



*“Pregnancy  
yoga is the  
means of the expectant  
mother to listen inwardly.  
Tuning in to her breathing,  
her body and her  
baby inside  
of her.”*

**Yogazensation's 85-timers Yoga Alliance certificerede  
Gravidyoga-uddannelse med Nadia Narain, Anna Verwaal,  
Trine Hedegaard, Krista Hultén og Birgitte Jalving  
February 24-26, 2012  
March 23-25, 2012  
May 11-13, 2012**



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Pregnancy is a completely natural process. The modern world often complicates pregnancy with unnecessary intervention. The healthier and more conscious a woman is during this time, the more chance she has of having a joyful pregnancy and childbirth.

This pregnancy yoga training teaches how to remove the obstacles a woman may experience to this most natural of processes. It draws on a broad range of expertise to teach how to create a supportive environment for pregnant women so that they can draw upon their inherent strength and open to their innate softness and ability to nurture both themselves and their baby during this time and beyond into young motherhood.

By feeling confident in their bodies and spirits they will have more internal resources with which to make informed and conscious choices throughout their pregnancy and on the day of the birth.



THIS PREGNANCY YOGA TEACHER TRAINING PROGRAM IS YOGA ALLIANCE CERTIFIED TO 85 HOURS



### Dates + Times

February 24 + 25 + 26, 2012  
March 23 + 24 + 25, 2012  
May 11 + 12 + 13, 2012

appr. Friday 11am-8pm, Sat & Sun  
9am-6pm

### For Further Information

Contact Trine at Yogazensation on +45 2870 2102 or email [mail@yogazensation.dk](mailto:mail@yogazensation.dk)

YOGAZENSATION

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[WWW.YOGAZENSATION.DK](http://WWW.YOGAZENSATION.DK)

### Our Vision

Our vision with this pregnancy yoga training is:

- to broaden qualified yoga teachers' expertise and complement trained professionals who already support women during pregnancy and birth including doulas and midwives.
- to present a safe, conscious, healthy approach to yoga during pregnancy, and how to teach it effectively.
- to teach how to inspire women and their babies to appreciate and benefit fully from the journey pregnancy takes them on.
- to teach how to support women beyond pregnancy into young motherhood.

### Teaching Approach

We create an environment that fosters dynamic and interactive learning from the start with positive feedback, individual attention and support. Each long-weekend reflects a specific content focus and includes: practice of asana, small and large group work, practice teaching time, homework, review and lectures from a wide faculty of professionals in the field of birth and complementary support.

We encourage you to begin teaching as soon as possible after the course to solidify the connection to what you have learnt. The training will be taught in an easy understandable English and in Danish.

## Who is this training for?

This course is available to qualified yoga teachers and other qualified practitioners in the field of pregnancy and birth support to complement and expand their existing knowledge, training and professional qualification. To qualify for Yoga Alliance's Prenatal certification you need to have completed a 200 hour Yoga Alliance approved yoga teacher training.

## Structure and Requirements

The training takes place over three weekends - 9 days - and is in total 85 hours. It emphasizes asana, breathing, meditation, philosophy, anatomy, physiology and support for the mother during pregnancy and birth. The commitment to empower women in body, mind and spirit forms the foundation upon which these elements are developed.

Trainees must

- attend and participate on the three long weekends scheduled over consecutive months
  - successfully complete all required written assignments, including homework, throughout the course
  - teach a short class observed and assessed by the course tutors
- In the event that a student misses a session, they must retake the session during another intake of the training in order to qualify to teach pregnancy yoga.

## Your achievement

By the end of the training you will:

1. Have a deeper knowledge of pregnancy including:
  - the anatomy and physiology of a woman during the 40 weeks of pregnancy;
  - the physical and emotional changes a pregnant woman goes through;
  - the physical discomforts and common ailments during pregnancy and how to alleviate them
  - a deeper respect for the power of a woman's body
2. Know how to teach a safe practice of asana, meditation and breathing, modified and sequenced for the needs of pregnancy that helps women connect to their bodies and their babies
3. Have a network of complementary practitioners in the field of pregnancy: including a doula, a midwife, an osteopath and a cranio-sacral therapist in order to create an environment for women to approach birth in a holistic, informed and conscious way; one that feels healthy and appropriate for them leading up to and during the birth itself
4. Understand yoga philosophy as it applies to pregnancy, birth and parenting
5. Feel confident in helping a new mother transition competently and gracefully into her new role



## Fees + Conditions

We offer two payment options: Either you can choose to pay a Dkk 3000.-deposit to secure your booking + 7500 to be paid before January 1, 2012. The deposit is to be paid when signing up for the training. If you for some reason are not accepted in our training we will refund the deposit. Deposits cannot be refunded for any other reasons.

