

Pre-course Information about Pregnancy Yoga Teacher Training with Uma Dinsmore-Tuli

Thank you for your interest/booking for this course. This is a seven day course, spread out to give you time to assimilate what you learn.

The aims of the course are;

- 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;

ASSIGNMENTS

Pre-course assignments

Please write a brief written reflection (2 sides A4 for each question is sufficient) 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?

Other assignments to be completed by the end of the course :

- b. Either prior to the first or second meeting: class observations and reflections
 - i. detailed accounts of the students and practices observed at a minimum of five pregnancy yoga classes. To include lists of students present, number of week's gestation, any health problems, emotional issues; plus description of practices taught, timing of sequences, students' responses, teacher's

methods of demonstration, adjustment and support of students. (Pro forma available). These observations form a crucial part of the learning experience, and will be referred to during course meetings. Support and advice in locating appropriate classes to observe will be provided by the course tutor.

ii The class observations may include the demonstration class presented by the tutor on the introductory day. The observations may be prepared in advance of the course, or during the course. If it proves difficult to complete all the observations prior to the second weekend (for example, if a student applies to join the course very close to the start date and has no time in advance of the course start to observe the required number of classes), then the observations should be completed at the very latest before the last weekend of the course.

c Prior to the second weekend:

i. reflective account of the course 'learning journey': drawing equally upon research (from the reading list), and upon a reflective analysis of their own learning journey through the course, students prepare a written account of what they consider to have been the most important areas of learning they encountered on the course. Any topic relating directly to pregnancy yoga is fine, so long as it provides the student with some sense of their own 'learning journey' and gives a chance to reflect on their teaching experience in this field. For example, the reflection may be upon the student's comparison of their own attitudes towards childbirth at the start of the course and at the end of the course; or upon an exploration of a particular in interest in pranayama, meditation or asana, for example. The written piece should be about 4000 words long (minimum 3000, maximum 5000) and should include direct reference to at least five texts from the reading list. It is to be completed within two months of the final course weekend.

a. During the course and continuing after completion

i continuing case studies / class logs: as an important resource for continued learning and appropriate awareness in this field, students are strongly encouraged to keep detailed logs of pregnancy classes during their first six months of teaching. The form and shape of the logs is very personal, and the comments therein are not for assessment, but for the purposes of monitoring one's growth as a teacher of pregnancy yoga. Practical strategies for keeping such records are explored in the final weekend of the course, in preparation of the student's beginning classes after the course completion".

READING

There is a long bibliography in the manual, but the two best books 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. Please read the first and last sections if you haven't got time to read the whole book before the course starts.

Also the *Teach Yourself Yoga for Pregnancy* by Uma Dinsmore-Tuli.

Both books are available from the Sitaram website

PREPARATION

In preparation for the course, please endeavour to sit in and/or participate in as many pregnancy yoga classes as you get the chance to do before the first meeting of the course. You are very welcome at any of the Sitaram pregnancy yoga classes listed on the website at <http://www.sitaram.org/schedule/schedule.html> You can

just turn up to attend them, but please let uma know in advance what classes you are planning to see.

After each class that you attend please complete the attached record, so that you can remember and learn from what you have seen. 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 about what you see quite hard, this is why I have given you the questions on the record sheet. You can do these handwritten or use an electronic version. Please either send the records of the classes to Uma before the course starts, or just bring them with you on the first meeting.

At the very least please try to attend one pregnancy yoga class before the course starts, but if you have time more is better. By the start of the third meeting of the course, aim to have attended at least five pregnancy yoga class in total, and written up observation sheets for all of them. This total of five can include the demonstration class presented by the tutor on the introductory day.

If you feel the need, you may like to present the attached letter to the teacher's
All the best, Om shanti, Uma

If you have any queries at all about the course, please do not hesitate to contact me
yoga@sitaram.org