



MODULE SIXTEEN

Completing your diploma

The Birthlight Well Woman Yoga Diploma is the full teaching qualification recognised by birthlight and submitted for accreditation by national and international professional boards. It can be obtained no sooner than 6 months and no later than 1 year after completing the Well Woman course. Once your coursework is completed we would like to encourage you to attend one of two follow up courses in order to obtain your Diploma qualification. (Fertility Yoga or Yoga for Pelvic Health).

Coursework Overview

The coursework consists of the following elements:

- Group case study with a minimum of 3 women, ideally the same women over 6 sessions.
- 1 individual (one to one) case study with a woman over 4 sessions.
- Feedback by a mentor on 2 group sessions and 1 individual (one to one) session.
- Worksheet 10 questions
- 1 essay (2000 words)
- Book or DVD review
- Observation of classes in your area (4 minimum)

All forms are included at the end of this manual and can be downloaded from the training resources pages within the Members Area of the main birthlight website (www.birthlight.com/members), along with essay writing tips and this guide to completing the coursework.

Please join the facebook course group for your course as soon as possible after the end of the course. Peer support and help is accessible that will assist you in getting started with your assignments and in making a realistic estimate of the date by which you can complete your coursework.

Please read through this whole document to make sure you understand how to go about completing the coursework.

Coursework in Detail

Summary of Birthlight Perinatal Coursework requirements

What	Minimum number	Summary of process & supporting documentation				Mentor: to observe and fill in feedback form for each observation
Group case study consisting of min 3 women	Six sessions	Enrolment forms for all women - see below for how to summarise	Class plans for each of 6 sessions	Practice Group Class Form for each of 6 sessions	Group Class Feedback forms from all students	Required for 2 group sessions = 2 mentor feedback form
Individual case study with one woman	Four sessions	Enrolment form for one individual	Class plan for each of 4 sessions	Practice One-to-one Class Form for each of 4 sessions	One-to-one Class Feedback form from one individual	Required for one individual session = 1 mentor feedback form

Additional requirements:

Worksheet 10 questions

Essay 2000 words

Book or DVD review (minimum one)

(Observation of other classes (minimum four

What are Case Studies?

A case study is a teaching practice in which you carefully document the preparation, the delivery and the debriefing of consecutive sessions with an overview of the process. You are expected to include your lesson plans and then to explain what was modified during the session and as well as how and why your plan was modified. A case study should include personal details of participants (medical history, personal circumstances, reactions to the teaching). You do not have to use their real names.

For the group case study you should follow the development of a class over six sessions. You may need to allow time for more than 6 classes in order to get a group together and allowing for them not being able to come and/or your mentor not being able to come. If no one shows up for one of your classes this session will not count. This should not be set up as a drop-in class to ensure continuity.

For the one to one case study tailor each class to the specific needs of the individual woman/couple/ mother and baby dyad.

The ability of a teacher to respond to both the group and individual is something we value highly within Birthlight.

Required Paperwork for Documenting Case Studies

1. Enrolment Forms

All women attending your classes should complete an enrolment form. Please submit a summary of any symptoms or relevant information like intended place of birth from the enrolment forms. You can protect their privacy if you wish by referring only to their first name or just their initials. Follow up on anything they have ticked on the form: e.g. low back pain where exactly it is, how long have they had it etc. Write notes about this too.

2. Class Plans (6 for the Group and 4 for the Individual)

There is a duplicate of group case study sheets in the Appendix.



For each session write the class plan beforehand. Please copy the template provided, making bigger boxes where needed. Please include stick drawings/photos of postures and sequences and try to use the same names/terms used during the course or the classic Sanskrit and English names of postures where possible. You can create a key of symbols for practices that you repeat. This will ensure that your tutor understands exactly what and how you taught the practices. It will also give you invaluable revision of the teaching points, contraindications and adaptations of the practices and help you develop as a teacher.

Please adapt and plan each class in response to your observations after the previous class rather than planning 6 or 4 sessions in advance or designing a 'course'.

3. Practice Class Forms (6 for the Group and 4 for the Individual)

After each actual class complete the Practice Class Form. Observe, make notes and write comments on the women's progress as well as documenting what you know about their background, home environment, medical circumstances, etc. For the Group Case Study, observe the group dynamics over time and include as much feedback as possible from each woman. Include anything you needed to change / adapt and why, anything you left out/didn't have time for. Reflect on how you felt you did as a teacher and what you would have done differently or may need to change.

Similarly with the one to one class observe, make notes and write comments on the pregnant woman's/couple's/mum and baby's progress as well as documenting what you know about their background, home environment medical circumstances, etc.

Include as much feedback as possible from each woman/couple.

Please number and date all plans and Practice Class Forms, putting the relevant Practice Class Forms after each Class Plan. Please insert the Mentor feedback form after the appropriate class that was observed.

4. Group / One-to-One Class Feedback Forms

Class Feedback forms completed at the end of the 6th group / 4th Individual class from all the women attending your classes should be submitted.

5. Handouts (if applicable)

You should also include any handouts that you prepare or leaflets offered during sessions.