Or you can choose our early bird price Dk 9000.- to be paid with application and valid until December 15, 2011.

In the event that you are unable to complete the training due to exceptional circumstances, any exemptions to fulfilling your requirements, including your financial obligation, are at the discretion of Yogazensation.

# Teaching Team



**Hovedlærer Nadia Narain  
(Gravidyoga)**

Nadia has been teaching yoga full time for 14 years. She is Head of Pregnancy at TriYoga, London's biggest yoga studio. She has developed the pre-and postnatal community since TriYoga opened in 2000.

Nadia has developed a fun, dedicated and informed style of teaching that reflects her passion for the subject. She also created the TriYoga pregnancy yoga training program. Her interest in pregnancy yoga developed under the guidance of Gurmukh Khalsa, who she has studied under for the past 12 years. Nadia expanded her knowledge with Ina May Gaskin, on The Farm, qualifying as an assistant midwife, and has had the honor of assisting as birth support for mothers and couples on their babies' birth-day. Other qualifications include baby massage and hypno-birthing. As well as teaching pregnancy yoga, she also teaches yoga classes open to all levels of yoga practitioner. Du kan læse mere om Nadia på [www.nadianarain.com](http://www.nadianarain.com)

Anna Verwaal is a Maternal-Child Health Nurse, Birth Consultant, Labor & Post Partum Doula, UCLA Certified Lactation Educator. In 1984 she received her nursing degree in Holland where she was born and raised. In 1990 she settled in Los Angeles and worked for many years as a labor and delivery, post-partum and newborn nursery nurse. In 1998 Anna started her own private birth consulting, labor doula and lactation service, educating and encouraging couples to make informed decisions regarding their birth options and choices. Her services included helping clients heal from prenatal or birth trauma, dealing with fertility challenges, and prepare them for a conscious conception, pregnancy and birth experience. For the last decade

Anna has been teaching advanced doula & prenatal yoga instructor trainings and is frequently invited to be a keynote speaker at international birth conferences or facilitate workshops for birth professionals about the prevention and healing of prenatal, birth & bonding trauma and the physiological, emotional as well as spiritual aspects of birth. Du kan læse mere om Anna på [www.fromwombtoworld.com](http://www.fromwombtoworld.com)



**Fødselspionér Anna Verwaal  
(fødselns fysiske,  
følelsesmæssige og spirituelle  
aspekter)**



**Yogalærer Trine Hedegaard  
(Gravidyoga)**

Trine er internationalt certificeret yoga- & meditationslærer med speciale i yoga for kvinder, herunder fertilitetsyoga, gravidyoga og efterfødselsyoga. Trines interesse for gravidyoga startede, da hun blev gravid med sit første barn. Efterfølgende uddannede hun sig til yogalærer og rejste ud for at studere hos internationalt anerkendte lærere med speciale i yoga under graviditeten, til fødslen og tiden efter fødselen. Trine har desuden udgivet yoga-dvd'erne: "Gravidyoga – forbered dig fysisk og mentalt til fødslen" og "Efterfødselsyoga - kom i form efter fødslen". Begge er udkommet på dansk, svensk, norsk og engelsk. De kan købes på [www.yoginiyogashop.com](http://www.yoginiyogashop.com)

Krista er autoriseret Jordemoder og Yoginis fødselsekspert. Hun er primus motor bag vores fødselsforberedende programmer. Derudover arbejder Krista som privatpraktiserende jordemoder, da hun ønsker at tilbyde gravide og fødende kvinder et sammenhængende fødselsforberedende forløb med fokus på både graviditeten, fødslen og den første følsomme tid umiddelbart efter, at baby er kommet til verden.



**Jordemor Krista Hultén  
(Fødslen)**



**Osteopat Birgitte Jalving  
(Funktionel anatomi)**

Birgitte er uddannet osteopat med en overbygning indenfor cranio ostepati. Hendes speciale er behandling af gravide, nybagte mødre og spædbørn. Birgitte underviser på uddannelsen i funktionel anatomi med fokus på, hvad der sker for den gravide kvinde og barnet før, under og efter fødslen. Du kan læse mere om Birgitte på [www.jalving.dk](http://www.jalving.dk)