
2010



Advanced Studies & **Yoga Teacher Training Program**



Prenatal Yoga Teacher Training with **Siddhi Ellinghoven**

April 2, 3 & 4, 2010

Course: *For Yoga Teachers and Teachers in training, as well as professionals who work with pregnant women (childbirth educators, doctors, doulas, massage therapists, midwives, ob/gyn nurses).*

Dates: *One weekend, 16 hours: April 2, 3 & 4, 2010*
Times: *Friday: 6:30-9:00 PM; Saturday: 12:00-5:30 PM and 7:00-9:00 PM; Sunday: 12:30-6:30 PM*

Place: *Santa Barbara Yoga Center • (805) 965.6045
32 East Micheltorena Street, Santa Barbara, CA 93101*

Prices: *\$350 if full payment (deposit plus balance) is made by February 19, 2010
\$395 if any remaining balance is paid after February 19, 2010*

Deposit: *\$150 deposit, required to reserve your place, is refundable (minus \$50 cancellation fee) only until March 5, 2010*

Balance: *Balance is due by, and is only refundable until, March 5, 2010. NO REFUNDS after 3/5/10*

Prenatal Yoga Teacher Training

As prenatal yoga teachers, we have the opportunity to share the most powerful & vulnerable time in a woman's life. We are given the chance to guide, teach and support a new soul in having a smooth experience in the womb of his/her mom and a soft landing here on Earth. Everything the mom is experiencing in her pregnancy will be felt by the child. For the Mom it is important to experience a space of safety, a peaceful mind, joyfulness in her heart, and trust into her own ability to be able to give birth in the most natural way. Through the tools of movement, sound, pranayam, mudra and meditation she can be given the chance to establish a spiritual, mental, emotional and physical foundation that reaches far beyond her pregnancy. The souls that are coming into the Aquarian Age are spiritual souls and deserve to be welcomed as that.

Course Description:

In this training, you will learn the tools to work in alignment with the Divine Spiritual Wisdom. Besides the postures & movements for pregnancy, you will experience the importance of Naam – sound and mudras that will support the mothers to help themselves stay centered and peaceful. You will learn a lot about yourself and the gifts you can bring into a Mom's life. No Prerequisites.

This training will include:

- *The responsibilities & opportunities of being a Prenatal Yoga teacher*
- *Training in asanas and movement that allow the pregnant women to lengthen & strengthen - preparing her body for child birth*
- *Breath-work to support her and the baby's internal organs and systems*
- *Mantra & mudra therapy to work with the spiritual, mental, emotional & physical aspects of pregnancy & childbirth*
- *Visualization & meditations for relaxation and inspiration*
- *Working with women in different stages of pregnancy*
- *Couple yoga exercises*

Required Reading (to be read prior to the start of the course):

- *Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation* by Gurmukh Kaur Khalsa and Cindy Crawford

The Instructor:

SIDDHI ELLINGHOVEN has a confident and nurturing style. Her grounding presence combined with her sense of humor and strong healing power create a sense of calm and peace in her class. She is committed to each and everyone of her students. Siddhi's class is a perfect balance of spiritual and physical work, which allows the students to feel strengthened, rejuvenated and centered again. Siddhi holds a degree in Social Pedagogy, is a published author with a book on adolescent sexuality, KRI certified to teach Kundalini Yoga, and certified to teach THE KHALSA WAY pregnancy Yoga. Siddhi has three children and one grandchild.

