



## **YOGA FOR CHILDBIRTH PREPARATON COURSE OUTLINE 8 HOURS**

Many thanks for your interest in specialised prenatal and postnatal yoga and yoga for childbirth preparation. These areas form the three streams of study in the 50-hour Advanced Prenatal and Postnatal Yoga Teacher Training that we offer and is recognised by Yoga Alliance (Worldwide). You may do one or all three streams depending on your areas of interest. You can study the areas in any order and over one or two years.

In becoming a prenatal or postnatal yoga teacher, you to enter the privileged position of becoming a legitimate, health-care, team member who supports pregnant and birthing women. There is also much to be done, culturally and socially, to support women in the post-partum period. As a respected and trusted yoga teacher, you have the opportunity to help your postnatal clients navigate their new role as a mother with the support of trusted yoga and meditation techniques.

If you would like to discuss the course outline in detail, please feel free to contact me at [melanie@australianyogaacadem.com](mailto:melanie@australianyogaacadem.com) or on 0413 298 132.

Much love, Mel

### **Course Objectives – Sat 7<sup>th</sup> May 2022 10am-6pm**

- Overview of the anatomy of childbirth
- Overview of the stages of labour
- Understand the concept that during a vaginal birth, significant, but poorly understood issues relating to imbalances in the musculoskeletal anatomy of the mother's pelvis, pelvic floor, uterus and cervix may impede baby's birth. These imbalances may result in prolonged labour, failure to progress, instrumental deliveries, increased need for medications and C-Section deliveries.



- Explore the yoga asana and everyday movements that will help balance the musculoskeletal anatomy of the mother's pelvis, pelvic floor, uterus and cervix so as to help avoid unwanted interventions during the birthing process.
- Develop yoga asana sequences that encourage:
  - Optimal Foetal Positioning movements
  - Active Birthing Movement techniques
  - Babies in breech or posterior positions to change
  - Principles from other respected approaches to birthing, where the aims are a joyful and safe birthing experience for mother and baby
- Explore the best breathing (pranayama) techniques and the best meditation practices to prepare for birth and to use during birthing.
- Led prenatal yoga practice incorporating yoga asanas, breathing and meditation from the principles mentioned above.

### **Prerequisites for Attendance**

This course is open to qualified yoga teachers and yoga teacher trainees who have a genuine interest in working with pregnant and birthing women. It is also suitable for midwives and members from any other professions that work with prenatal clients on a regular basis. Please note that completion of part of all of the 50 hour Advanced Prenatal and Postnatal Yoga Teacher Training does not qualify you as a Yoga Teacher. This is advanced level training, designed to increase knowledge and understanding in a special needs area and will contribute to continuing professional development.

### **Pre/post reading requirements**

Please read/watch these prior to the course if you can:

- Janet Balaskas, *A New Active Birth*
- Gail Tully, "The Three Principles in Pregnancy" article

<https://www.spinningbabies.com/pregnancy-birth/the-three-principles-in-pregnancy/>



- Gail Tully explains Spinning babies: <https://www.youtube.com/watch?v=GqRG0Lz9iWQ>
- What is Hypnobirthing? Melissa Spilsted explains the Positive Birth Program:  
<https://www.youtube.com/watch?v=LpiH53BwY4M>