



Active Birth TT Certificate

Module 3 of the Postgraduate Diploma in Pre/PostNatal Yoga & Active Birth

Can be done separately from the Postgraduate Diploma

- Non-residential 3-day Workshop Intensive (Friday - Sunday)
- Practical assessment
- Written assessment
- Reading, audio/video or internet reviews

What you will learn

- Understand the anatomy of the pelvis & pelvic floor during labour & birth
- Stages of Labour & Birth
- The physiology & hormones of labour & birth
- Understanding what is an Active Birth
- Learning Breathing techniques for labour & Birth
- Explore Relaxation & Mindfulness skills as they relate to birth
- Principles of Active Birth: Positions for labour
- Massage & acupressure

Pre requisites

- PreNatal Yoga TT
- 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?

- Teaching private Active Birth classes requires registration as a Childbirth Educator with CAPEA. Attending this training will assist you towards that goal
- As a Midwife you can receive 22.5 hrs MidPlus Points with Australian College of Midwives.