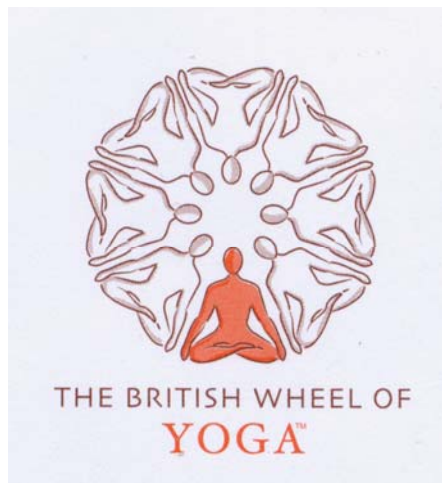


British Wheel of Yoga

Yoga for Pregnancy Module

with

Judy Cameron



Outline of Course

**Commencing
October 2008 Scotland**

British Wheel of Yoga

Yoga for Pregnancy Module

Introduction

This is the fifth Yoga for Pregnancy Module to be held in Scotland. It is open to all diploma holder teachers from the British Wheel, Yoga Scotland, Mandala Yoga Ashram, The Life Centre, The Yoga Academy, Inner Yoga Trust, Process Yoga, Sunpower Yoga, Triyoga and the Satyananda Yoga School. Applications from Yoga teachers from other Schools will also be considered.

Judy Cameron: Course Tutor

Judy has practised Yoga for many years and has been teaching Pre and Postnatal Yoga since 1996. It was while working as a nurse in Asia that she first became drawn to Yoga, when expecting her first child. She gained enormous benefit from this practice which gave her the confidence to go on to have her second child at home. She trained initially at the Sivananda Yoga Vedanta Ashram in South India, and has also completed a yoga-based Active Birth course in London and the British Wheel of Yoga Teaching Diploma. More recently she has trained with Birthlight to develop her skills in Baby Yoga. She now works part-time as a midwife at Aberdeen Maternity Hospital, and runs her own classes in Yoga for Pregnancy, the Yoga of Birth (birthing partner preparation), and Postnatal and Baby Yoga.

Aims

The course aims to enable teachers to plan and teach Yoga to pregnant women at different stages of pregnancy. We will explore the principles of anatomy and physiology, safety guidelines and the relevance of Yoga philosophy at this stage of a woman's life cycle. In addition we will consider the emotional and spiritual experiences of pregnant women. Through the processes of discussion, experiential work and assignments, teachers will be able to empower and prepare pregnant women for a positive birth experience.

Dates

The course commences with a Residential Intensive at Newbold House, Forres, Invernesshire from Thursday 16th to Tuesday 21st October 2008. This is followed by a Final day in Aberdeenshire in April/May 2009.

Assignments

Prior to the course, students will be asked to submit a brief outline of why they want to do the course, with reference to any experience they might have had where yoga was used in preparation for childbirth. Further assignments will be given following the Residential. Although some written work is required, there is a strong emphasis on the practical.

Resources

A list of recommended reading material will be sent out to students prior to the commencement of the course. There will be opportunity to view relevant videos/dvd's during the Residential. A wide selection of books and reading material will also be made available at this time. Handouts and teaching material will accompany each topic.

Course Size and Cost

The number of students admitted to the course will be around 10. The total cost (including the full cost of the residential, all teaching materials and handouts) is £750. In addition to this there will be a registration fee of £45 levied by the British Wheel of Yoga.

Application and Registration

If you are interested in applying for the course, please write to:

Judy Cameron
Cottown
Leslie
Insch
Aberdeenshire AB52 6PF

e-mail: judycameron@yogabirth.plus.com

Tel: 01464 820346

See also: www.yogaofbirth.co.uk www.newboldhouse.org

A more detailed Content of the Course will be forwarded to you together with a Registration Form.