



**MAYA
PRENATAL**

Teacher Training course content:

1- Prenatal Yoga practice

- The Mandala of pregnancy yoga asanas
- 6 Creative Sun Salutations with specific Theme & Intention
- 7 Class plans with specific theme, intention and Mudra
- Pregnancy Yoga Class template / Class Planning
- Affirmations & Poems for Pregnancy and Birth
- Mindfulness Meditations for Pregnancy & Birth
- Pranayama practices for pregnancy & birth
- Sound practices during pregnancy and in preparation for birth
- Building awareness of the pelvic floor muscles within the class setting

2- Prenatal Yoga Education:

- Joys and Benefits of teaching Prenatal Yoga
- Skillful and unskillful practices
- Variations & Adaptations : How to include all 3 trimesters in one class
- Offering hands-on assists : what is appropriate?
- Setting up a supportive Environment
- Creating a Community

3- Pregnancy Education

- Mothers gift - the pregnant body
- Trimester outline – physical and emotional joys and challenges as pregnancy progresses
- Pregnancy Discomforts and health Concerns
- A closer look at the Pelvic floor!
- The Womb - Womans power centre

- Knowledge of Pregnancy Hormones relevant to teaching prenatal yoga classes

4- **Birth Education**

- Birth - Rhythm & Flow
- Entering lifebonding and the first hour after birth
- The various foetal positions in utero – the benefits/challenges these create for birth
- Active birth versus Passive birth
- How we Birth matters – Medicated or unmedicated? pleasure or pain? Fear or freedom? Internal & external factors, pathways for coping and the domino effect
- Where to birth - an important decision
- Support of a midwife/ Doula/Partner

5- **Belly Dance for Pregnancy and Birth**

- Dancing from within - with Jade Mate

In ancient cultures, ritual dances supported women passing from childhood into womanhood through the discovery of their own sexuality, and then into motherhood through pregnancy and birth. These original dances, which included elements of belly dance as we know it today, allowed women to appreciate the beauty of their own bodies and to find joy and pleasure in movement, while strengthening their bodies and self-confidence for the creation of a new life

Jade will join us to share her wisdom and knowledge with how belly dance supports women during pregnancy and birth. She will offer some basic belly dance movements that can be easily integrated in a yoga class and will guide us through some improvisational dancing to support freeing the intuitive body. Finally we will all dance some easy steps in circle, feeling supported by each other and experiencing joy in movement and rhythm - just as it was done in ancient cultures.

Jade will also teach some of the prenatal yoga classes during the training.

Pre-course suggested reading : Please try to read at least one of these books before training

- ***New active birth, Janet Balaskas.*** (Deutscher Titel : `Active Geburt: Wie ich mich mit Atemübungen, Yoga und Massagen optimal vorbereite´)
- ***Ina May's guide to childbirth, Ina May Gaskin*** (not found in German – but maybe you find it?)
- ***Mindfulbirthing, Nancy Bardacke*** (Deutsche Title ` Der achtsame Weg durch Schwangerschaft und Geburt)
- ***Birth Reborn – what childbirth should be, Michael Odent***

Additional Pre-course creative projects:

There will be a couple of creative projects to complete before the training. These will greatly enhance your experience, and will be used during the training also. Upon completion of registration you will be sent a welcome letter a month before the training begins with this information.

What to bring to class:

Notebook and pens

bring your **camera** to class!

1 container 'Magisches Dough' – by CRAZE (founder in Müller)

An open heart to learning and sharing

A willingness to dive in and try something new

Bring your own knowledge, insights and reflections!

A gooooooood sense of humour!

About Kira

'Yes I can'. Three words, a simple yet profound Mantra which has guided and supported me through the years and brought me to the place where I am now. When I look back, life has gently swayed me in this direction since I was a little girl. A childhood memory of pretending to birth babies when I was only 6 years old was perhaps where it all began.

Many years later I entered a building by the beach in Perth, Australia that was to direct the flow of the rest of my life. I found my home in Downward facing Dog Pose with a teacher, Sam Weinstein who inspired me to grow and to love in a way I never had before. After my regular Saturday morning yoga class, I would arrive radiant women with beautiful pregnant brown bellies, relaxed and eager for their turn. I always wondered what on earth would Sam 'do' with them?

Luckily for me, years later, secrets were revealed as I began a mentorship with him. Not knowing that this would not only open my eyes with how to teach a pregnant woman yoga, but simply how to live in the most natural way possible. Like a long lost friend had returned to me and invited me back home.

I have never looked back since, and after 15 years of nurturing women through pregnancy, birth and beyond with the healing art of Yoga, in some way, I hope I am helping to fill the world with happy mothers and little baby Buddhas.

With love, I look forward to sharing my experiences with those who wish to also support women through this life-changing journey to motherhood.

About Jade:

Jade is a yoga and belly dance teacher and is passionate about empowering women. She started belly dancing many years ago in Spain, her country of origin, but it wasn't until she became pregnant and started practicing yoga that she realized how deep the art of belly dancing really is and how helpful it is for women. After the birth of her second child, she created Muttertanz (www.muttertanz.at). Now she regularly offers belly dance courses in Innsbruck for pregnant and non-pregnant women.

With love, Namaste