

Brahmani Yoga Prenatal Teacher Training Pre-Homework

ALL OF THE WRITTEN ASSIGNMENTS MUST BE HANDED IN ON THE FIRST DAY OF THE COURSE. PLEASE HAVE THEM **TYPED UP** AND PRINTED OUT WITH YOUR FULL NAME ON EACH PAGE.

Most books are available online on Amazon or if you are in India www.flipkart.com
Most books are also available on Kindle, you can download the app for free on your phone if you are traveling.

Homework:

Read the following books and write the corresponding paper.

- ***Birth Matters*** - Ina May Gaskin. **ISBN-10:** 1583229272 or **ISBN-13:** 978-1583229279
Write a 1 to 2-page summary, due the first day of the course.

- ***The Birth Partner*** - Penny Simkin
ISBN-10: 155832819X or **ISBN-13:** 978-1558328198
Write a 1-2 page summary is due the first day of the course.

- ***Birth: The Surprising History of How We Are Born*** - Tina Cassidy
ISBN-10: 0802143245 or **ISBN-13:** 978-0802143242. Write a 1-2 page summary is due the first day of the course.

Write the following paper.

- Sharing a birth story through writing, whether it is your own, your baby's or a birth that you have attended. If you can't think of a birth story you could share, start talking to people about their births, this is a great way to learn about birth and you will come up with something to share very quickly. Up to 2 pages, due the first day of the course.

Read the following books before the course begins.

- ***What to Expect when You're Expecting*** - Arlene Eisenberg, Heidi E. Murkoff, & Sandee E. Hathaway.
ISBN-10: 9780761148579 or **ISBN-13:** 978-0761148579.
No paper is due but there will be a quiz on this book during the course.