

Pregnancy Yoga Teacher Training - Frequently Asked Questions and dispelling myths

Do I need to have any experience of Pregnancy Yoga to join this Teacher Training?

You don't need to have had experience of Pregnancy Yoga, but you will need to have a strong motivation to want to learn to teach Pregnancy Yoga and have read the pre-course reading prior to taking the course.

I am not a qualified yoga teacher, can I still do the Pregnancy Yoga Teacher Training?

Yes you can. If you are a dedicated yoga student (with a minimum of 2 years consistent practice) you are able to attend the course to deepen your knowledge and experience. However you will not be qualified to teach Pregnancy Yoga as a Yoga Teacher unless you have completed the minimum 200 hour Yoga Teacher Training program. In this instance you will still receive your Certificate of Attendance or Certificate of Completion upon receipt of your assignment.

What do I need to do to best prepare for this training?

- Purchase and familiarise yourself with Yoga for Pregnancy and Birth - Uma Dinsmore-Tuli (ISBN-10: 1444100971, ISBN-13: 978-1444100976)
- Observe 3 hours of pregnancy yoga classes - some of these can be on-line/DVD with a minimum of attending 1 actual class to observe live/in person. Please have a minimum of 2 hours of observation done before the start of the course as we will use your observations as discussion points during the training.

How much time do I have to dedicate to the training outside of the contact hours?

The course is a 50 hour course, which is made up of the following.

- 24 contact teaching hours
- 26 Non-contact hours as follows:
- 10 hour reading and reflection
 - 16 hours assignment including class observations, course assignment and some overnight homework during the course.

Do I have to complete the Assignment?

No this isn't mandatory. The Assignment is a way to demonstrate a level of competency – to show the learning has been integrated and applied to a teaching setting. If you have no intention of teaching Pregnancy Yoga, then you don't have to complete this (although you're welcome to). For teachers wishing to go on and teach Pregnancy Yoga, the Assignment is necessary to obtain Certification.

How long do I have to complete the Assignment?

You will have 2 months to complete the written assignment. The assignment will be explained in full detail during the training, and the exact deadline date will be given to you.

What will be covered during the course?

We will look at the journey of Pregnancy, both from a physical and emotional perspective. Explore safety and practical considerations of teaching asana, meditation & pranayama for pregnant students, and how to sequence lessons in a pregnancy setting. This will include partner work and group teaching practices during the course. How to integrate the needs of a pregnant student into a regular class, whilst managing the needs of the rest of your students also. Helpful techniques for active birthing, and teaching considerations for the postnatal student.

Will there be an opportunity to meet with Dawn Wright privately during the course?

Due to the timings of this 4-day intensive, there isn't the opportunity for any personal mentoring during the course itself, but post course there will be the possibility to arrange a personal mentoring session with Dawn either through Skype or FaceTime at additional cost.

Does this course count towards Level 2 Teacher Training?

Completion of this course will contribute towards your Continued Professional Development (CPD Points). Please check with your awarding body (e.g. BWY, Yoga Alliance, FRYOG) about the specifics on how you record these. If you require a signature, please bring your forms along to the training.

What happens if I can't attend one day of the training?

To obtain the 50 hour Pregnancy Yoga Certificate of completion you will need to have attended 100% of the training to comply with Yoga Alliance requirements, otherwise you will receive a Certificate only for the number of hours attended. If there is space, it may be possible to attend the day missed when the course is next run at Whitespace Studio. There would be an additional fee for this.

What happens if I fail the assignment?

Provided you have maintained your commitment to the course, you will be given an opportunity to re-submit your assignment.

What if I book but then can't make the training?

In the event of cancellation:

60 days or more prior to the course start date:

Your payment will be refunded, less 10% admin fee

31 – 59 days prior to the start date:

Payments are not refundable, but are transferable to a future whitespace training, workshops or classes (less 10% admin fee).

30 days or less prior to the start date:

Payments are not refundable or transferable, unless your place can be filled from a waiting list (less 20% admin fee).

Further Questions

We hope this answers all of your questions. If you have any further questions, or wish to discuss any of the topics covered about, please don't hesitate to contact us at Whitespace Yoga Studio on 01908 566610.