

Schedule / Manchester 2009

Please note those of you just coming for a refresher day/s, the days available are days 4, 5 and 6. Please let me know which day/s you intend to come. uma@sitaram.org Cost £50 per day/ £125 for all three.

<i>Group's first gathering</i>			<i>Group's second gathering</i>		
Day 1 Fri April 24	Day 2 Sat April 25	Day 3 Sun April 26	Day 4 Fri October 9	Day 5 Sat October 10	Day 6 Sun October 11
<i>... 3 sessions 0930 – 13.00 each day ... Beginning every morning with chants, meditation & pranayama ...</i>					
Introduction to course and people, ground rules, spiritual framework	Opening practice. Golden thread pranayama Feedback.	Mini demo class - Asana modified part 2 & Using the wall.	Demo class: including Surya namaskar, and focus on unborn babies in the class: pancha kosha and pranavidya in action with mantra and mudra	Re-connection and feedback	Introductory settling
Crucial moves – transition and rest with ease. Principles of practice.	Mini demo class - Asana modified part 1 & partner work with sound & mudra	Maternal adaptations to pregnancy Part 2 Focus on postural change.		Mini demo class, Yoga for birth Asana and pranayama	Group Teaching practice and appraisal Everyone teaches. Time for self reflection and feedback
Safety guidelines and ayurvedic overview	Maternal adaptations to pregnancy Part 1	Pelvic floor health Part 2 ball and chair work.	Notes on yoga therapy including pubic symphysis dysfunction & sacro-iliac pain	Development of class plan; Small groups.	
The yoga of eating and sharing together: ... LUNCH 1300 – 1400 ... then 2/3 sessions 1400 -1730					
Demo class participant-observation for students	Pelvic floor health and pregnancy: Part 1 - pelvic mapping	Personal development Listening skills. De-briefing of personal experience.	Q & A on Practicalities Class times, insurance. Postnatal provision etc	Midwife led session on yoga, labour and birth with time for Q & A	Immediate postpartum – The basic essentials in theory.
Comment and notes on demo class;	Restorative yoga, Yoga Nidra and relaxation: theory	Emotional and spiritual 'psychic permeability' Miscarriage, birth trauma	3 M Debate: relative benefits of different teacher types for pregnant women.	Recap on practices, principles and safety guidelines.	Demo class for postnatal recovery
Closing. Hasta mudra meditation.	Restorative yoga, Yoga Nidra and relaxation: practice	Recuperative yoga - sound & relaxation	Recuperative yoga - sound & relaxation	Class management for coping with loss and grief. Sound and relaxation to close.	Yoga philosophy teaching self care. Closing practice. Evaluations

