of the distinctive features of this training is that it gives *equal* emphasis to each of the five dimensions of existence, known as 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 attention on the needs of the early stages of postnatal recovery.

Uma is mother to three children, and author of four books about yoga therapy for women's health, and these books form the textbooks and basis for the teachings on this course: *Yoni Shakti, A Woman's Guide to Power and Freedom Through Yoga and Tantra*, *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 <http://www.wombyoga.org/shop>

Both as a mother and a writer (and as someone who spent ten years lecturing in higher education) Uma is wholeheartedly committed to sharing the benefits of yoga for all women at all stages of their lives. At this stage of the course development, Uma is delighted to be co-teaching 50/50 with her longstanding senior colleague Lisa White, and together Uma and Lisa make a great teaching team, who generously share their experience with clarity, passion, and to the highest possible standards. They are both proud of the detailed course manuals which provided for the trainees, and the thorough training offered, and we are happy to answer questions from trainees, prospective trainees and graduates of the trainings.

Our 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, about the course content, please do email Lisa yogaplacee2@googlemail.com or Uma at info@wombyoga.org.

A special note for pregnant and breastfeeding women

We walk our talk! That means that all pregnant and breastfeeding women are most welcome on the course. No matter what stage of pregnancy you are at, these teachings and the framework of the course ensure that you can be comfortable and well supported throughout. In fact it is a great blessing to welcome pregnant and breastfeeding women onto the course, because they often experience the teachings very deeply and get a lot out of the training that is personal as well as professional. The other students also get the perfect opportunity to see the value of this work in action! But do know that it is asking quite a lot of yourself to be a student as well as a mother (or mother to be), so be gentle and kind with yourself and rest whenever you need. We do our utmost to make this training fully accessible and supportive for pregnant and breastfeeding women.

Pre-course Information and Preparatory Work

The Aims of the Course

- a. to provide an holistic approach to the safe, appropriate and practical application of yoga in pregnancy;
- b. to equip participants with the tools to plan and teach yoga classes and courses for all stages of pregnancy, including asana, pranayama, mudra, mantra, relaxation, nada yoga and meditations for pregnant women;
- c. to provide a clear understanding both of the key principles of anatomy and physiology relevant to pregnancy, and of the social and psychological changes characteristic of the transition to motherhood;
- d. to enable students to re-consider pertinent aspects of yoga philosophy in relation to this major period of change in women's lives, and offer a practical framework for the integration of these philosophical and spiritual approaches into the teaching of pregnancy yoga in a way which incorporates both an awareness of the pregnant woman and of her baby; and
- e. to encourage a critical awareness of a range of different attitudes to pregnancy (both within different traditions of yoga practice, and in a wider cultural sense) in order to empower students to evaluate others' perspectives and develop a clear rationale for their own approach to the uses of yoga for pregnancy;

Reading

There is a long bibliography in the manual, but the single best book to get started with is *Mother's Breath: a definitive guide to yoga breath, sound and awareness practices during pregnancy, birth, postnatal recovery and mothering* by Uma Dinsmore-Tuli. If you already have a copy of this book please read at least the first and last sections before the course begins. If you do not have a copy of this book unfortunately it is out of print at the moment and Uma is in the process of writing a second edition which will not be available for a while.

But, in the meantime, you can go online to read the relevant extracts from Mother's Breath which will allow you to be well prepared for the course. Please find the links for the extracts as follows:

<http://www.yogayoga.nl/english/PosturesForPranayama.htm>
<http://www.yogayoga.nl/english/CircleOfBreath.htm>
<http://www.yogayoga.nl/english/BreathofLife1Abdominal.htm>
<http://www.yogayoga.nl/english/BreathofLife3.htm>
<http://www.yogayoga.nl/english/PostnatalPranayama.htm>
<http://www.yogayoga.nl/english/GoldenBreath.htm>

The other book to get hold of is: 'Teach Yourself Yoga for Pregnancy and Birth' (Hodder and Staughton 2008), which is used throughout the course to refer to diagrams and practice descriptions.

