



Your name; Date; Date of the training you wish to attend;

Whole Birth® Prenatal Yoga Teacher Training Registration Form

Address;

Email;

Day phone; _____ Evening phone; _____

Please write briefly about any experience you may have in the following areas.

1. Practice of Yoga, Dance, Tai chi or Qui Gong;

2. Giving Yoga Instruction (or any other form of movement, dance, tai chi?);

3. Facilitating Groups;

4. Counseling;

5. Childbirth Education, Doula, midwifery, or other birth work;

6. Meditation (what type? personally and as an instructor);

7. Please write briefly about why you wish to attend this training and how you might incorporate it into your work:

8. How did you hear about this training?

9. Will you need lodging?

Please print and return this form along with your deposit to;
Whole Birth Resources, 413 Western Dr. #10, Santa Cruz, CA 95060



Tuition and Payment Policy:

Tuition for the five day training is \$600.00 early registration and \$675.00 for registration received 30 days or less prior to the training.

To register a non-refundable deposit of \$250 is required with your application. This deposit will be applied to your tuition. Payment in full is due 30 days prior to the first day of training. Add \$75.00 for payment made after that date. Make checks payable to: Whole Birth Resources. Please mail payment to:

Whole Birth Resources
413 Western Dr. #10
Santa Cruz, CA 95060

There is a \$25 returned check fee. If you are not accepted into the program the \$250 deposit will be refunded.

Refund Policy: Refunds are available up to 30 days before training begins minus the \$250.00 deposit. After this time no refund or credit will be given if you decide not to attend. Should you decide not to attend after deposit or payment in full has been paid no credit will be issued for a training of a later date. Full payment will be required. Once the training begins, no refund or credit will be given.

Directions to the training will be mailed or emailed upon receiving full payment. For hotel lodging information and for general information please contact Whole Birth® Resources at wholebirth@earthlink.net or 831 425-7731.

Certification: Upon completion of the 36 hour training, you will receive a certificate of completion and may begin teaching Whole Birth® Yoga and Support Classes. Although we are not yet set up with Yoga Alliance or other certifying groups, many graduates have been able to apply their WBYTT hours to a 200 or 500 hour certification.

Whole Birth® Prenatal Yoga Teacher Training Requirements and Reading List

- ✦ Unless arranged by instructor, participants should have a minimum of one year experience in the practice of yoga.

*(Titles with an asterisk * are required reading as a prerequisite to the training)*

*An Easier Childbirth, Gayle Peterson, Ph.D. (Amazon.com)

*Ina May's Guide to Childbirth, by Ina May Gaskin

*Full Catastrophe Living, by Jon Kabat-Zinn (read Chapters on Yoga and Glimpses of Wholeness, at least.)
Birthing From Within, by Pamela England and Rob Horowitz (www.birthpower.com)

* Essential Exercises for the Childbearing Year, Elizabeth Noble (www.elizabethnoble.com)

Wherever You Go, There You Are; Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn

- ✦ If you are not familiar with Mindfulness or Vipassana Meditation, and maybe even if you are, please read Wherever You Go, There You Are – one or two pages daily, each morning (or evening) followed by a period of sitting meditation prior to the training. This will be a benefit to our collective understanding and creative learning together!
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