



# Yoga for Pregnancy Birth & Baby

TEACHER TRAINING

2019

# 150 - Hour Mindful Birth Teacher Training

## The Journey in Pregnancy, Birth and Baby

Pregnancy, childbirth and early parenting is a miraculous journey many women undertake, one of self-discovery and learning. The practice of yoga during this transition is important and valuable for women, their unborn child and infant. Pregnancy is a process of spiritual, physical and emotional transformation for women. Our Mindful Birth training program gives you the skills to help women and their families during this sacred transition.

## About Mindful Birth

Mindful Birth is the baby of Dr Jean Byrne & Michelle Papa. Together they co-founded Mindful Birth bringing together their experiences as mothers, pregnancy yoga teachers, childbirth educators and Dr Byrne's research into mindfulness & the childbearing period for over a decade.

This program grew out of the Mindfulness Based Childbirth Education (MBCE) pilot study by Dr Jean Byrne and researchers at Curtin University and The University of Western Australia. This 8 week program was a novel interweaving of mindfulness & yoga techniques with skills based childbirth education designed to overcome fear of birth, reduce the stress associated with this life changing time and to educate women to be active during birth, however and wherever they birth. The research findings can be found in BMC Pregnancy & Childbirth Journal and the Journal of Midwifery & Women's Health.

Drawing on the latest research and the findings of the MBCE Pilot Study, Mindful Birth now offers trainings to yoga teachers who wish to attain specialist teaching status with Yoga Alliance & Yoga Australia. In addition to the training of future Mindful Birth Yoga for Pregnancy, Birth & baby teachers through out Australasia Jean & Michelle continue to offer Pregnancy Yoga, Post Natal Yoga, Active Birth Workshops & Pregnancy Retreats in Perth, Australia.

## Delivery

Our Training consist of Three modules, delivered either over weekends or consecutive days for our intensive training. Choose One or ALL Modules

### MODULE 1

PRENATAL YOGA

### MODULE 2

POST NATAL YOGA

### MODULE 3

YOGA FOR ACTIVE BIRTH

## Certification

Participants will receive a certificate of completion for each Module they attend.

Upon completion of all modules and the relevant homework trainees are issued with a RPYT Certificate which can be submitted to Yoga Alliance (if you are already a YA teacher) to register as an RPYT. Please note following your training Yoga Alliance requires you teach 30 hours of Pre Natal Yoga to gain RPYT registration.

For more for information on Registered Prenatal Yoga Teacher (RPYT) requirements with Yoga Alliance, please visit this link: [www.yogaalliance.org](http://www.yogaalliance.org)

## Yoga Australia

This course is also registered with Yoga Australia as a Post Graduate course. Together with assignments, training attendance and additional class observations + teaching, trainees may upgrade they Yoga Australia hours and potentially registration level through this course. It enables, for example 200hr Provisionally Registered teachers to meet the requirements for Full Level 1 Membership of the Association.

## Become a Mindful Birth Teacher

Once you have completed all modules + homework please contact us to find out more about becoming a Mindful Birth accredited teacher. You can use our logo and resources in order to promote your classes + workshops and be part of sharing yoga, mindfulness and evidence based birth information with your community!

## Module 1: Prenatal Yoga

Pregnancy. It's a miraculous process of self-discovery and learning. It's a time of physical, emotional and spiritual transformation. And it's a time when the practice of yoga matters deeply as it affects the life of the pregnant woman and her unborn child. This course provides an overview of yoga and meditation practice throughout the pregnancy, birth and post-natal stages.

### Course Objectives

- To learn about the relationship between the practice of yoga and women's life cycles.
- To understand the medical and cultural context, both past and present, of pregnancy and birthing.
- To understand the physical and emotional changes that occurs for women and their babies at different stages of development, pre and post natal.
- To understand how to teach healthy pregnant women appropriate yoga practices for the stage of their pregnancy.
- To understand the common complaints, contraindications and conditions during pregnancy and how to adapt yoga practice to these in order to teach safely.
- To facilitate an understanding of how the teaching of pregnancy yoga can enable women to have a conscious and active birth and improve their birth experience and outcomes, so that teachers may then empower their students to birth consciously.
- To learn and implement the theory of Optimal Foetal Positioning as it applies to yoga asana in their yoga classes.
- To enable teachers to deliver interesting, informative and fun classes for women during pregnancy, for birth and beyond.

### Assessment

- Attendance and participation
- Completion of assignments

### References

Birth from Within by Pam England  
Bountiful Beautiful Blissful by Gurmukh  
Everyday Blessings by Myla and Jon Kabat-Zin

## Module 2: Post Natal Yoga

The post-natal period in a woman's life is a time in which she needs to focus on her physical, spiritual and emotional well-being, as it is central to her newborn baby's well-being. Post-natal yoga classes honour the experiences of mothers in this time of transition and learning as well as empower women to connect with their own beliefs and values regarding mothering. Postnatal yoga also offers a holistic form of exercise for women specifically focused on the needs of the post-natal woman, including pelvic & abdominal reconditioning and back & neck problems arising from pregnancy and breastfeeding.

