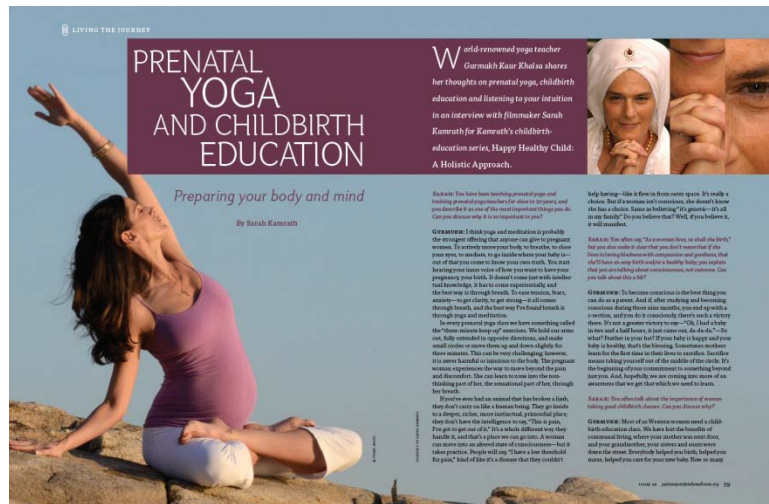


## Prenatal Yoga and Childbirth Education

By Sarah Kamrath

Pathways #40, page 58



### Talking Points

- ❖ An interview with world-renowned yoga teacher Gurmukh Kaur Khalsa – on prenatal yoga, childbirth education and intuition. Find this interview and more in Sarah Kamrath’s childbirth-education film series, Happy Healthy Child: A Holistic Approach.
- ❖ Gurmukh explains why she thinks prenatal yoga is so important, focusing on the positive benefits of breath and meditation, as well as the ease of anxiety and tension. Prenatal yoga allows expectant moms to “zone into the non-thinking part of her, the sensational part of her, through her breath.” (59)
- ❖ “To become conscious is the best you can do as a parent.” This is one of Gurmukh’s gems of truth in this article. The method of birth (vaginal, medicated, c-section) is not as important, in Gurmukh’s mind, as experiencing your particular birth consciously.
- ❖ Gurmukh explains why childbirth classes are so necessary in our modern Western world. Our social arrangement and isolation requires more “formal” education or training on childbirth. “We have lost the benefits of communal living.” But Gurmukh advises against a childbirth class through a hospital. She doesn’t see hospital classes educating on other birth options. She also recommends classes on what to do AFTER the baby is born, not just what to expect in labor.
- ❖ And most importantly, Gurmukh explains, new mothers should attend to themselves – rest and eat well. It is not a luxury to be taken care of so you can concentrate on mothering your baby. It is mandatory. Spend time, perhaps while nursing, meditating. “Quiet your mind; listen to yourself, learn to trust what you are saying on the inside. Nothing is more important for parenting—nothing.” (61)

### Resources

Who is Gurmukh Kaur Khalsa? [www.yogatech.com/Gurmukh](http://www.yogatech.com/Gurmukh)

Khalsa Way Prenatal and Postnatal Teacher Training Program - <http://www.goldenbridgeyoga.com/prenatal.php>

Prenatal Kundalini Yoga with Sarah Kamrath - <http://www.youtube.com/watch?v=V-BhKhHIU10>