

# Perinatal yoga (yoga for pregnancy and birth) diploma

Birthlight has been a pioneer course provider in Yoga for Pregnancy and Birth since the 1990s. Courses are accessible to qualified yoga teachers.

## Who is this course for?

The course is open to applicants with a recognised yoga teaching qualification, ideally from a 200h course.

## Course outline

### Yoga for pregnancy and birth Part 1 & 2

This Diploma course is taught in two parts: Part 1 is the Foundation course and Part 2 completes the Diploma. Part 1 and Part 2 are taught separately with the home study period between them to allow students to complete course assignments.



Beyond safe and competent practice, the course aims to relay the ability to use yoga for helping pregnant women through their individual journeys, while fostering a supportive group atmosphere in which long lasting friendships may blossom among mothers to be.

The birthlight perinatal yoga course has distinctive features that enhance training in this popular area of yoga teaching:

- Yoga for Pregnancy and Birth is taught as an experiential journey from conception to labour and the early postpartum period. The course imparts practices that enhance wellbeing at each stage of pregnancy
- All practices are taught with relevant anatomy and physiology of pregnancy and labour in an integrated way. Theory is never separated from practice but always blended for a deeper understanding of the beneficial effects of yoga in each trimester
- All the components of yoga are included and modifications of classic practice clearly explained: Asanas are modified with flowing movement and progressive steps or elements, Pranayama is eased to accommodate pregnant women's restrictions, Bandha is modified to facilitate birth
- Participants discover facets of yoga they may not have come across in their training, in relation to deep pelvic muscles, connections between the breath and the diaphragms, sound practices (Nada Yoga), self-nurture (Ayurveda) and micro-movements developed within birthlight
- The course explores physical aspects but also emotional and spiritual changes in the transition to motherhood. Yoga principles such as non-violence and detachment are directly applicable to childbirth. Participants experience all practices before learning to teach them.



### How is this course assessed?

Part 1 is tutor assessed by means of a practical. During the home study that follows the course, coursework consists of a worksheet including an essay, two case-studies, four class observations and a review. The Perinatal Yoga Diploma is awarded after assessment of coursework and a final practical on the Part 2 course.

### What qualification is gained on this course?

The Diploma in Perinatal Yoga is the full teaching qualification recognised for purposes of insurance and professional accreditation. Diploma holders can be listed on the register of Birthlight teachers with their own web site entry and page. They can also list their classes through the 'Find A Class' directory.



Our training school has met the stringent requirements set by [Yoga Alliance UK](#), demonstrating that our courses are of the highest standard and that our graduates, may use the title 'Registered Yoga Teacher' RYT as a sign of quality training.

The Birthlight Perinatal Yoga Diploma has been approved for teachers' registration with [CNHC \(Complementary and Natural Health Council\)](#).

The course in Helsinki is taught by Francoise Freedman. Please contact Nicola Moberg at [nicola@purnayoga.fi](mailto:nicola@purnayoga.fi) or call +358 45 2732372 for more information.

**Price:** €995 Early Bird (by March 20<sup>th</sup>) | €1075 Late Bird

**Dates:** Part 1 18 - 21 May 2017  
Part 2 11 - 12 November 2017

**Venue:** Purna Yoga Helsinki, Fredrikinkatu 67 E 42, 00100 Helsinki  
[www.purnayoga.fi](http://www.purnayoga.fi)