



**Teacher Training
Foundation Course Levels 1 and 2**

**with
Judy Cameron
and
Kay Millar**

**Scotland
Commencing
June 2009**

Teacher Training Foundation Course

Introduction

This course is open to all Yoga teachers and serious practitioners of Yoga with an interest in Yoga for Pregnancy, and its implications for a positive birth experience.

Judy Cameron: Course Tutor

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 in teaching with the British Wheel of Yoga and with Birthlight (Baby Yoga). She divides her time between teaching Yoga for pregnancy, running birth preparation workshops, Baby Yoga classes postnatally and working as a midwife at Aberdeen Maternity Hospital.

Kay Millar.

Kay has 2 children and is a British Wheel of Yoga diploma holder. She has studied Yoga for many years with Mary Stewart and other students of Vanda Scaravelli. She worked with Sheila Kitzinger on her book "The New Pregnancy and Childbirth", and also taught on the Active Birth Training course with Janet Balaskas. She holds the IIHHT Certificate in Baby Massage and is a registered YogaBirth teacher. Kay teaches Yoga and Baby Massage in Oxford.

Aims

The course is focused on 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 and assignments, students will be able to empower and support pregnant women on their path to motherhood.

Dates

The course will commence with a Residential week which will run from Saturday 20th June to Saturday 27th June 2009. This will be held at Newbold House in Forres, Morayshire. Following this students will study on a one to one level with an assigned Personal Tutor. The course will then conclude with a non-residential weekend in Oxford in September 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 of childbirth and yoga they might have had. They are also required to sit in on 2 YogaBirth classes prior to interview. Further assignments will be given during the Residential.

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 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.

Qualification

On completion of the Foundation Level 1 course, students will be awarded a Certificate. A further Probationary year under the Mentorship and guidance of a senior member of YogaBirth will be undertaken during which time students will begin to teach. Successful completion of this year will lead to a Level 2 qualification. Full membership of YogaBirth enables members to take advantage of YogaBirth's Continuing Professional Development programme, the special insurance arrangements, Newsletter and website.

Course Size and Cost

The number of students admitted to the course will be maximum 10. The total cost (including the full cost of the residential, all teaching materials and handouts) is £1,800. This completes the Foundation Level 1 for which a certificate is awarded. Students are required to pay £400 to their Mentor during the Probationary Level 2 year to cover Tutorials and Mentorship fees. On completion of this year certification and full membership is awarded.

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

Web: www.yogabirth.org www.newboldhouse.org www.yogaofbirth.co.uk

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