

# PRENATAL YOGA

## TEACHER TRAINING & CERTIFICATION

for conscious birthing

with internationally recognized teacher

*Janice Clarfield*



**NOVEMBER 4-6, 2011**

Yoga Center of Haddonfield

[www.haddonfieldyogacenter.com](http://www.haddonfieldyogacenter.com)

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Yoga Center of Haddonfield  
20 North Haddon Avenue  
Haddonfield, NJ 08033

## PRENATAL YOGA TEACHER TRAINING & CERTIFICATION

For: Yoga Teachers, Teachers in Training, Professionals  
who work with pregnant women, and Pregnant Women

**Prenatal Yoga Teacher Training** • November 4-6, 2011 • The Yoga Center of Haddonfield

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Full amount: \$525     Early bird price: \$475 (full payment by September 4, 2011)

Reserve with a non-refundable \$100 deposit (balance due October 4, 2011)

VISA     MC    Card #: \_\_\_\_\_ Exp. date: \_\_\_\_\_

Name exactly as it appears on the credit card: \_\_\_\_\_

Make checks payable to: *Yoga Center of Haddonfield*

Mail registration and payment to: *Yoga Center of Haddonfield, 20 North Haddon Avenue, Haddonfield, NJ 08033*

**For any questions regarding payment, please contact:** Darlene: [info@haddonfieldyogacenter.com](mailto:info@haddonfieldyogacenter.com) 856-428-9955

**Cancellation Policy:** Cancellation after full payment, more than 30 days before the training, will receive full refund minus \$100 deposit and \$25 administration fee. Cancellation after full payment more than 2 weeks before the training will receive 50% refund minus \$25 administration fee. Cancellations less than 2 weeks before the training are non-refundable.

With Prenatal Yoga, women prepare for as active, normal and natural a birth as possible. In Prenatal Yoga classes, women experience the empowerment and beauty of this transformational time in their lives. These classes also provide an opportunity for expectant women to develop greater vitality and awareness of their body that is home for two, as well as to deepen their relationship with their baby.

Gentle postures, breath work, vocal toning and meditation are learned to cultivate flexibility, calm and confidence in preparation for labor and childbirth. Women are empowered to enhance their ability to access greater relaxation, comfort, and enjoyment. Calm and flexibility ease the birthing process, thus reducing pain and increasing the joy of giving birth.

### This course is designed for:

- **Yoga teachers and teachers in training**

- **Professionals who work with pregnant women**

*(childbirth educators, chiropractors, doctors, doulas, massage/shiatsu therapists, midwives, nurses who have an established yoga practice)*

Expect to complete this comprehensive training and have the knowledge, understanding, techniques and inspiration to support pregnant women to birth as consciously, naturally, actively and normally as possible. Feel confident to assess specific therapeutic needs and address them safely with yoga and modifications. If you are already working with pregnant women, this training will provide a deeper appreciation and understanding of working holistically while integrating physical, emotional, energetic and spiritual well being.

**Note:** to receive certification, you must fit into one of the above categories.

- **Pregnant women**

Pregnant women will also benefit from this training. You will not only learn the techniques, but you will be in the company of other pregnant women, providing a profound opportunity for sharing common experiences while creating a supportive community.

### The course will include:

- training to be a responsible professional working with pregnant women
- how to inspire and support women to birth from their own empowerment
- physiological, energetic and emotional considerations during pregnancy, labor & delivery
- posture, breath work, vocal toning, relaxation, meditation, visualization & massage
- how to assess specific therapeutic needs & address them safely with yoga & modifications
- how to work with women at different stages of pregnancy and experience with yoga
- how to work with couples for birth preparation
- post natal considerations and practice
- client and business management
- practice teaching
- comprehensive study guide
- certificate upon completion
- 20 hours applicable towards Yoga Alliance CEU's

### Course Fee:

\$525 includes comprehensive study guide

\$475 early bird with full payment by September 4, 2011

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“ Before the Prenatal Teacher training, I was nervous and afraid to become pregnant. I perceived pregnancy as a “medical situation”. After your training I was totally comfortable in knowing that my body would take care of itself, and that pregnancy does not have to be a medical situation. Pregnancy can be a beautiful spiritual experience, and you showed me that. After the training I honestly said, ok, I'm now ready! And now, I am pregnant!

— Hali McQuillan, Okotoks, Canada

### Course Instructor:

**Janice Clarfield** enjoys an international reputation as an inspiring teacher of yoga and meditation. She is based in Vancouver where she consults, teaches and maintains a private practice of yoga therapy and energy medicine.

Janice sits on the Prenatal Yoga Advisory Committee for Yoga Alliance, USA. She trains professionals to work with pregnant women and expectant couples. She is the author of a study guide for prenatal yoga teachers and has recorded a CD for pregnancy and birth preparation.

Janice is known for her warm, gentle and creative approach to helping students enjoy authentically inhabiting their bodies. The intention of the work is to deepen your experience, understanding and enjoyment in the integration of physical, mental, emotional, energetic and spiritual well-being.

### Course Hosts:

**Darlene Depasquale** and **Cathy Landshoot**, are your hosts for this training. They teach *The Deeper Studies, Meditation & Yoga* teacher training, and are graduates of this course.

#### For more information contact:

Darlene at [info@haddonfieldyogacenter.com](mailto:info@haddonfieldyogacenter.com)

Cathy at [info@stillpointyogacenter.com](mailto:info@stillpointyogacenter.com)

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“ Janice is an awesome teacher! She is very clear in her knowledge of the material and has her heart in her teachings. What a beautiful experience with a lovely, articulate teacher offering wise instruction and thorough explanations.

— KYTA Conference

“ Such a generous sharing of a thorough curriculum. Thank you for your heart energy and wisdom that you presented with grace and poise.

— Susanna Munro Cheng



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