



Planned Birth Days

Womb-to-Grow Day 1

Thursday
4/27

8:30-10:30	Yoga Introduction DVD Birthing: Hormones of Undisturbed Birth
10:30-10:45	Break
11-12:30	Birth and Pregnancy Power Point
12:30-1:30	Lunch
1:30-2:00	Meditation, composing your own relaxation script
2:00-4:00	Yoga with <i>Ellyn Hutton</i>/Teaching Methodology, Your Class
4:00- 4:15	Break
4:15-6:00	Rachel Domenick & Yoga
6:00- 6:30	Review Q & A

Womb-to-Grow Day 2

Friday
4/28

8:30-10:00	Review with Ellyn, Yoga, sample meditations
10:00-11:00	DVD Building your birth team, managing labor
11:00-11:15	Break
11:15-12:30	Anatomy, Physiology, Birth
12:30-1:30	Lunch
1:30-2:00	Meditation
2:00-4:00	Guest Speaker: <i>Marcia Welsh</i> Midwife Discussion Labor & Delivery

	Positions of Birth, Anatomy-Physiology
4:00-4:15	Break
4:15	Creating your yoga class
6:00:6:30	Question/Answers

Womb-to-Grow Day 3

Saturday

4/29

8:30-9:30	Yoga with Charanpreet Kaur
9:30 -10:30	Teaching: Yoga for common discomforts
10:30-11:00	DVD: Common Interventions
11:30-12:30	Birth, Labor, and Delivery through the Eyes of an OB/Gyn: Dr. Marvin Andersen Anatomy-Physiology
12:30-1:30	Lunch
1:30- 4:30	Practice sessions Meditation, Poses, Discomforts, Props
4:00-5:30	Creating your unique program

Womb-to-Grow Day 4

Sunday

4/30

8:30-11:00	Morning Review, Yoga practice sessions
11:00-12:30	Darlene Bergener: Role of a Doula, Techniques, and Training Practice Partner Inclusion
12:30-1:30	Lunch

1:30-2:00	Meditation, Journaling
2:00-4:30	Group work: Yoga practice for: Normal Pregnancy Common Discomforts Labor
4:30-5:30	Belly Dancing for Birth with Jenny Wood
5:30-6:30	Evaluations, Closing Remarks, Review of Homework, Certificates

Required Reading:

Birth Matters: Ina May Gaskin

Colors of Birth: Ellyn S. Hutton

(optional)

Case Study

10-hour Elective Case Study: Birth Plan, Yoga, Meditation, and Comfort Measures

After completing the training with Wellness Within by Ellyn, graduates who wish to be certified must also teach 30 hours of prenatal yoga before they may register as Registered Pregnancy Yoga Teachers. (RPYTs). These hours of prenatal yoga must be taught after graduating from a Registered Pregnancy Yoga School (RPYS).

Wellness Within by Ellyn, LLC will offer a 15% discount off Level II Training for those who serve the less served population.

Level 2 in the Fall 2017: Yoga for Conception, Pregnancy Discomforts and Remedies, Honoring the Mother, Blessingway, Postpartum Care, Mom/Baby Yoga