You are also strongly recommended to look at Uma's most recent book Yoni Shakti.

These books are available from www.wombyoga.org and www.yogamatters.com. It is not crucial that you get these two books but we would like you to look through them; if you decide not to purchase them please let Uma know via email so she may bring copies for you to look at on the first day of the course. If you do want to buy the books, Uma asks that you buy the books direct from Womb Yoga rather than Amazon as the Amazon order still comes to her to post out but then she only gets a small percentage of the book price!

If you have any queries at all about the course content, please do not hesitate to contact Lisa yogaplacee2@googlemail.com or Uma info@wombyoga.org. For any enquires about bookings please refer directly to info@yogacampus.com.

Pregnancy Teacher Training Pre Course Work

Thank you for booking the **Pregnancy Yoga Teacher Training Course**.

There is pre-course work you will need to complete in advance of your arrival at the course.

The pre-course assignments should be submitted to Lisa in the form of a SINGLE DOCUMENT with your name in the title, and attached to an email, or else included in the body of the email, by no later than **1 week** before the course start date.

Please email your work to Lisa at yogaplacee2@googlemail.com. *Please send in Word or a PDF, do not compress or zip files and all 4 are to be sent in one SINGLE email to Lisa directly at yogaplacee2@googlemail.com*

These are the questions you need to answer:

Please write a brief written reflection addressing the following:

- 1. What experience do I have of yoga for pregnancy?*
- 2. Why do I want to do this course?*
- 3. What do I hope to get out of it?*
- 4. What do I hope to put into it?*

Please also provide the following information about yourself:

- If you are a qualified yoga teacher - what yoga teaching qualification do you have? When did you gain this qualification? How long have you been teaching yoga?
- If you are a trainee teacher - which organisation are you training with? When will you finish your yoga teacher training?
- What specifically is of interest to you in teaching pregnancy yoga?
- Do you have any previous experience of teaching pregnancy yoga (or of practising yoga whilst pregnant)?
- Is there anything else that is relevant? Please let us know if you have any current health considerations. If you are pregnant you are welcome on the course however please do let us know your due date.

In preparation for the course, you also need to make observations of pregnancy yoga teaching styles. So please endeavour to sit in and/or participate in a minimum of five pregnancy yoga classes before the course starts. Get to see as wide a range of different teachers in action as you can. If it is hard to get to live classes, then online and DVD classes are acceptable. You are very welcome to attend any one of the pregnancy yoga classes listed on the website at www.wombyoga.org/teaches/profile – this is a list of teachers who have trained with Uma.

During or after each class you need **to complete a class observation form** – this form will be emailed to you in your joining instructions. The more time you take considering your responses to the classes, the more you will learn from what you observe. It really is worth thinking thoroughly about what you observe; this is why there are questions on the record sheet. You can do these handwritten or use an electronic version.

When you have made detailed observations, please SUMMARISE what you have learnt and write this in the summary document which is what you need to send to Lisa. Do not send all your observation forms to Lisa, please only send the summary sheet. Please send this to Lisa before the course starts, at info@wombyoga.org. If you run out of time do not worry, at a pinch you can bring them with you on the first day of the course. Please know that there are also demonstration classes within the course that you can count towards the number of observations of classes that you need to complete the training. This is an important part of the training.

At the very least please try to attend three pregnancy yoga class before the course starts - more is better though if you have time.

There are also other short assignments and homework (in the form of preparing handouts and short paragraphs of reflection) during the course. Details of these will be in the course manual and are there to ensure you assimilate the course teachings. These will need to be completed in order to receive a certificate of completion.

Please note that props and yoga mats will be provided at the venue. If you have a particular fondness for your own mat or blanket then you are welcome to bring it along but everything you will need is provided.