

Hari OM!

Dear Yoga Teacher:

Thank you for your interest in the Integral Yoga Prenatal Teacher Training Program. The course is available to all certified Yoga teachers who have completed a Yoga Alliance-certified 200-hour Teacher Training program, and are familiar with the Integral Yoga Hatha I Class.

We are excited to welcome Beth Donnelly Cabán to lead this program for the first time here in San Francisco. She regularly leads this program at the New York Integral Yoga Institute and Satchidananda Ashram-Yogaville, Virginia. She is also a certified midwife assistant (The Farm) and a labor support doula (DONA). Beth is a certified childbirth educator (CEA/MNY) and has trained with Janet Balaskas and Michel Odent at the Active Birth Centre in London. For more information you can visit her website at www.bethcaban.com.

This training prepares Yoga teachers to teach classes in Prenatal Yoga. The specialized prenatal practices help the students tune into the needs and changes of pregnancy and promote relaxation and suppleness. An in-depth review of the anatomy and physiology of pregnancy, labor and birth sets the foundation for teachers' understanding of the myriad benefits of Hatha Yoga for pregnancy.

Teachers will gain extensive experience with asanas well-suited to pregnant women and a thorough understanding of contra-indications during pregnancy. The training will attune teachers to the profound physical, emotional, mental and spiritual transitions of pregnancy and birth and demonstrate how tools such as chanting, pranayama, deep relaxation and meditation can be effective ways of coping with these changes.

The course will run as a weeklong intensive on May 29, 30, 31 and June 2, 3, 4, 2010 with no class on June 1st. Class times are 9:30am–5:30pm each day. Upon completion of the program you will receive 50 Yoga Alliance hours. The total cost for the program is \$850 or \$800 for active S.F. Integral Yoga Teachers, and includes lunch each day.

Please return the completed application (below) along with a \$100 non-refundable deposit before the application deadline of Monday, May 10, 2010. Please feel free to contact me if you have any further questions. May your life

always be filled with peace and joy, love and light!

OM Shanti,

Rev. Jivana Heyman
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	Prenatal Teacher Training Application 2010
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Name _____

Address _____

_____ Phone _____

Email address _____

Occupation _____ Date of birth _____

Are you an active S.F. Integral Yoga Institute teacher? _____

Please list all Yoga Teacher Training you have completed, including dates:

What classes are you currently teaching? _____

Health and Diet Restrictions: _____

Non-refundable deposit of \$100 enclosed (cash or check only)

In case of emergency, please notify:

Name: _____

Phone: _____

Please explain why you are interested in taking the Prenatal Teacher Training, and how you intend to use the knowledge gained here. Include any other information that you think might be useful. *(If necessary, use back of page or another piece of paper).*

Agreement: *I wish to apply as a Teacher Trainee and I agree to assume full responsibility for any injuries to me that may occur during the training. I am in good health and any physical illnesses or ailments are clearly stated above.*

Signature _____ Date _____