6. Mentor Feedback Form (2 for Group Case Study and 1 for Individual Case Study) – These are completed by the mentor during/immediately after the class they are observing and discussed with you, you also write your response on the form too. You may add extra questions or areas to focus on if you want feedback on specific aspects of your teaching- this may be particularly helpful if your mentor does not have a Yoga background.

Mentor Feedback Forms can be downloaded from box.com. It is important that the mentor and the trainee teacher agree on points that are picked up during observed sessions, so that positive changes can be implemented in following sessions. Working with others in an open and constructive way is something we particularly value in Birthlight training.

Mentor Observations & Feedback

A mentor is a person of your choice whom you perceive as able to give you constructive feedback after observing your teaching. This person does not need to be a Birthlight-trained teacher although this is ideal. Teachers of Prenatal Yoga from other training backgrounds are also valuable sources of helpful feedback. Someone with professional experience in the teaching of Prenatal Yoga is most appropriate. However, a doula or midwife would also be appropriate and may help you to set up a lot network of contacts. A mentor can also be a peer on your training course. It does not have to be the same person for all the observations. You may add specific aspects of your teaching that you wish the mentor to pay particular attention to and comment upon.

If you have problems finding a mentor or are unsure if someone is suitable please contact your tutor or the Birthlight office.



Worksheet 10 Questions

We encourage all trainees to make use of their course notes and course materials as well as additional reading to answer the questions. Integrating personal experience in answers is also valued provided that it is relevant. The use of diagrams or photographs for illustration of teaching points is strongly encouraged as this helps tutors to visualise details that may compromise the correct teaching of the practices and to offer valuable corrections on an individual basis.

If you include quotations or references, please indicate clearly the source and year/place of publication. It is possible to include diagrams, drawings, photographs and DVD clips in the completion of your worksheet.

Please answer the following 10 Questions, each worth 10 points. Ensure you have answered all aspects of each question. Please respect the word count: answers to questions on the worksheet should not be less than 150 words nor over 500 words.

1. Why is optimal spinal alignment fundamental to women's reproductive health?
Give 3 reasons
Select one position and list teaching points for helping women achieve optimal spinal alignment: standing, all fours, sitting on a chair or on yoga blocks.
2. What is 'relaxed stretching'? Explain this concept to someone new to Well Woman Yoga and introduce 'relaxed stretching' practice, describing the steps in relation to anatomy and physiology.
3. Explain the related movements of the three diaphragms (uvular, thoracic and pelvic diaphragms) in deep breathing and present two restorative poses that can help to free these movements
4. Why are supported inversions beneficial for many pathologies of the female reproductive system? Present one supported inversion in detail including contra-indications
5. Select 2 classic yoga poses that are recommended to women in the yoga texts and present a detailed instruction of how these poses can be adapted in WellWoman yoga therapy, including use of props.
6. What is a mudra? explain to a woman new to WellWoman Yoga how mudras can benefit her
7. How can Shavasana be modified for women to experience deep relaxation comfortably in WellWoman Yoga? Present two adaptations, using props.
8. Why is the ilio-psoas of special importance to women's reproductive health?
9. Mood shifts are commonly associated with many women's reproductive ailments. Present 3 yoga practices that contribute to stabilizing emotions and promoting hormonal balance.
10. Wellwoman Yoga aims to promote an elastic pelvic floor rather than a hyper-toned pelvic floor. Explain the benefits of yoga compared to Kegel exercises, with reference to anatomy and physiology of the female pelvic floor.



Essay Question 2000 words

The word count of 2000 words does not include your bibliography. Please list clearly your references and sources in your bibliography including websites. It is important to present your own understanding of the topic, based on what you have read, your own background and experience. A literary masterpiece is not required. If you are motivated to write a long essay (5,000 words) rather than a short essay, please do so and your essay will be carefully annotated but this will not give you additional points for your Diploma course assignments overall. Writing a long essay, however, can be very rewarding particularly if you are thinking of developing Perinatal Yoga as a special expertise. For your essay you can select a topic from the five topics listed below. We encourage students to either select a topic related to their personal experience and interests if they wish to deepen their understanding.

Essay topics

Select one topic to write a 2,500 word essay:

(All essays need to be referenced and a bibliography attached. Please type your essays using font size 11 with spaced lines, with your name in the footer. Do not forget page numbers. Thank You)

