



YOGA &

MINDFULNESS

FOR PREGNANCY AND BIRTH

TEACHER TRAINING



Battersea yoga



Yoga & Mindfulness for pregnancy and birth

Lasting one month and comprising over 100 hours, with a faculty of four teachers, the intention of this training is that you emerge with a deep understanding of the transformative pregnancy and birth process and how to support that transition using the teachings, resources and wisdom of the Yoga and Mindfulness traditions.

This Pregnancy Yoga Teacher Training course is for yoga teachers who wish to offer certified Pregnancy Yoga classes and certified Yoga and Mindfulness for Pregnancy & Birth classes. It is also for childbirth educators, midwives, doulas, mindfulness teachers and hypnotherapists looking to expand their knowledge of yoga, mindfulness and active birth so as to enrich and deepen their own offerings.

Our training is robust, intensive and structured to ensure graduates emerge as well rounded, competent and professional teachers

We look forward to being part of your yoga journey and welcoming you to this training!



100 hours

Yoga & Mindfulness for pregnancy and birth

ABOUT THE COURSE



✓Yoga Alliance Professionals and FEDANT certified course

✓The most extensive and in-depth training available. The only training to offer 100 hours of Mindfulness training for pregnancy yoga classes and practical and embodied birth preparation training



✓Group mentoring session with our course director Nadia Raafat and Mindfulness teacher Belinda Freeman

✓Highly qualified teachers with decades of experience in both the birth room and labour ward and in the yoga studio

✓Pay in easy instalments

✓Ongoing support after course completion

COURSE OVERVIEW

- Two month duration
- Mindfulness training, Pregnancy Yoga training,
- Birth Preparation training, Anatomy & Physiology training.
- Four course teachers: Nadia Raafat, Belinda Freeman, Annie Francis, Laura Tilson
- 100 Hours comprising:
 - 2 x 3 Day modules of live teaching Friday - Sunday (36 hours)
 - Live online teaching (30 hours)
 - 1 hour group mentoring
 - Course work (33 hours)

DATES

Oct, 1st- 3rd
Oct, 9th, 16th and 23rd
Nov, 6th, 13th, 20th
Nov, 26th-28th

Graduation:
Dec, 4th

*Starting and finishing times may vary

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SYLLABUS

MODULE 1

YOGA, MINDFULNESS AND PREGNANCY

In this module, which spans three days and 25.5 hrs of live teaching plus 16 hours of online teaching, students will be exposed to the practice, theory, and anatomy of yoga for pregnancy. In addition, they will receive a thorough introduction to mindfulness theory and practice for pregnancy with guest tutor mindfulness teacher and psychotherapist, Belinda Freeman. Finally, in this module, we will explore the experience of pregnancy from a physiological, anatomical, and hormonal perspective with guest tutor osteopath Laura Tilson.

YOGA PRACTICE

- Yoga as an embodiment practice: Grounding and stabilising in pregnancy and birth
- Savasana for pregnancy
- Pregnancy Yoga is Flow Yoga: Incorporating breath awareness with movement to harness the flow state
- Stimulating lymph flow short pregnancy wellbeing practice
- Class modifications for the three trimesters
- Birth dancing: The ultimate expression of creativity and freedom. "Dance your Baby Out"
- Rediscovering your pelvis: Pelvic mapping and pelvic diaphragmatic breathing

- Cultivating strength, willpower, and empowerment through yoga practice
- A pregnancy yoga journey through the chakras

YOGA THEORY

- The ancient & modern origins of contemporary and female yoga
- The benefits of pregnancy yoga: The teachers remit - An inquiry into the responsibilities and challenges facing pregnancy yoga teachers today
- Common complications and contra-indications for the three stages of pregnancy
- The philosophy of the *Yoga Sutras* from the perspective of pregnancy
- From movement to stillness: Pranayama for pregnancy practice and theory
- The maternity context: Childbirth as a feminist issue
- Inform & Empower: Your remit as a teacher. Reach, resources and sources
- Introduction to the chakras as a portal to a deeper yoga experience
- The spiritual dimension of pregnancy and birth and ways to honour it
- Developing your own practice and continuing the journey of learning



