

The workshop will include:

Active Birth – History and Philosophy

Lolly is a founder member of the Active Birth Movement which was born in the 1980's in reaction to the extreme control the medical profession was exerting over birth. Lolly will recount some stories of this exciting time and the positive effect it has had on our understanding of birthing today.

Hormones – Mind/Body effect

We will look at the effect of hormones and how they change the way we work with pregnant women.

The principles of working with rather than against the body

Pregnancy is the perfect time to harness the body's innate intelligence. By not imposing postures we work from the inside out.

Creating a forum for information and communication

Part of our work is to create and hold a safe space for women to share the extreme joy and fear that comes with pregnancy. We do this in the practise by tuning them into the calm mammalian part of the brain, and in discussion by offering clear, up to date, unbiased information.

The use of props to enhance posture, relaxation and sleep

Yoga is by definition restorative and there is no better time than pregnancy to learn how to support women physically during this important time.

The Environment, Water and other complimentary therapies for labour and birth

As well as understanding the innate hormonal assistance that comes from within the body, we will look at the importance of the environment surrounding the birthing woman, and how this effects the hormonal release.

Positions for labour and birth

Freedom of movement and gravity assisted positions have been proven to make birth, more efficient, comfortable and safe. We will be looking at this in depth.

Optimal Foetal Positioning

Most babies find their way through the pelvis given time and patience. We will examine how we can enhance their journey by highlighting our relationship to gravity and avoiding common postural bad habits.

Hypno breathing - The power of the breath in pregnancy, labour, and birth.

'When the breath flows all the systems of your body especially your nervous system is affected leading to a healthy energised and calm pregnancy. When the breath flows, it is like the conductor of the orchestra keeping rhythm and harmony. And when the time comes to dive into the waves, you simply take the next step. You have been there, touched on it during the practise. No technique, nothing added, it unfolds and you trust and follow.'

We will spend time on how to lead women into their natural breathing rhythms and how to use this in pregnancy, labour and birth. The two-day immersion will include a combination of physical practise and lectures. We will start on both days at 10am.

As part of the course, you will be invited to sit in on one of Lolly Stirk's online yoga in pregnancy classes on the www.mother-time.co.uk platform where she and her colleague Claire Whitman run regular pregnancy yoga, & postnatal yoga classes. You will be told closer to the time how to access these.

The immersion will include, a recommended book and website list, the latest guidelines for teaching pregnancy yoga and many other up to date information leaflets.