

Body Awareness Birth™ Yoga Educator and Mother Support™ Specialist Training Workshop

Objectives

Teach a prenatal yoga class in a hospital, office, studio, or home with minimal props
Facilitate body awareness for pregnant women
Incorporate traditional and nontraditional yoga techniques into birth preparation
Define evidence-based birthing care practices
Provide doula support to women during pregnancy, birth, and postpartum

Three Day Workshop Schedule

Day One 8:30 am – 6 pm

8:30 – 9:30 am

Workshop Opening

Traditional Yoga vs. Body Awareness Birth™ Yoga

9:30 – 10:30 am

Body Awareness Birth™ Yoga Class

Break 10:30 – 10:40 am

10:40 – 12:00 pm

Changes of Pregnancy

Labor and Birth Process

The body and the flow of labor

Lunch 12:00 – 1:00 pm

1:00 – 2:20 pm

Unknown truths about labor pain

Breathing and Relaxation Techniques

Break 2:20 – 2:30 pm

2:30 – 4:50 pm

Breathing and Relaxation Techniques, continued

Moving the body during labor

Facing the challenges of labor

Break 4:50 – 5:00 pm

5:00 – 6:00 pm

Body Awareness Birth™ Yoga Class

Day Two 8:30 am – 6 pm

8:30 – 10:50 am

The connection to baby
Creating and using meditation, visualization, and affirmations
The power of vocalization

Break 10:50 – 11:00 am

11:00 – 12:00 pm

Body Awareness Birth™ Yoga Class

Lunch 12:00 – 1:00 pm

1:00 – 2:50

The standard of evidence-based birth medical interventions

Break 2:50 – 3:00 pm

3:00 – 4:00 pm

Body Awareness Birth™ Yoga Class

Break 4:00 – 4:10 pm

4:10 – 6:00 pm

Elements of Body Awareness Birth™ Yoga session
Implementing yoga techniques into a birth class
Body Awareness Birth™ Yoga, Dads, and Partners

Day Three 9 am – 4 pm

9:00 – 10:45 am

Mother Support™ is the dream of each birthing woman
Listening to the Birth Vision of each woman's heart

Break 10:45 – 11:00 am

11:00 – 12:00 pm

Body Awareness Birth™ Yoga Class

Lunch 12:00 – 1:00 pm

1:00 – 2:45 pm

After Childbirth
Babyhood
The untold experience of breastfeeding

Break 2:45 – 3:00 pm

3:00 – 4:30 pm

The passion and the profit as a Birth Yoga Educator™ and Mother Support Specialist™

4:30 pm

Workshop Closing