

Birthlight Perinatal Yoga Diploma Training with Gisela Collazo **5 – 8 April 2019 and 30 November – 1 December 2019**

The Perinatal Yoga Diploma Course will take place at Birthlight Yoga Zürich, Grüngasse 21, 8004 Zürich on:

Module I: Friday, 5.4.19 – Monday, 8.4.19, from approx. 9.30 until 17.30 (incl. Breaks)

Module II: Saturday, 30.11.19 – Sunday, 1.12.19, from approx. 9.30 until 17.30 (incl. Breaks)

The costs for the 6-day training are CHF 1'500.00

Space is limited. Register early via email: info@birthlight.ch

COURSE OVERVIEW

Birthlight: the name refers to both 'birthing lightly' without undue strain, and the spiritual dimension of birth, that is often forgotten. Birthlight practices are science-based but taught from the heart to nurture the whole person. Birthlight holistic approach focuses on using breath awareness, proper spinal alignment, original adaptations of classic yoga practices and flowing movements, touch, sound and relaxation to directly benefit women during the time from conception through to nine months after childbirth. We value the physical and emotional nurturing of pregnant women so that they can approach labour and birth with calm confidence, energised from a vibrant core strength and with full use of their breathing capacity. Prenatal bonding is an important element of our classes, promoting acknowledgement and acceptance of the changes that pregnancy brings. Birthlight practices are suitable and beneficial for all women, whether they are experienced yogis or completely new to yoga. Birthlight has been a pioneer training provider in for over 20 years training and is accredited by the Yoga Alliance UK.

Gisela Collazo has been teaching Yoga in Zurich since 2004. Her work in Birthlight Yoga over the past decade has enriched her own yoga practice and teaching immensely. Birthlight's gentle approach breaks out of rigid physical form and allows one to tune in to the body's rhythms, developing a deep awareness and confidence in one's own intuitive wisdom. Gisela has completed 500-hours+ Yoga Alliance accredited training and continues to deepen her specialty in Birthlight yoga by shadowing her Birthlight mentors. But most of all she is indebted to hundreds of students over the years who have inspired her teaching, and from whom she continues to learn the most. As a Birthlight Tutor, Gisela leads international trainings in Birthlight Perinatal Yoga. Gisela teaches in english and german.

COURSE CONTENT

- Anatomy and physiology of pregnancy and childbirth
- The application of Birthlight Yoga and techniques in preparation for labour and birth
- Yogic breathing in pregnancy and childbirth
- Maintaining the alignment of the spine through pregnancy and after birth
- Using the pelvic ligaments and muscles
- Techniques for teaching relaxation
- Yoga and the psychosomatic dimensions of pregnancy
- Identifying and alleviating common symptoms of pregnancy
- Yoga after birth – muscle toning, posture and emotional well-being

COURSE STRUCTURE

The main emphasis of the course is the period from the 14th week of pregnancy through birth, with a brief look at the first trimester of pregnancy and the early postnatal period. The Perinatal Teaching Diploma will be awarded participants upon completion of all mandatory coursework and after attendance of both training modules.

Module I: Part 1 will cover yoga for the three trimesters of pregnancy and anatomy and physiology. These four days of intensive training are an experiential journey from early pregnancy to the other side of birth.

****The time period between the first and second modules is dedicated to completing assigned written coursework and documenting teaching experience through case studies, both in a group and one-to-one setting. Students set up their own classes as well as observe other teachers in their areas.**

Module II: Part 2 builds on the teaching experience gained through the assigned case studies and reviews and deepens the understanding of specific practices.