



Yoga Scotland

(incorporating the Scottish Yoga Teachers' Association)

Yoga in pregnancy guidelines for Scottish Yoga Seminar and launch with Judy Cameron

13 February 2010

Glenearn Community Campus, Glenearn Road, Perth PH2 0BE

Cost: £25 (lunch not included)

Yoga Scotland is launching its new guidelines for Yoga in pregnancy with a seminar for teachers by respected tutor and midwife Judy Cameron. She qualified as an Active Birth teacher with Janet Balaskas in 1997 and as a Midwife in 2002. She also holds Diplomas with the British Wheel of Yoga, Birthlight (Baby Yoga) and is licensed to practise Yoga for the Special Child. Judy is the Course Director for the YogaBirth Teacher Training Course.

She divides her time between teaching Yoga for pregnancy, running birth preparation workshops, Baby Yoga classes, Yoga for children with special needs, and working as a Midwife at Aberdeen Maternity Hospital. Judy is also a Module Tutor for the Pregnancy Module, British Wheel of Yoga and has recently co-ordinated the drawing up of the new Yoga Scotland guidelines for Yoga in Pregnancy.

Please book me into the Yoga for pregnancy seminar

Name..... YS membership no.

Address

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I enclose cheque/PO for £ (cheques payable to Yoga Scotland)

Please tick box Please send me a receipt I enclose SAE

Please email me a receipt to email address

Bookings to:
Kirsty Davidson,
52 Edderston Road,
Peebles,
EH45 9DT