

### How do I apply to train as a YogaBirth Teacher?

If you are interested in applying for the course, please contact Judy at the address below. A more detailed syllabus will be forwarded to you together with a registration form.

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Dedicated to supporting women and families  
during the childbearing year

## Teacher Training Course

### Foundation Module

2010 - 2011

With  
Judy Cameron  
&  
Kay Millar

Professional Association of Yoga & Childbirth Educators

## Why train with YogaBirth?

The **YogaBirth** Teacher Training Course provides a unique opportunity to study with highly specialised yoga teachers and childbirth educators and learn to teach a form of perinatal yoga which is rooted in the body's own intelligence and intuition. **YogaBirth** has over 25 years of experience teaching yoga to pregnant women. Our approach is influenced by the work of Vanda Scaravelli, and is the ideal yoga for pregnant women: gentle yet powerful, constantly working with the breath and with gravity, with natural movement and attention to the structure and state of the body. Moreover, our Teacher Training Course incorporates a comprehensive study of the physiology of pregnancy and birth, as well as physical and emotional preparation for childbirth.

**YogaBirth** is the only perinatal yoga training in the UK to be run over two years, comprising a Foundation Year of 160 hours followed by a Probationary Teaching Year of 40 hours. The second year is under the mentorship of an experienced **YogaBirth** teacher. Students additionally benefit from the annual **YogaBirth** Continuing Professional Development study days which are guaranteed to all members.

### Who can apply?

**YogaBirth** welcomes anyone who has a deep commitment to working with pregnant women and who can demonstrate a regular yoga practice of at least 12 months. Participants often include yoga teachers, midwives, doulas, childbirth educators and complementary therapists.

### Where is the course held and how is it run?

The course consists of the Foundation Year and the Probationary Year. The Foundation course requires attendance at 3 non-residential Tutorial Weekends held in London, the 5 day residential at Brazier's Park in Oxfordshire, plus the annual **YogaBirth** Study Weekend held each June. Assignments are submitted over the Foundation Year with distance learning support via e-mail or telephone. Observation and teaching experience are gained by sitting in on a minimum of 20 **YogaBirth** classes over the first year and students must attend a regular weekly yoga class and establish a daily practice. There is a choice of three starting points for the 2010-11 Foundation Year: either the Tutorial Weekend of September 11<sup>th</sup> & 12<sup>th</sup> or December 4<sup>th</sup> & 5<sup>th</sup> 2010, or the 5 day residential from April 7<sup>th</sup>- 12<sup>th</sup> 2011. Following the satisfactory completion of the Foundation Year syllabus, students choose an experienced **YogaBirth** Teacher as their mentor who will then supervise them throughout their Probationary Teaching Year.

### What will the course cover?

The course is focused on how yoga and childbirth education can be integrated for health and well-being through the different stages of pregnancy. We will explore the principles of anatomy and physiology, safety issues, and the spirituality and emotional experience at this stage of a woman's life cycle. Through the processes of discussion, experiential work, assignments and yoga practice, students will learn to support and empower pregnant women on their path to motherhood.

## Who are the tutors?



### Judy Cameron BSc. (Hons) Health Studies; BWY Dip; Course Director

Judy felt moved to do this work following the birth of her two children. She qualified as an Active Birth Teacher with Janet Balaskas in 1997 and as a midwife in 2002. She also holds diplomas with the British Wheel of Yoga, Birthlight (Baby Yoga), is licensed to practise Yoga for the Special Child and to teach Hypnobirthing. She divides her time between teaching Yoga for Pregnancy, running birth preparation workshops, Baby Yoga Classes, yoga for children with special needs, and working as a midwife at Aberdeen Maternity Hospital on the Midwife Led Unit and Labour Ward. Judy is also a Module Tutor for the BWY Pregnancy Module and has recently co-ordinated the creation of new Yoga Scotland guidelines for Yoga in Pregnancy.



### Kay Millar BSc (Hons) Soc. Sci, PGCE; BWY Dip; MICHT Course Tutor

Kay has 2 children and has been teaching Yoga for over 25 years. Training initially in Iyengar yoga and in 1985 as an Active Birth teacher with Janet Balaskas, she is qualified as a yoga teacher by the British Wheel of Yoga and also with Peter Blackaby and Mary Stewart. She taught on the Active Birth Teacher Training course and worked with Sheila Kitzinger on her book 'The New Pregnancy and Childbirth'. Kay is also qualified in Baby Massage and Hypnobirthing. She is a senior **YogaBirth** Teacher and member of the Association of Independent Yoga Practitioners. Kay works in an International School in Oxford, whilst also teaching classes, courses and workshops in birth preparation, baby massage & post natal yoga, for women, their partners, students and midwives.

### Course size and cost:

The number of students admitted on the course will be a maximum of 12. The total cost (including the full cost of the residential, weekends and all teaching materials) for the Foundation Year Certification is £1,600. There may be a discount for those who pay within a given deadline. A further £400 is payable for the mentor supervision and tutorials during the Probationary Year. On successful completion of the two year course, the **YogaBirth Teachers Certificate** will be awarded with entitlement to full membership of Yogabirth with its special insurance, CPD and other benefits.