

## Carried Downward Breath; A Prenatal Yoga Teacher Training with Juliana Mitchell Frequently Asked Questions

**Q.** Do the graduates of *Carried Downward Breath* find opportunities to teach? If so, where are they teaching or in what contexts are they using their training?

**A.** CDB grads have gone on to teach in beautiful studios, gyms and privately in people's homes. Here are just *some* of the locations in which our grads have been given opportunities to teach prenatal yoga: The Yoga Room, Queens, NY / Sacred Sounds Yoga, Manhattan, NY / Karma Kids, Manhattan, NY / House of Jai, Manhattan, NY / Sangha Yoga, Brooklyn, NY / New York Yoga, Manhattan, NY / Yoga Sole, Brooklyn, NY / Ganga Flow Yoga, CT / Yoga Parkside, Buffalo, NY / Albuquerque Ashtanga Yoga Shala, Albuquerque, NM / / The Prenatal Studio, Pittsburg, PA / and more.

Additionally, some of our grads have launched **entire prenatal yoga programs** at studios that had been lacked in prenatal offerings. Others have, with additional training, taught successful 'yoga for birth prep' workshops and some have gone on to serve as a birth coach. One alum taught prenatal yoga in a prison. And still another took her CDB training into her obstetrical practice, conducting a clinical study to measure the impact of prenatal yoga on the fetus. A physical therapist grad shared that she uses a technique learned in this program to support pregnant clients that come in presenting with a particular issue. And just as importantly, our alum report that they feel confident when a pregnant woman walks into their non-prenatal class.

**Q.** Who tends to take your training or at what point in their path?

**A.** We have had vinyasa, restorative, kundalini, ashtanga, anusara, Iyengar influenced and jivamuktu teachers take this training. Some of our teacher trainees are newer teachers others are quite seasoned, some are part time teachers others are 'career teachers'. They have minimally 200-hours in training but those with up to 800-hours in training have joined us too. We've had an obstetrician, a physical therapist who's trained as a yoga therapist and a couple of personal trainers become part of our circle. Women who've birthed children, and women who are currently pregnant or who are exploring the possibility of motherhood, as well as women who have never had children - including those who gladly choose not to - have all participated. To date we have had one male graduate and the door is open in welcome to other males. Regardless of lineage, gender, 'experience' or other detail, we gather as a circle of equals and a community of learners on a sacred quest.

**Q.** Can I be a prenatal yoga teacher if I have never been pregnant?

**A.** Yes. You simply need to be called by your heart to this work and then add training to that inclination. Motherhood itself is not a pre-requisite.

**Q.** Does your program also cover teaching post-partum or mommy- baby yoga?

**A.** No it does not. My main teacher Judith Lasater encourages us 'to dig deep and not wide'. I take this to heart and believe it is an approach that creates quality and depth! Prenatal yoga has such depths to be explored. And that is the total focus of this training.

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**Q.** I am a pregnancy or birth professional (midwife, doula/lactation consultant, other) and I am Interested in taking this program. Is that possible?

**A.** We are open to considering it. However it is necessary that you also have an in-depth and committed yoga practice. And please note that upon completion of the program you would be awarded a 'certificate of completion in prenatal yoga study' rather than being certified as a prenatal yoga teacher.

**Q.** Is this program Yoga Alliance?

**A.** No. The YA guidelines are an 85-hour curriculum and this is a 40-hour curriculum. It's possible that a Carried Downward Breath Level II will be launched at a future point. Allowing for an equivalent number of training hours. But even then, CDB might not apply to be a YA program. This because there are key points that the YA curriculum guidelines emphasize and others that they de-emphasize, which we approach and value differently. After careful consideration, we stand by our curriculum. For these reasons, our program is not YA.

### **Prior grads praise for *Carried Downward Breath – A Prenatal Yoga Teacher Training***

*Thank you for a very nourishing, growth experience. What you have taught during this training is useful, not just for prenatal yoga, but for all my classes. I feel that you made wonderful use of all of our time together and truly gave us our money's worth. More importantly, you shared with us your spirit, and for that I am most grateful.*

- Karen Johnston, Yoga Teacher /Fitness Instructor

*After this training, a pregnant woman walked into my active Vinyasa class. And I knew with confidence exactly what to do to make the class safe and appropriate for this student.*

- Morgan Miller, Vinyasa Yoga Teacher

*I participated in this training and it was AWESOME. I learned so much about pregnancy, prenatal yoga, and female anatomy. I highly recommend this program.*

- Alyssa Rubin, Hot Yoga Teacher

I had the pleasure of taking part in Carried Downward Breath. What an experience! I felt pushed (in a good way) to go beyond what I thought I was capable of. This is where Juliana's mentoring skills come into play. She creates a learning atmosphere that encourages self-growth and exploration.

- Leah Mehta-Marciante, Vinyasa Yoga Teacher

*I love teaching pre-natal! Thanks again for an awesome training!*

- Malissa Larson, Ashtanga Yoga Teacher

**CHAT WITH A PRIOR GRAD?** Would you like to speak to one of our prior grads about their experiences with this program? We would be glad to arrange that. Please just ask.

Thanks for your interest. If you have any questions, please feel free to ask.  
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Namaste.