**Iyengar Yoga Champaign-Urbana**

**Pregnancy Course Parts 1 & 2**

***with* Lois Steinberg, Ph.D., CIYT**

**March 6-10, 2020**

**Phone: (217) 344-9642** [**www.yoga-cu.com**](http://www.yoga-cu.com) **info@yoga-cu.com**

**12 hours for Part 1 $150 ($275 for entire Parts 1 and 2 of 24 hours)**

Open to CIYTs. Non-CIYTs can enroll with a letter of recommendation from their mentor teacher. Intermediate Junior 3 and above are strongly encouraged to attend Parts 1 and 2 with the intent to establish pregnancy courses for teacher education nationwide. The syllabus below is subject to change. Students will be notified of any changes.

**Pregnancy Course Part 1**

**Normal, Healthy Pregnancy**

**Friday March 6**

2:00 – 3:00 pm Introductions

3:00 - 6:00 pm Practices for pregnancy (nausea, alternatives to standings)

**Saturday March 7**

8:30 – 9:30 am Lecture with Dr. Deborah Feltman

9:45 – 11:15 am Intermediate 1 Asana with Lois

1:30 – 2:30 pm Lecture with Dr. Deborah Feltman

2:30 – 5:30 pm Pregnancy Introductory 1 and 2 Syllabi

**Sunday March 8**

9:00 am – 1:00 pm Pregnancy Intermediate Junior 1 Syllabus

At the conclusion of the Pregnancy Course Part 1, participants will be able to:

(1) Discuss, demonstrate, and teach proper sequences for healthy pregnant women.

(2) Discuss, demonstrate, and teach asana and pranayama variations and modifications for pregnancy from the IYANUS Certification Manual Introductory I & II and Intermediate Junior 1 syllabi to learn how to include healthy menstruating women in general classes.

(3) Identify contraindications and variations for common conditions of pregnancy from the Introductory I & II and Intermediate Junior 1 syllabi.

(4) Practice of asana variations and modifications for pregnancy from the Introductory I & II syllabi, ordered in one sequence, to learn how to include healthy pregnant women in general classes.

**Assigned reading before the Normal Pregnancy Course Part 1:**

*Yoga: A Gem for Women* Iyengar, Geeta S. (1983), Allied Publishers Private LTD. Read all the writing on pregnancy, Pregnancy

Section IX: Asanas and Pranayama: Pregnancy pp. 234-250.

**Recommended reading:**

*Iyengar Yoga for Motherhood: Safe Practice for Expectant & New Mothers*,

Iyengar, Geeta S.; Keller, Rita; and Khattab, Kerstin (2010).

-Study the female reproductive system, including internal and external anatomy and the endocrine system. Know the basic anatomy and the hormonal phases of the pregnancy.

- *Gray’s Anatomy*, a classic anatomy book for the serious student was first published in 1858. The most recent edition is from 2015 and is available both in print and is free on-line (https://allmedicalstuff.com/download-grays-clinicalanatomy-pdf-free/). Many other books and online resources are available for study.

**Practicum due May 30:**

Do an intake interview with a current student who would like to continue their practice during pregnancy. Meet with the student for three one-hour sessions to teach them how to support their poses during pregnancy. Each session will have a focus on a category of poses (standings, forward bends, backbends). Submit the intake interview, sequence, as well as, photos of a few samples from the categories of poses. If they are two sided photos, submit only one side. Please label all file submissions with your name and date in a Word document.

**Pregnancy Course Part 2**

**Pathologies of Pregnancy**

**Sunday March 8**

3:00 – 6:00 pm Standing poses and twists for pregnancy pathologies.

**Monday March 9**

9:00 am – 12:00 pm Inversions for pregnancy pathologies.

2:00 – 5:00 pm Forward bends for pregnancy pathologies.

**Tuesday March 10**

9:00am – 12:00 pm Backbends for pregnancy pathologies.

5:15 – 8:00 pm Advanced class taught by Lois (optional).

Part 2 is for those who would like to deepen their knowledge of common conditions/pathologies of pregnancy and who are working towards IYNAUS

Intermediate Senior 1 certification to be qualified to conduct Pune style therapy classes. Also, recommended for those who assist in therapy classes.

At the conclusion of this course participants will be able to:

Practice, study, and adjust asanas and sequences/modifications for:

nausea, heartburn, a need to urinate often, backache, breast tenderness, fatigue, gestational diabetes, preeclampsia, breech position, and other high risk pregnancy conditions.

**Assigned Reading before the Pregnancy Course Part 2:**

Read all the writing on pregnancy, Pregnancy

Section IX: Asanas and Pranayama: Pregnancy pp. 234-250.

**Practicum due July 1:**

Do an intake interview with a current or new student who would like to practice during pregnancy. The student will be a different one from the above assignment. The student can be having a normal pregnancy. However, using this student, show how you would help them with nausea, placenta previa, heartburn, frequent urination, and optimal positioning of the fetus before delivery. Submit the intake interview and a sample of photos.