

Sitaram Courses and events 2008

All courses marked (*CPD) are registered as offering CPD credit for all Birthlight and British Wheel of Yoga teachers.

BWY Postnatal Yoga short course (*CPD)

Focus on postnatal recovery classes with babies. With Uma Dinsmore-Tuli and specialist tutors from midwifery and osteopathy. For general yoga teachers from all traditions who also have training and experience of teaching pregnancy yoga. Six days: January 19 & 20 2008; February 9 & 10 2008; June 7 & 8 2008. Also runs again later in the year: July 12 & 13; October 25 & 26 & November 22 & 23; Cost £500. Booking www.sitaram.org

Pregnancy Yoga Teacher Training (*CPD)

For general yoga teachers from all traditions who are looking to develop their skills and knowledge to enable them to run classes specifically for pregnant women. Includes mantra, mudra, sound practices and yoga nidra. . Demonstrations, theory, practice, and fully comprehensive manual.. 1,2,3 February & 25, 26,27, April 2008. Also runs again later in the year: 3,4,5 October & 5,6,7 December 2008. Cost: £525 www.thelifecentre.org

Early Years Teacher training (*CPD)

With Uma Dinsmore-Tuli and specialist tutors from osteopathy and family therapy. For yoga teachers from all traditions who want to run classes for families with children from birth to four. Yoga principles, ethics, and games for fully interactive sessions. Demonstrations, theory, practice, and fully comprehensive manual. Six days: 16, 17, 18 May; 28 & 29 June & 19 October 2008. £500. Booking through www.thelifecentre.org

Safe Integration of pregnant /postnatal women in yoga classes

(*CPD) 14 June (pregnancy) & 15 June (postnatal) 1000 – 17.00 with Uma Dinsmore-Tuli. Clear safety guidelines based on the British Wheel of Yoga's specialist guidance for teachers. Practical suggestions, creative responses and time for questions. For yoga teachers from all traditions who want to build confidence and delight in teaching pregnant and postnatal women. Days can be taken separately or together. £50 each. Booking through www.thelifecentre.org

Santosa Pan-Yoga Gathering and Kirtan Camp

A not-for-profit event. Dawn to dusk yoga classes from every tradition in a friendly festival environment, camping in a Somerset field overlooking Glastonbury Tor. For everyone who practices yoga, and their families and friends, Babies and children welcome. August 22-30 2007. Full stay and partial stay available. Cost from £50 - £108. Booking through www.sitaram.org

Please call us 020 8678 0054 to discuss any of these events or courses