PRE-COURSE INFORMATION AND PREPARATORY WORK

Thank you for your interest/booking for this training course. It is spread out over 2 sessions with a total of 5 meeting days to give you time to assimilate what you learn.

The aims of the course are:

- to provide a holistic approach to the safe, appropriate and practical application of yoga in pregnancy;

- 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;

- 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;

- 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

- 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

When you enrol on the course you will be emailed detailed joining instructions, but so that you are aware of what these will be;

Pre-course assignments

A. **Brief written reflection** (2-4 sides A4 is sufficient) addressing the following:

- What experience do I have of yoga for pregnancy?
- Why do I want to do this course?
- What do I hope to get out of it?
- What do I hope to put into it?

**DEADLINE:** Send your reflections to [info@yogamudra.dk](mailto:info@yogamudra.dk) at least two weeks prior to the first day of the course.

B. 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 may attend pregnancy yoga classes in your own area*; you are also very welcome to attend any one of the Sitaram pregnancy yoga classes listed on the website at [http://www.sitaram.org/schedule/schedule.html](http://www.sitaram.org/schedule/schedule.html). Please let Uma know in advance which Sitaram classes you are planning to see.

*Contact Bodil at [info@yogamudra.dk](mailto:info@yogamudra.dk) if you would like to observe some of her YOGAMUDRA Pregnancy yoga classes. Please note that they are all taught in Danish, see schedule at [www.yogamudra.dk/Undervisning/Gravidyoga](http://www.yogamudra.dk/Undervisning/Gravidyoga).

If you feel the need, you may like to present the attached letter to the teacher of the class you are asking to observe.

After each class that you attend you must **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 we 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 [info@yogamudra.dk](mailto:info@yogamudra.dk) before the course starts, or just bring them with you on the first day of the course.

At **the very least please try to attend one pregnancy yoga class before the course starts**; more is better though if you have time. By the start of the second meeting of the course, you will need to have attended at least five pregnancy yoga classes 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.

There will be 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.
READING

There is a long bibliography in the manual, but the two best books to get started with are:

- Uma Dinsmore-Tuli: Mother’s breath – A definitive guide to yoga breathing, sound and awareness practices during pregnancy, birth, post-natal recovery and mothering (Sitaram and Sons, 2006). Please read the first and last section if you haven’t got time to read the whole book before the course starts.

- Uma Dinsmore-Tuli: Yoga for pregnancy and birth (Teach Yourself, 2008). If you are able, it would be useful to get hold of a copy to read the introductions and the first chapter before the start of the course. Uma will refer to diagrams and practice descriptions in this book.

Both books are available from YOGAMUDRA, www.yogamudra.dk/Shop/Yoga_books, as well as the Sitaram website, www.sitaram.org/sitaram/buy-products/.

QUESTIONS

If you have any queries at all about the course, please do not hesitate to contact Bodil at info@yogamudra.dk or Uma directly at yoga@sitaram.org.

All the best, Om shanti,
Uma and Bodil
To teachers whom trainee pregnancy yoga teachers have approached to participate/observe their classes:

Dear Colleagues,

Thank you so much for taking the time to connect with this trainee. She is enrolled for my pregnancy yoga teacher training course, organized by YOGAMUDRA in Copenhagen, Denmark.

It is a five day training course, spread over a number of months to permit assimilation and effective learning. An important part of the course is to encourage teachers to understand that there are a number of different approaches to pregnancy yoga. The course empowers them to develop their own response, appropriate to the needs of their particular students. In order to gain this understanding, I encourage the trainees to sit in on pregnancy yoga classes, participate, or assist according to the expressed wishes of the host teacher. Valuable learning can occur when the trainees are asked to explore, through self-reflective writing, their response to the classes they have observed/participated in afterwards.

In the past we have enjoyed a huge amount of support and encouragement for these trainees from pregnancy yoga teachers across all backgrounds and across the UK. The trainees learns huge amount from their observations, and grow in their own teaching confidence as a result. Many trainees have formed very positive connections with the teachers they observed, and have later gone on to support each other in the provision of cover teaching and the like.

Some teachers choose not to permit observers, and some welcome them. Obviously, this is your choice to make. I hope if you do decide to permit the trainee to observe that you will enjoy the experience of having them in your class.

If you have any queries at all about the course, or about the trainee’s learning, please do contact me (yoga@sitaram.org) and I will be more than happy to answer any questions you may have. If you decide to welcome them into your class, then I should like to be able to thank you for that, so it would be nice to have your contact details.

With all the best wishes, Om shanti

Uma Dinsmore-Tuli
Director, Sitaram Partnership