

PROGRAM

Second YOGA DOULA

Annual meeting

1-3 December 2017

Friday December 1st, 16H00
To Sunday December 3rd 17H00

Espace MA

120, avenue Gambetta, 75020 Paris

<http://espacema.com/acces/>

Friday afternoon:

16:00 Welcoming Tea

17:00 Opening guided by Gurujagat Kaur

Founder of Kundalini YOGA DOULA SCHOOL (KYDS)

Presentation of the Yoga Doula school, the french association for maternity support: RESEAU NE-SENS, the Postnatal support network.

- Circle of presentation; open space for sharing experience,
- questions and needs
- Meditation

19:00 Dinner in restaurant **PLEASE BOOK YOUR MEAL** <https://doodle.com/poll/d9ps6fyvqsdrhg92>

21:00 Rest

Saturday:

6:30 Sadhana yoga & meditation (Optional/gratis)

9:30 Welcoming Tea

10:00 Opening meditation

10:30 Round Table

“Midwives & Doulas collaboration, Respecting each other's place and role”

with Ophélie Simon, Midwife & Gurujagat kaur, Yoga Doula School

12:30 – 14:00 Lunch Break **PLEASE BOOK YOUR MEAL** <https://doodle.com/poll/d9ps6fyvqsdrhg92>

14:00 NEW!!

Hands on workshop

“Closing Diastasis Recti”

with YOLA GARBER, Germany

Yola is a dancer and mother of a 4 years old boy. She experienced the problem of Diastasis Recti, after the birth of her son, when the straight abdominal muscles did not come back in place after birth. This “openness” causes physical and energy loss and difficulties. Yola will share her experience and her process of looking & finding a solution.

She will show this rather simple manual manipulation that anyone can learn.

The theoretical & practical knowledge is based on the works of a German Midwife, the book in German will be brought for references.

16:00 Tea Break

17:00 Shakti Dance with AmritErica

18:00 – 19:00 Tea, Snacks & “Peanut Hour”

A warm and spontaneous sharing time.

PLEASE BOOK YOUR MEAL <https://doodle.com/poll/d9ps6fyvqsdrhg92>

It will be followed by the Conference with Ayurvedic Practitioner Narendra Das. Conference will be in French with English translation.

19:30 welcoming participants for conference / payment / settling

20:00 – 22:00 conference / questions & answers

“Prasuti Tantra: from conception to Birth according to the Ayurveda”

Sunday:

6:30 Sadhana (optional, gratis)

9:30 Tea & Welcome

10:00 Opening meditation

10:30 workshop :

*“ Postures to prevent Diastasis Recti during pregnancy, Postures to help healing
Diastasis Recti after birth”.*

Theoretical & practical workshop held by physiotherapist and Kundalini yoga teacher Raj Inder
- Jean Pierre Vanderydt.

12:30 lunch break PLEASE BOOK YOUR MEAL <https://doodle.com/poll/d9ps6fyvqsdrhg92>

14:00 Balon Form with Har Atma Kaur

15:00 Future Vision of Yoga Doulas & Conclusions

16:00 Closing meditation