### Course Objectives

- To understand the specific physical and emotional changes for women in the post natal period
- To enable teachers to teach women how to involve their baby in their yoga practice (mums and bubs)
- To understand how different birth experiences will impact upon the post natal yoga practice of individual women
- To understand baby development in the early post natal period
- To learn specific asanas and exercises for reconditioning the pelvic floor and abdominal muscles
- To understand the social context of mothering
- To learn about Mothering with Mindfulness and how you can integrate mindfulness techniques into your post natal classes
- To learn how to accommodate women with young children who are also pregnant in post natal classes.
- To enable yoga teachers to deliver dynamic and fun post natal classes for women and their babies.

### Assessment

- Attendance and participation
- Completion of assignment which includes class observations and written assignments

### References

Baby Om

Everyday Blessings

Buddhism for Mothers

Bountiful Beautiful Blissful

Momma Zen

Everyday Blessings by Myla and Jon Kabat-Zin

## Module 3: Yoga for Active Birth

The final Module of the Yoga for Pregnancy Birth and Baby teacher training is only open to those who have completed Modules One and Two. This module is developed to deepen your understanding of pregnancy childbirth and the post natal period. It is a highly effective and lively way to learn how to deliver Active Birthing Workshops in order to empower women and their partners to understand birth physiology and the principles of Active Birth.

Further this course will ground you in an understanding of the best evidence based care for pregnant women, and how education regarding care during pregnancy might be introduced into your classes in a workshop format. A range of resources will be provided to assist the implementation of effective childbirth education into your classes. In this final module you will receive individual feedback on your class teaching. This Module also involves detailed description of the Mindfulness Based Childbirth Education project designed by Dr Jean Byrne and other researchers. Completion of this and the previous two modules will enable you to have the unique qualification of RPYT, and pregnant women will know they are in safe hands in your classes.

## Course Objectives

- To understand women's physiology during labour and birth.
- To understand in more detail the stages of labour.
- To learn about the importance of the birth hormones and how to optimise the birthing environment for a natural birth.
- To learn about babies innate behaviour during the process of birth and discover how effective positions and movements can assist in the birth of the baby.
- To be able to apply practical knowledge of yoga postures to different stages of labour and birth as it is designed to enhance normal physiology during delivery.
- To develop strategies for implementing active birthing techniques in hospital settings.
- To explore, appropriate, practical teaching strategies for increasing the confidence of expectant parents in being able to give birth physiologically.
- To discuss ways of empowering women and caregivers to achieve desired birth outcomes.
- To learn how to use props to support women with more complicated pregnancies.
- To understand and develop a theoretical and practical understanding of mindfulness as applied to women's journey through pregnancy and birth, and how you can integrate mindfulness techniques into your classes.

## Assessment

- Attendance and participation
- Completion of assignment which includes class observations and written assignments

# Course Facilitators



## Jean Byrne, Co-Founder

Jean began practising yoga at the age of 19 while completing a Bachelor of Arts in World Religions and Philosophy. Her study of world religions led to an interest in yoga and meditation and she spent many years intensively studying yoga and meditation in India, Thailand, Malaysia and Australia. For many years she practiced Iyengar Yoga and was part of a dedicated Zen group. Her academic and personal journey into Eastern philosophy and practice led her to Mysore, India. Her teaching encompasses Restorative Yoga, Intuitive Flow and Vinyasa classes. Jean is dedicated to sharing the transformative power of Yoga and loves working with students and carefully and safely watching the way in which both mind, body and spirit open and unfold through practicing steadily.

Jean has lectured in Eastern philosophy at various Australian universities and has a PhD in Eastern Philosophy & Feminist Theory. She is a qualified primary school teacher, Childbirth Educator, a Yoga Alliance E-RYT500 and Registered Pre Natal Yoga Specialist Teacher, and a senior member of Yoga Australia (YA). Jean is also a certified Yoga Therapist. Jean is co-editor of the book, *Yoga in the Modern World: Contemporary Perspectives* (Routledge 2008). She writes for yoga magazines, yoga websites and academically her work is published in books and peer reviewed journals. She has undertaken the Mindfulness Based Stress Reduction Professional Training retreat with Dr Jon Kabat Zinn and conducts Mindfulness-Based research projects. She is mum to two beautiful boys, Jamie & Jesse, and is passionate about women's spirituality and the benefits of yoga for pregnancy, birth and beyond. Parenting is for her the ultimate practice of taking her yoga off the mat

# Course Facilitators



## Michelle Papa, Co-Founder

Michelle started her yoga journey in 2004 as she was seeking to find balance in life. It was when she was living in Los Angeles when she discovered the wonderful practice of vinyasa yoga and meditation. Through yoga she was able to connect with a part of herself that she thought she had forgotten due to the busyness of her life. Her interest in a love for yoga has grown exponentially upon moving to Perth in 2007 as she found her 'yoga home' at The Yoga Space where she practised in the Mysore programme and completed her Hatha Vinyasa yoga teacher training. This led her to travel to Mysore, India where she practiced and learned chanting. Michelle's deep interest in supporting women in pregnancy, birth and post partum life has led her to pursue further studies. She completed a Diploma for Childbirth Education, studied with Dr. Sarah Buckley, and with Spinning Babies founder Gail Tully. She delivers pregnancy and post natal yoga classes, mother's circle, pre and post natal teacher's immersion, and childbirth preparation workshops in Australia. Beyond pre and post natal classes, Michelle regularly teaches vinyasa yoga, yin and restorative yoga.