MINDFULNESS

- Introduction to mindfulness: The philosophy and practices of mindfulness
- Introduction to the eight attitudes of mindfulness
- Awareness and autopilot: How we live in our heads versus coming into the body
- Body scan meditation: Practice and theory
- Inner preparation for childbirth and beyond
- Body and mind changes during pregnancy & birth
- Sound & movement meditation inquiry

- Breath a friend for life: Observing the breath as a place of insight
- Meditation practice in everyday life
- Gathering the scattered mind: Thoughts are not facts
- The art of reflection and discernment: How awareness can support our experiences and choices in pregnancy
- Allowing & working with difficult emotions: Practice and inquiry
- The stress response
- Neuroscience / The Plastic Mind: Changing your mindset and letting go of negative habitual thoughts
- The power of conscious thought, visualisation, intention, affirmation
- The need for heart-centered compassion meditation
- Loving kindness meditation and inquiry

ANATOMY

- How hormonal changes during pregnancy affect the physical, structural and emotional body.
- Common complications for women during pregnancy including: PGP, SDO, high and low blood pressure, back pain, carpal tunnel, diastasis recti, nausea and fatigue
- Uterine moulding theory and optimal foetal positioning from the perspective of the osteopath: The Perspective of the baby during late pregnancy

LEARNING OUTCOMES

- **An expansion of knowledge and understanding of an embodied pregnancy yoga practice**
- **Gain a deeper understanding of basic and fundamental Mindfulness practices and how they are adapted to pregnancy**
- **Gain a working understanding of the many physiological challenges of pregnancy and how best to support those challenges to facilitate healing through Yoga and Mindfulness practices**

MODULE 2

LABOUR AND BIRTH

In this second module, which also spans three days and 25.5 hrs of live teaching, students will be exposed to the practice, theory and anatomy of yoga and mindfulness for labour and birth. We will explore the labour and childbirth experience from a physiological, anatomical and political perspective with guest tutor midwife Annie Francis. In addition, you will move deeper into mindfulness theory and practice exploring mindfulness approaches to the challenges of the labour, birth and new mothering experience. Finally, we will introduce the business of pregnancy yoga teaching.

YOGA PRACTICE

- Womb yoga
- Yin and restorative yoga for pregnancy
- Chair yoga
- Yoga movements and practices for labour & birth - Chair, ball and positions

YOGA THEORY

- Constructing and teaching a birth preparation class.
- The business of pregnancy yoga

ANATOMY AND PHYSIOLOGY OF BIRTH

- The stages of labour from a hormonal, physiological and emotional perspective
- OFP in midwifery and movements and recommendations for malpresentation.
- Movements, positions and rituals for labour
- Birth choices and maternal rights





MINDFULNESS

- Fear and pain: The dynamic duo
- Mindfulness approaches and meditations for fear and pain
- Everyday mindfulness
- Mindfulness practices for being with pain, fear and loss of control
- Mindful speaking and listening
- Your baby is your teacher and relational needs

LEARNING OUTCOMES

- **Understanding of the needs of late pregnancy in the context of a yoga class and explore a number of ways to support women effectively during practice as well as prepare their bodies for labour.**
- **Feel able to construct and teach a full and effective birth preparation class that incorporates partners.**
- **Gain a deeper understanding of the philosophy of Yoga and how to bring the spiritual dimension to pregnancy.**
- **Gain deeper their understanding both cognitively and experientially of the efficacy of Mindfulness as a practice that supports and strengthens the teachings of Yoga. You will feel ready to teach key Mindfulness practices to their own students in preparation for labour and childbirth.**
- **Understand practical business strategies for seeing up you Yoga and Mindfulness for Pregnancy and Birth business**

100 hours

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FACULTY



NADIA RAAFAT

Nadia is a senior registered yoga Yoga Alliance professional with 15 years teaching experience. She has completed teacher trainings with the Sivananda Vedanta Centre, the British Wheel of Yoga, and the Satayananda School of Yoga and studied with, among others, Fausto Dorelli, Donna Farhi, Tara Fraser, Swami Pragyamurti, Cyndi Lee, Norman Blair and Lahusen.

