

Prenatal Teacher Training: Module 1

JUNE 4-5, 2011

Saturday 12:30-8:30pm

Sunday 12:30-6:00pm

PRICE

\$395 by May 13th

\$450 after

LOCATION

Union Square

REGISTER

646.442.6203

with

**CARRIE
PARKER
GASTELU**



Prenatal Yoga Teacher Training Module 1.

(Module 1 and Module 2 can be taken in any order).

Don't miss this unique opportunity for yoga teachers, doulas, labor and delivery nurses, childbirth educators and midwives interested in teaching prenatal yoga and pregnant women interested in deepening their practice. This in-depth training is based on the most current information about pregnancy and birth and will provide a rich understanding of Yoga during the childbearing year including the physical, mental/emotional and spiritual aspects. This training counts toward meeting Yoga Alliance's continuing educational requirements.

In this training we will cover:

- The physiological process of pregnancy and birth including a detailed discussion of the major bodily systems.
- Understanding of the pelvis and how asanas encourage "optimal fetal positioning" for an easier labor and birth.
- Asana modifications, indicated and contraindicated poses.
- Prenatal Yoga Sadhana including pelvic bodywork, kegels, pain coping techniques, vocalization and mantra.
- The effects of emotions and thoughts on pregnancy and birth outcome.
- Medical problems and discomforts in pregnancy and how to address them with yoga.
- Exploration of how our own belief systems about pregnancy and birth affect our teaching.
- Practice Teaching opportunities.

Carrie Parker Gastelu is a E-500 RYT and Lamaze certified Childbirth Educator. She teaches Lamaze Childbirth Education as well as Mindful Parenting workshops, incorporating yogic principals into everyday family life. In addition to receiving her Lamaze certification, Carrie has also studied with author and midwife, Pam England, taking Level One Training for Birthing From Within Childbirth Education. On her journey as a birth professional, Carrie has studied with many other inspiring and amazing teachers including: Jean Sutton, Midwife; Michel Odent, MD; Ina May Gaskin; Midwife; Henci Goer, Author and Activist; and Suzanne Arms, Author. Carrie is known for inspiring women to rely on inner strength, courage and intuition to have a peaceful and empowering birth experience and transition into motherhood. She is the mother of three children, after yoga filled pregnancies and beautiful home births.



**CONTINUING
EDUCATION**

