

BWY Pregnancy Yoga Module

with Wendy Teasdill

Course contents:

- * Conception and the first trimester
- * Maternal adaptations to pregnancy
- * Prohibitions and precautions
- * Modification and adaptations of asanas relating to these changes
- * Exercises for the 3 trimesters to alleviate common conditions of pregnancy
- * Problems associated with pregnancy and how to deal with them
- * Working with an exercise ball for both pregnancy and in preparation for labour
- * Optimal foetal positioning
- * Mula Bandha - the importance of a healthy pelvic floor
- * Preparing to let go during childbirth
- * Chanting and making sound
- * Relaxation, visualisation and meditation - appropriate techniques and positions
for the 3 trimesters
- * Pranayama - physiology of the lungs, precautions, appropriate practices
- * Breath-preparation for labour
- * Hasta Mudras for Pregnancy and the awakening of the subtle aspects
- * Birth and Labour - modelling of `normal' delivery with doll and pelvis and
preparation for the unexpected, including medical intervention
- * Positions for the three stages of labour
- * Post-partum support and exercises
- * Exercise following Caesarian section
- * The spiritual aspects of pregnancy and birth
- * Integration of philosophy with pregnancy Yoga
- * Basic belly dancing moves as a warm-up/loosener
- * Class Management - Setting up a class - lesson planning, class structure, class
interaction, integration of three trimesters and dealing with the unexpected
- * Publicity/keeping up to date