A strong component of her teaching is in cultivating mindful and embodied awareness during practice. She began her meditation journey with Ajahn Sumedho at the Theravaden Amarawatti Monastery in Hertfordshire back in 2004 and continued exploring meditation and mindfulness with the Shamabala Centre in London.

She has completed a one year British Wheel of Yoga Meditation and Self-Development training and a Mindfulness for Mothers facilitator training with the Institute of Noetic Sciences. She is also an accredited Yoga Nidra Teacher.

A mother of 4, and a registered birth doula, with over 50 births behind her, Nadia is also a pregnancy and birth specialist. Initially trained in Pregnancy Yoga and Baby Yoga with Birthlight Inc and Postnatal yoga with YogaBirth, she has completed many further professional trainings with specialists in the pregnancy field including Ingrid Lewis, (VBAC training) Gail Tully (spinning Babies, Debra Pascali-Bonaro (Orgasmic Birth) Stephanie Larson (Dancing for Birth), International Midwifery Inc (Birth Skills), and more. She is the author and producer of Yoga & Mindfulness for Pregnancy & Birth DVD - a five class DVD programme which brings Mindfulness alongside Yoga to Pregnancy.



LAURA TILSON

Laura is a registered Osteopath with the General Osteopathic Council and an experienced, established practitioner in London. She graduated with a Masters Degree from The British School of Osteopathy in 2010 and then completed training in Paediatric Osteopathy with The Foundation of Paediatric Osteopathy; The Osteopathic Centre for Children (OCC).

Laura worked at the OCC's busy children's clinic for two years. She has worked in the neonatal intensive care wards in three London hospitals. She is currently completing a two year diploma at the Molinari Institute in Women's Health Osteopathy and training in their clinic treating women with a broad range of gynaecological conditions. She provides appointments for adults, children and babies in clinic, and also offers home visits for babies.

She uses a variety of osteopathic techniques including cranial, visceral and structural osteopathic techniques. She is experienced in treating a variety of women's health and pre- and post-natal conditions. As an undergraduate her research for her dissertation was awarded one of the top grades and she presented her findings at the Chiropractic, Osteopathy and Physiotherapy Conference in 2010.

Laura Tilson is a Member of the Institute of Osteopathy and an Alumni Member of the Foundation for Paediatric Osteopathy. She has completed post-graduate courses at the Molinari Institute of Health in Women's Health, The Sutherland Cranial College, in Safeguarding Children and pre-natal and post-natal courses with Miranda Clayton.



ANNIE FRANCIS

Annie is an experienced midwife with a rich and varied career spanning many years of clinical practice. In 2012 she was one of the founders and then CEO of Neighbourhood Midwives (NM), which grew into a dynamic and influential midwifery social enterprise.

Continuity of carer has always been Annie's passion and her whole career has been dedicated to either providing it herself as an independent midwife, or working with others to develop midwifery services providing caseload continuity within the NHS.

Part of the joy of providing continuity of care as a midwife is working in partnership with a woman and developing a trusting relationship with her over the course of her pregnancy. Getting to know each woman well means that support and information can be tailored to her individual needs.

This support can be physiological, social and emotional and is usually a combination of all three. The importance of self-care, peer support and birth prep are all needs that can be met in pregnancy yoga classes. Signing up for pregnancy yoga is something Annie encourages all women to do. It also enables them to build a local network during the antenatal period which becomes an invaluable source of support for after the baby is born.

Annie is the author of 'The Homebirth Handbook. How to have your baby safely and calmly at home'



BELINDA FREEMAN

Belinda Freeman is a Transactional Analysis Counsellor and Psychotherapist. She has worked with a unique, diverse range of people exploring, clarifying and developing the impact of culture, society, religion, loss, grief, cross-cultural relationships, identity, gender, childhood trauma, relationships, parenting, work relationships, work-life balance, stress related health issues, obsessions, lack of self-confidence in an empathic, open-minded, curious, creative, therapeutic relationship.

Belinda trained with Wealden College of Counselling and Psychotherapy in a humanistic relational approach of Transactional Analysis Psychotherapy & Counselling, NLP, Cognitive Behavioural Hypnotherapy, Sports Performance, Relaxation skills, and Pain management.

