

Active Birth Yoga Teacher Training Weekend

with **Jane Campbell-Kaye**

16, 17 & 18 July 2010

FOR Yoga teachers and trainee teachers, interested in offering special classes for pregnant women, or in incorporating pregnant women into a general class.

VENUE: Bardon Counselling and Therapy Centre, 151 Boundary Rd, Bardon, Q 4064

TIMES: Friday 16 July 6.30pm – 9.00pm
Saturday 17 July 9.00am – 5.00pm
Sunday 18 July 9.30am – 5.00pm

16 CONTACT HOURS. PROFESSIONAL DEVELOPMENT POINTS WITH YTAA APPLIED FOR

COST: **Earlybird (before 1 June) \$350.00**
Full price (maximum number 16) \$400.00

COURSE CONTENT:

1. Principles of Active Birth Yoga
2. Short history of the movement and key teachers and writers. Reading list provided
3. Checklist of the many needs of women who chose this form of preparation; overview of what you can and cannot provide. Referrals
4. Teaching Aids especially pelvis, doll and birth ball
5. Preparing a balanced and rounded class
6. Principles of gravity in pregnancy and birth
7. Common ailments of pregnancy and how yoga can help
8. Hormones and their effect
9. Cautions, modifications and exclusions
10. Meeting special needs; good poses/best avoided poses
11. Pelvic pain, twins, breech babies
12. Partner work, group work
13. Pelvic floor work
14. Sound, chanting, vocalising for birth
15. Visualisations and relaxations
16. Breath work for pregnancy and birth
17. Positions for Birth

The whole weekend will be very experiential; so attendees will be doing and sharing, as well as listening. There will be lots of handouts. I am open to other specific requests by attendees on booking. There is NOT time in this weekend to cover postnatal yoga.

Jane Campbell-Kaye is, without doubt, Brisbane's most experienced Active Birth and Yoga for Pregnancy teacher. For 26 years Jane has taught prenatal and postnatal yoga classes, and provided Active Birth workshops and education services to thousands of women and their partners. She trained at the Active Birth Centre in London with Janet Balaskas. Among Jane's teachers are Michel Odent, Sheila Kitzinger, Ina May Gaskin, Sophy Hoare, Mary Stewart and Donna Farhi. Jane's gentle and intuitive yoga style is that of the late Vanda Scaravelli. Jane holds the highest level of membership of the Yoga Teachers of Australia Association (YTAA). Jane is also a certified Trainer, and has provided numerous workshops for yoga teachers and health professionals. She devised the Australian Diploma in Active Birth Yoga and Education which is certificated by Janet Balaskas.

BOOKINGS: email jane@activebirthvoga.org