Together with Dr Jean Byrne, Michelle co-founded Mindful Birth, a Yoga Alliance and Yoga Australia accredited Pregnancy and Post-natal yoga teacher training course. She has delivered the Mindful Birth teacher training course in Australia and Asia for over a decade. She has a deep interest in the diverse application of mindfulness practice in the various facets of life which led her to start Inspired Girls, a community centered program that aims to nurture teenage girls through mindfulness, leadership, and educational workshops. Michelle continues to study with leading mindfulness teachers and researchers - Yoga for Trauma with The Trauma Center of Justice Resource Institute (JRI) US, Search Inside Your Self Training, Meditation Training with Tara Brach and Jack Kornfield. She's also pursuing studies in Psychology at Charles Sturt University.

Michelle resides in Sydney, Australia, together with her husband James and their vibrant young girl Cassy. She believes that information and education can bring about change, and is passionate about empowering young girls, and women through yoga and mindfulness practices.



# Course Facilitators



## Lauren Garret, Lead Teacher Trainer

Lauren found the practice of yoga as a sanctuary from the demands of the corporate profession and found that the practice supported and enabled her to navigate life, explore her truth and discover her inner potential.

Lauren teaches Pre and Post-natal yoga, yin and restorative practices, most recently at MAMA (Midwives and Mamas Australia) in Kensington. Over the past few years, due to family work commitments, Lauren has lived away from her family, recently in Shanghai where she gave birth to her daughter, and whilst Melbourne has been 'home', she currently resides in Ballarat.

Possessing a true passion for community, Lauren created a yoga and pregnancy support group for women birthing away from their home country in Shanghai. Her classes focus on building trust, connection and awareness within, and with baby, as both an anchor and inner strength that empowers, whilst nurtures, women in their transition of motherhood and change.

Having completed foundational training with Patrick Creelman, Pure Yoga Asia, Mindful Mindful Birth with Michelle Papa and Dr. Jean Byrne, Yin Yoga & Mindfulness with Sarah Owen and most recently she has commenced studies on the pathway to a Yoga Therapist.

A Wisdom Yoga Institute course convenor and mentor for Melbourne, Lauren has recently been working closely with yoga teacher trainees as they find and share their light in foundational yoga studies.

Whilst juggling yoga and a corporate career in HR, you will most likely find Lauren having an adventure with her toddler; sipping on lattes and baby chinos or escaping in her latest read.

# Course Facilitators



## Samathan Briatico, Lead Teacher Trainer

Samantha Briatico has dedicated her life to the journey of self awakening. She left her home in the USA with a spirit of adventure to travel the world and revel in new experiences. She settled in Perth Australia and deepened her yogic studies delving into asana, pranayama and meditation and now is registered at the 500 hour level. She has studied Ashtanga Yoga in India, and her practice now is a beautiful integration of movement practices, yoga asana and lived mindfulness. Sam is passionate about women finding ways to move, breathe and her own journey has led her to find depths of strength and resilience that inspires her students. She is the Founder of Zara and Co an online community to help families who have experienced loss and stillbirth and has recently began her doula journey.

Samantha teaches in Australia, Europe and Asia and is a proud mother to young Noah who has accompanied on her travels throughout the world. Motherhood has been her biggest teacher. Sam delivers Mindful Birth in Australia and Asia and continues to learn innovative approaches to support women throughout the cycles of life - including through ecstatic dance to help women connect with their inner knowing and wisdom.

# Course Facilitators



## Emma Cory, Lead Teacher Trainer

Emma Cory has been teaching yoga for over a decade and is the Mindful Birth development trainer for the Middle East. She lived and taught yoga in Saudi Arabia from 2012 – 2016 mentoring Saudi teachers and student on their yoga journey. Since returning to Australia she has enriched her offerings to share deeper levels of personal transformation, mindfulness and women's empowerment through yoga.

Her own experiences in birth, as a mother of two beautiful girls and Doula in the Kingdom of Saudi Arabia influence the richness of her teachings. She warmly shares this journey with her students. Navigating pregnancy, motherhood, friendships, partnerships and careers are all part of the rich tapestry of life she lives and shares on and off the yoga mat. Emma is Yoga Australia Level 2 Senior Teacher and Yoga Alliance RYT 500 & ERYT 250 & RPYS



Thank you