Deepening her understanding of meditation and mindfulness, she studied and trained to teach Mindfulness-Based Stress Reduction, Mindfulness-based Cognitive Therapy with Patricia Collard and Oxford Mindfulness Centre, Mindfulness-based Childbirth and Parenting, Mindfulness for Pain and Mindfulness in the Workplace. She has also trained in Mindful Self-compassion with Dr. Patrizia Collard.

Over the years she has deepened her understanding of how our relationships and experiences affect us consciously and unconsciously in mind, body and spirit. She has worked in a number of NHS settings, private clinics and corporate environments and also volunteered with Bromley and Lewisham Mind in their Mindful Mums Project.

Her field of expertise is in the mind-body connection, anxiety, depression and prevention of relapse, sleep disorders, relationship issues, childhood trauma, stress, panic, chronic and short-term pain and illness, communication. emotional literacy, self-regulation, workplace mindfulness and cultivating creativity.

100 hours

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FREQUENTLY ASKED QUESTIONS



Are there any prerequisites to join this course?

Yes, you must have practiced yoga and meditation consistently for a minimum of one year.

I am not a yoga teacher, can I still do this do this training?

Absolutely. The course is not only for yoga teacher but also for childbirth educators, midwives, doulas, mindfulness teachers and hypnotherapists however, it is important to understand that in order to teach Pregnancy Yoga Classes you must have a previous certification in Yoga.

What is the difference between "In-person + Online" and "Online Only"?

The "In-person + Online" option is a blended learning experience, where some of the sessions will be in person at Battersea Yoga Studio (1st-3rd October and 26th-28th November) and the rest will be online. The "Online Only" option is a complete online experience where all the sessions are attended via live stream on zoom. You can join us from anywhere in the world!

What happens if I miss a session?

In the event that you miss a live stream session of the training, you will be able to watch the recording later in the day. If you miss an in-person session, you will need to agree on a catch-up plan with the teacher. This may include attending an extra session with the teacher charged at £60 per hour (split between all students who have missed the session).

What happens if I become pregnant?

In the event that you become pregnant, the teacher training administration and teachers undertake to be as flexible as possible and support you to work out the best way forward.

How much homework is there?

The Yoga and Mindfulness for Pregnancy and Birth teacher training course is a combination of practical and written assessments and a final examination. After each module, reading and small amounts of written work are set.

Students will be asked to keep a short meditation and self-inquiry diary, attend pregnancy/mindfulness/hypnotherapy/birth preparation classes for the weeks between modules. Towards the end of the course there are slightly longer pieces of work to complete. To achieve the certificate, students will be required to pass all assessments.



Is it possible to work full time alongside the training?

Absolutely. The majority of the contact hours on the training take place over weekends.

Where do the in-person sessions of the training take place?

Battersea Yoga (Studio 1)

I would like to pay in instalments, what are my options?

You can divide your tuition into 6 easy instalments, the first one must be £350 and covers the non-refundable deposit to secure your space. The rest of the payments will be collected monthly.

The first instalment needs to be paid before the course starts.

Do you offer any discounts?

Yes! We offer £50 off on upfront payments.

Discounts won't apply if you split your payments in instalments.

What does the course include?

The course includes:

- Digital teaching manual
- Free classes at Battersea yoga during the course
- Battersea Yoga tote bag (in-person students)

It doesn't include any of the suggested readings or vouchers to attend classes outside Battersea Yoga.

What is your cancellation policy?

You will be able to find our cancellation policy at the bottom of our general [T&C](#) page

100 hours

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TAKE THE NEXT STEP

TUITION FEES

PAY UPFRONT AND SAVE £50 OR DIVIDE YOUR TUITION INTO EASY PAYMENTS!

We have adapted our training to the current times and offer two different options
In-person + Online and Online Only.

The training full price is £1,150, don't miss our Super Early Bird discount of £900 (only available until 15th August 2021) and book your space now!



Have questions about the course?

Our Admission team is here to help. You can email us at

info@batterseayoga.com

You can also:

- **Arrange a zoom call**
- **Apply to enroll in the course**



Battersea yoga

