



Active Birth TT Certification

- Non-residential 3-day Workshop Intensive (Friday - Sunday)
- Practical assessment (Attendance at a birth)
- Written assessment (Two assignments)
- Reading, audio/video or internet reviews
- Contact hours = 25 & non-contact hours = 15hrs

What you will learn

- The physiology & hormones of labour & birth
- Understanding what is an Active Birth
- Explore Relaxation & Mindfulness skills as they relate to birth
- Principles of Active Birth: Positions for labour, massage & breath work
- Understand the anatomy of the pelvis & pelvic floor during labour & birth
- Partner involvement and preparing for an Active Birth with Yoga

Pre requisites

- Registered Yoga Teacher (Min 200 -500 hours) and PreNatal Yoga TT or equivalent
- or
- Midwife/student midwife or childbirth educator/doula
- The training will increase your knowledge of teaching Active Birth skills for labour & birth

Can I teach Active Birth after completing this Certification?

- A 350hr Yoga Teacher Certification is required to qualify you to teach Active Birth with Yoga (apply for the 50 hrs CPD points with Yoga Australia)
- With 200 hr Yoga Teacher Certification you can complete all three TT Certificates and you will qualify for the 150hr Postgraduate Yoga Teacher Diploma in PreNatal/PostNatal & Active Birth with Yoga Australia (Cost is \$1500 for all three trainings)
- Or
- As a Midwife you can receive 22.5 hrs MidPlus Points with Australian College of Midwives.
- With the PostNatal Yoga TT & Active Birth training certificates you can apply to be a Registered Prenatal Yoga Teacher with Yoga Alliance



Dates & Venue:

- 13th - 15th April, 2018
- 24th - 26th August, 2018
- 8.30am - 4pm
- Yogababy Studio, 115 Haig Rd, Auchenflower

Cost: \$550

\$150 non-refundable deposit** and \$400 one month before training. (monthly payments over six months is also available) Full time student discounts are available.

** \$150 admin fee is retained if you withdraw from the training. No refund is given if you withdraw from the training two weeks before commencement.