

YogaBirth



Dedicated to supporting women and families
during the childbearing year

Post Natal Teacher Training Module with Lolly Stirk and Annabel Hargrave
Guest Speakers Indira Ajimal & John Stirk

2010 Dates to be confirmed (Spring/Summer)

This course is open to students who have previously trained with **YogaBirth** as well as other experienced yoga teachers and childbirth educators wishing to specialize in teaching yoga in the postnatal period.

Aims

The benefits of yoga when specifically tailored for the postnatal woman are profound. Our many years of experience working with new mothers has shown us how on every level, from the physical to the spiritual, yoga assists women through the immense changes brought about by pregnancy, birth and motherhood. Through the processes of discussion, experiential work, assignments and yoga practice, students will be able to empower and support new mothers.

Our course will cover

- **Anatomy and physiology of the post natal woman** – to include hormonal changes, pelvic floor recovery, birth trauma
- **Specific post natal yoga practice and principles** – to include
- safety issues, maternal posture, core strength, relaxation
- **Emotional Issues** – to include
- reflection on birth, mother and baby attachment, feeding, spectrum of emotions following birth and postnatal depression
- **Housekeeping and Environment** – to include
- class format, venue, health and safety

Senior Tutor – Lolly Stirk

Lolly began her study of yoga in 1969. The birth of her daughter in 1974 gave her the inspiration to begin teaching pregnancy and post natal yoga. Since then she has been committed to developing and teaching her own innovative approach to yoga as a safe and effective practice for pregnant women and new mothers. Lolly is a founder member of the Active Birth Movement and for 15 years she co-directed the Active Birth Teachers Training Course with Janet Balaskas and Yvonne Moore in the capacity of Yoga Course Director. For many years she gave workshops to midwives at Thames Valley University and has conducted workshops for midwives, doctors, osteopaths and health professionals internationally and in the UK. Lolly is co-founder of **YogaBirth** an independent group of childbirth educators and specialist yoga teachers. She continues her work with pregnant women and new mothers in West London as well as training teachers in this valuable work.

Course Tutor – Annabel Hargrave

Annabel has 3 grown up children and qualified as an Active Birth teacher in 1997. She went on to train as a yoga teacher in 2001 with John Stirk, Sophy Hoare and Peter Blackaby. She has been teaching yoga, antenatal and postnatal classes in south west London for the last 12 years. She is also a birth and postnatal doula and a breastfeeding counselor. She is a course tutor and mentor for YogaBirth.

Indira Ajimal BSc (Hons) Ost. RM Pg Dip HV

Indira (also known as Indi) is a graduate of the British School of Osteopathy, London. She continued with a Postgraduate Diploma in Classical Osteopathy, Maidstone and Sutherland Cranial College courses. Osteopathy followed a career in the NHS as a London based midwife and health visitor. Indi is an experienced yoga practitioner and supports and encourages the practise of yoga through pregnancy and the postnatal period. In her capacity as midwife and osteopath Indi spends much time working with pregnant and postnatal women, and her appreciation of the remarkable capacity of the human body to return to health and balance is her trademark.

John Stirk has taught yoga for 35 years and graduated as an osteopath in 1983. He went on to lecture in bio-mechanics and practical osteopathy at the College of Osteopaths in London and was made a Fellow of the College in 1995. From 1998 – 2004 John provided yoga teacher training courses in London and continues to train teachers internationally and in the UK. He is the author of two books, *Soft Exercise* and *Structural Fitness*. John's grounding in Yoga, Osteopathy and Psychology has stimulated a continually evolving practice and approach to teaching that acknowledges bio-mechanical principles, anatomy, physiology, evolution and eastern and western approaches to personal growth.

Course Content

The course will be held over a long weekend and full attendance is mandatory. Students will be expected to observe and keep a diary of 10 postnatal classes. A completion date 6 months after course commencement will be set, by which time students will be required to demonstrate teaching skills. There will be a written end of module assessment required for course certification.

Qualification and Continuing Professional Development

On successful completion of the course and all assignments, students will be awarded a YogaBirth Postnatal Teacher Certificate. This entitles you to become a member of YogaBirth which enables you to take advantage of YogaBirth's continuing professional development study days and weekends, our special insurance package, newsletter and website.

Application and Registration

If you are interested in applying for the course please contact

Annabel Hargrave, 118 Mostyn Road, London SW19 3LP

Email: hargrave.family@virgin.net

A more detailed syllabus will be forwarded to you with a registration form.

www.yogabirth.org.