

Getting Started

By

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WHERE TO START

Online learning is wonderful and offers tremendous opportunity and flexibility. It is also very easy to procrastinate or fail to take full advantage of the investment that you have made. Before you even start with the course material, set some clear goals for yourself, schedule the time you will spend on the course into your calendar and then work on the course materials. Without taking this first and very important step to clarify your goals and intentions, it is highly possible that you will fail to complete the course. In the last unit of the course (RESOURCES), you will find some goal setting worksheets that may be helpful.

R-PYT Certification : Your tuition gives you full course access for eight-months. You also have 8-months of unlimited email support from Sharon. In addition, you will have two private SKYPE sessions with the course facilitator, Sharon Fennimore, within 8-months of enrollment. After you complete all the course requirements and pass your final exam, you will be provided with a signed electronic (PDF file) graduation certificate that gives you the ability to register with Yoga Alliance as a R-PYT (Registered Prenatal Yoga Teacher). Required textbooks and additional private mentoring sessions are not included in tuition.

REQUIRED TEXTBOOKS

REQUIRED READING:

1. Faith: Trusting Your Own Deepest Experience. By Sharon Salzberg (2002, Riverhead Books)
2. Yoga for Pregnancy, Birth and Beyond. By Francoise Barbira Freedman (2004, DK)
3. Bountiful, Beautiful, Blissful. By Gurmukh. (2003, St. Martin's Press)
4. Ina May's Guide to Childbirth. By Ina May Gaskin. (2003, Bantam Books)
5. Easy Exercises for Pregnancy. By Janet Balaskas. (1997, Frances Lincoln)

When you start the course, please begin reading Faith by Sharon Salzberg and the Emily Martin articles that are included in the orientation. Please keep in mind that these are academic articles written for anthropologists. I do NOT expect you to become experts in anthropology or understand all the references or theory. I will be talking about the points that are important in terms of Culture and Reproduction in my lecture on this topic. But, these articles are very interesting and if you feel comfortable reading them at whatever level of expertise you do have, then I think that they can only increase your understanding of the framework of my lecture. If you start reading and get frustrated, just put them down and have a copy or access to them when you listen to my lecture on the topic. Trust me, you will understand everything that is required after the lecture.

Since we will likely be using SKYPE for your orientation meeting and final exam interview, please create a SKYPE account if you do not already have one and add me to your contacts: Sharon.Rudyk

ORIENTATION MEETING

This is a 1.5 hour SKYPE/FaceTime or phone session (USA students only). You should schedule it within your first month of enrollment and submit your “Self-Reflection Worksheet” (you will find it in the Orientation Section—don’t worry!) by email at least a couple days prior to the session so we can talk about it. Schedule your orientation meeting as soon as possible HERE: <https://www.timetrade.com/book/JN2VC>

FINAL EXAM/EXIT INTERVIEW

This is a 1.5 hour SKYPE/FaceTime or phone session (USA students only). You should schedule it for the 7th or 8th month of your enrollment and be prepared to submit all of your practicum assignments at least one week prior to your exam. Your exam will be based on what you submit, so there shouldn’t be any surprises. Please schedule your exam with as much advance notice as possible. You can always change it later if necessary: <https://www.timetrade.com/book/V5S6J>

Additional Mentoring Sessions (NOT included in your tuition)

You can pay for your private sessions using this link:
<https://app.moonclerk.com/pay/h0ygz3asfi6>

You can schedule your private sessions using this link: <https://www.timetrade.com/book/DQZYP>

SUMMARY of FIRST STEPS

STEP ONE: payment and registration

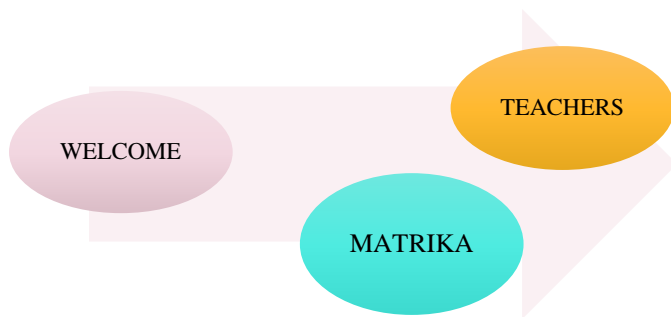
STEP TWO: set personal goals and intentions and obtain required textbooks

STEP THREE: work through the orientation section of the course

STEP FOUR: schedule your orientation appointment with Sharon

STEP FIVE: start reading Faith by Sharon Salzberg

You are awesome and I am so excited to start this work with you!



STAYING CONNECTED

Although you move through the course at your own pace and work to meet your own personal goals and intentions, we stay connected through the discussion boards, webinar events and our private sessions. When you submit your worksheets to me, I will read them before our next private session and these assignments also give me a good idea of how you are thinking and working with the curriculum.

CONTACT SHARON

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E-mail: sharon@yogamatrika.com

SKYPE: sharon.rudyk

FaceTime: 412-855-5692 (same as phone number below)

Phone: 412-855-5692 (Pittsburgh, Pennsylvania, United States/Same as NYC time zone)

ONLINE DISCUSSIONS

You can set your preferences within the online course and receive e-mail notifications when course participants post something new on a discussion board. You can also choose not to be notified and just remember to look at the discussions and participate when you are signed into the course. It is required that you participate in the discussions in order to complete the course for both CEU credits and/or certification. I assure you that there are some very accomplished and interesting teachers taking this course with you and you have just as much to offer one another in terms of information, experience and support as I do. This is meant to be an open conversation. I will regularly respond and answer questions and this is an excellent way to connect with both me and other course participants.

EVENTS

All webinars are recorded and you can see them by going to the EVENTS tab. They are listed by date and topic. It can be confusing because many of the videos reference “required worksheets”. At the time those videos were made, there were required worksheets. Now, there are no worksheets required, but still mention of them in the video. Please ignore and review the graduation requirements if you have questions about what is required for graduation. Again, I apologize for any inconvenience and welcome your email communication at any time to clarify any part of the program: sharon@yogamatrika.com