1. Describe a set of Yoga practices * which can help women conceive over a six months period when there is no apparent physiological obstacle to conception for couples. Explain your choice of practices in the light of your understanding of infertility and of the therapeutic applications of Yoga.
2. Which Yoga Asanas would you associate within One of the following applications of Yoga Therapy to women's reproductive wellbeing?
 - Mild disorders of the menstrual cycle, with the aim of regulating and optimising cycles
 - Perimenopause (including pre-menopause and menopause)
 - Post-operative conditions including hysterectomy (partial or full) and surgery for cancer
3. Well toned pelvic muscles are the foundation of female reproductive health. With reference to your understanding of the anatomy and physiology of the female pelvis and the pelvic floor, describe a set of Yoga practices that can help women of all ages gain or regain optimal tone as a key to their vitality.
4. Well woman Yoga Therapy alleviates symptoms through a holistic understanding of female reproductive disorders. Using your knowledge of the Koshas and the Chakras as well as your understanding of the known effects of Yoga on the central nervous system and the endocrine glands, describe a set of Yoga practices that can address emotions underlying or associated with, chronic reproductive disorders or post-operative conditions.
5. You have been invited to join a PCT or GP practice that welcomes complementary therapies with a particular focus on women's reproductive health. In a presentation document, explain what Wellwoman Yoga consists of, why it is effective as a complementary therapy and how you would present yourself and your particular skills and expertise as a Yoga therapist specialised in this area. Your presentation will include three examples of practical Yoga programmes that you would be able to offer for small group sessions or one to one sessions to meet the main current priorities of the PCT or GP.

*Yoga practices include Asana and adaptations taught on the Wellwoman Yoga course, Pranayama, Bandha, Mudra, Nada (use of sound), deep Relaxation, Affirmations, Yoga waks, energising practices and the shamanic techniques taught on the WellWoman Yoga course.

Book or DVD Review

Candidates are asked to write at least one relevant book or DVD review as part of their coursework. There is no restriction to your choice of book or DVD provided it is relevant to the course.



Regular yoga practice

Regular yoga practice, preferably by attending a weekly local class, is expected from course participants.

Observation of Other Classes

Please select a yoga class in your area that is relevant to your Well Woman Yoga Training.

Particularly recommended:

1. General Yoga
 - Shivananda yoga
 - Satyananda yoga
 - Vinyoga
2. Classes offered by teachers trained in Yoga Therapy
3. Visit local clinics offering health services to address women's reproductive health.

Use the class observation report forms to write short reports on classes you observe.

Presentation of Coursework

- Coursework should be typed, with the exception of handwritten feedback forms which can be scanned (please contact us if this is not possible)
- All pages must be named
- All coursework should be well ordered and attached together, using folders in electronic versions or dividers in printed versions
- The front page should show the candidate's name and clearly state the date of the course attended and lead tutor
- There should be a contents page that shows all elements of coursework are completed and enclosed
- The front of the coursework folder should display your photograph

Your non-contact home study time during the completion of your coursework is important for consolidating and expanding the knowledge gained on the course. You can choose to start your case-studies first while reading and exploring aspects of the course that are of special interest to you. In this case you can integrate your practical experience and your reading in your answers to questions on the worksheet. You may, however, prefer to complete your worksheet as soon as possible after the course while the teaching imparted on the course is still fresh in your mind, before starting your case studies.

*If you are taking this course in a country outside the UK you are responsible for getting your work translated. The tutor will give feedback in English, which you will then need to have translated.

Please submit your coursework at least 4 weeks before your Part 2 course, so that it can be fully marked and returned to you on part 2. If you will be unable to complete in time please contact the Birthlight office so they will be able to inform your tutor.

Submitting Coursework

There are 2 ways of submitting your coursework:

1. Upload a complete electronic version of your course assignments to your coursework folder on box.com. You will receive an invitation to join the coursework folder by email, if you don't already have a box account then you



will need to create a free personal account. You will find full details of how to upload the assignment within your course resources area. Please attach a photo of yourself. When complete please send an email to your course tutor, copied to enquiries@birthlight.com, to let her know it is ready for marking. This is the preferred method of submission.

2. Send a printed copy of your completed coursework to Birthlight: Birthlight™ P.O Box 148, Cambridge CB4 2DW. Please include an electronic version of your coursework on a labelled CD for the Birthlight Archive or send a second printed copy. Please also include a photo of yourself attached to your printed coursework. If you wish to receive the printed copy back with tutor's comments on it, then please send £5 for postage (in UK stamps, cheque in UK £ payable to Birthlight or via Paypal – the payment email is trust@birthlight.com)

If for any reason (high postage costs or being unable to access the box.com service) you cannot send a printed copy or upload your coursework to your coursework folder on box.com you can send your coursework via email to coursework@birthlight.com. Please make sure it is correctly labelled.

Please include your full name, the date location and name of tutor for your course. Please also keep a further copy of your work yourself in case of loss.

Level 2

To complete your Birthlight Well Woman training you need to attend one of the following 2 day courses:

- Yoga for Pelvic Health
- Fertility Yoga

Level 3

This one-day course is offered to level 2 qualified Well Woman yoga teachers and to yoga therapists who wish to deepen their understanding of the application of yoga to women's health and well being through the reproductive cycle and beyond menopause. The course introduces new teaching materials developed by birthlight tutors.



Well Woman Coursework

Documentation required for case studies

- * 1 Well Woman Yoga enrolment form per student
- * 1 class plan per session
- * 1 practice record form per session
- * 1 class/student feedback form per student at end of sessions
- * Mentor feedback form: x 2 for group and 1 for individual

Group
case studies x6
3 women (minimum)

Individual
case studies
x4 sessions
(minimum)

Observe other
classes (min 4)

Practical

Well Woman coursework

Theoretical

Worksheet
(10 Questions)

Essay (2500 words)

Book/DVD review