



Papilla Mehanti

Birthlight Perinatal Yoga Teacher Training Diploma Part I 19th-23rd July 2010



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Perinatal Yoga Course

Perinatal Yoga designates yoga applied to pregnancy, birth and the early postnatal period, offering a holistic approach to pregnancy, birth and babyhood using Yoga and breathing methods to enhance mother and babies well-being. All stages of pregnancy, birth and post-natal period are covered as well as related yoga postures,

anatomy and physiology, pranayama, dhyana, mudra and nada yoga, relaxation, yoga nidra and yoga philosophy. Emphasis is on understanding the changing needs of a pregnant body and the mental, emotional and spiritual preparation needed for birth and beyond. The course blends western knowledge of anatomy and physiology with an understanding of traditional yoga techniques, yoga therapy and Ayurvedic teaching. The teaching style is interactive and very practical, as theory is never separated from practice but always blended in for a deeper understanding of the beneficial effects of yoga at this special time in women's lives.



Birthlight

Birthlight is a friendly, informal charity, founded by Françoise Barbira Freedman 'to promote the physical and mental wellbeing during pregnancy, childbirth and parenthood of women, babies and fathers around the world through education and research'. Birthlight has developed a network of mothers, health professionals and researchers who share the view that much can be done in the community through simple means to promote greater wellbeing around childbirth.

Françoise Barbira Freedman, the founder of Birthlight, learnt her mothering skills from Amazonian rainforest people over long periods of anthropological fieldwork. She found empirically at first and increasingly through research that western babies and their parents could benefit greatly from this gentler yet rougher style of parenting both before and after birth. Breathing awareness, movement and rhythm, touch and sound have been integrated in simple practices accessible to all parents, whatever their backgrounds and culture.



Suitable for...

This course is open to qualified yoga teachers wishing to work with pregnant women at all stages of pregnancy, including birth and the immediate postnatal period. It is also aimed at Midwives, Doulas and other registered health professionals who are

directly involved in the antenatal care of pregnant women. In these cases, the qualification they will gain is the 'Birthlight Yogacise Diploma Part 1', which is specifically aimed at those who are not qualified yoga teachers. To allow for the variation in professional backgrounds, this will be a 5 day course in order to cover all aspects of the course adequately.

Please note that both these courses will be combined for this event. All interested yoga teachers must provide details of their Yoga teaching Qualification when booking on the course. All health professionals are also required to provide evidence of their profession. Photocopies are acceptable. All yoga teachers will be required to take out insurance to practise perinatal yoga once the 5 day course is complete, in order to progress with their course work and receive the full diploma. Birthlight will only endorse teachers who have completed Level I and level II of the teacher training, and completed all relevant coursework.

Teacher

Rosanna Kallibestos is a Birthlight Perinatal and baby Yoga Teacher, who first started her journey into the healing arts in 1999 with Reiki. Following the difficult birth of her daughter in 2001, she became a Yoga teacher, specialising in Pregnancy Yoga to enable women to enter into childbirth without fear and with minimum intervention. She has dedicated her life now to helping nurture pregnant women and their babies so that we may raise the future generation on a foundation of happiness, joy and bliss. She is based in UK where she runs classes in pregnancy, postnatal, baby and partner yoga and travels often to Greece to run seminars as well as teacher training programmes for Birthlight.



Overall Programme

Day 1:

Three phases of pregnancy: anatomy, physiology and psychosomatic processes in relation to Yoga practice.

Conception and Early Pregnancy ; Yoga asanas (with visual aids and practice)
Teaching body awareness and foetal awareness; Pranayana for pregnancy.
Self-massage techniques for promoting deep relaxation and reducing anxiety.

Day 2:

Second Trimester: Sun salutation variations, goals and practice related to anatomy, physiology and psychological changes for optimal tone of the pelvic floor. Yoga asanas and rhythmical sequences. Building strength and developing stamina.

Prevention of Symphysis Pubis Disorder. Prevention of back pain.

Creating a foundation for long-term well being in the transition to motherhood:

Nurturing the space for birthing from within with Yoga. Techniques to transform fear and anger to self and baby nurture.

Use of breathing, voice, chanting and mudras towards deep relaxation.

Yoga nidra.

Day 3:

Third Trimester: Sun salutation adaptations, Yoga in preparation for birth: optimal presentation of baby, alignment of mother's spine, toning the pelvic floor muscles with stretches integrating the flow of the breath.

Teaching yoga for pregnancy: class structure, formats and support networks; using props for effective and safe teaching and practice.

Labour: Birthing 'light' with Yoga: difference between 'pushing' forcefully and using spinal and abdominal muscles for giving birth.

Perineal massage. Breathing and relaxation for labour.

Yoga as a foundation for 'bonding' with the newborn.

Day 4:

Yoga Birth: further points examined. Preparation for a Caesarean birth with yoga 'Reverse breathing' after giving birth.

Postpartum: Progressive toning for a strong back and pelvic floor.

Re-alignment of the spine after giving birth.

Class structure, modes of teaching and support networks for teaching Perinatal Yoga

Collective quiz for course assessment and group debriefing.

Course evaluation and closing ceremony.

Daily Schedule

07:00 – 07:30 Optional meditation

07:30 – 08:30 Yoga

08:30 – 10:00 Breakfast / Shower time

10:00 – 11:30 Session 1

11:30 – 12:00 Break

12:00 – 13:30 Session 2

13:30 – 15:30 Lunch and Siesta

15:30 – 17:00 Session 3

17:00 – 17:30 Break

17:30 – 19:00 Session 4

19:00 – 20:00 Steam Bath / Evening Swim

20:00 – 21:00 Dinner

21:00 – 22:00 Optional meditation / chanting / fire ceremony / free time



Course Venue



The course will take part at Sunshine House, a non-profit organization, situated on the Greek island of Evia. It is a traditional, old country home and grounds used as a place for study, relaxation and rejuvenation where the philosophies, diet and healing arts of the East and the West are blended. A place which aims to promote simple, eco-friendly living and community spirit. Yoga, Thai Massage, Qi Gong, Nutrition,

Fasting, Meditation, Chanting, Organic gardening and cooking are some of the tools used on courses here to reconnect with nature, with each other and with the Divine.

To get to Sunshine House you need to fly into Athens and take a bus journey of 2 hours.

Cost

The course costs 500 Euros including food, accommodation, tuition, certification and full membership with Birthlight. A deposit of 200 Euros is required to reserve participation.

Contact

For more information see www.thaimassage.gr or email info@thaimassage.gr or join facebook group Sunshine House.

Phone: (0030) 22210 55109 / 6972 710516

More Info

- For details on the Perinatal Yoga Diploma Level I:

<http://birthlight.com/public/com/content.aspx?id=d582a493-3f83-473f-9a8b-9bdb00708216>

- For details on the Birthlight Yogacise Teacher Training Diploma Level I:

<http://birthlight.com/public/com/content.aspx?id=4b7798fa-57cd-4312-b71d-358e7fba9b55>