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For More Information:

Cynthia Alvarez, 760.565.4854

Students and Faculty Collaborate on Prenatal Yoga Video Course

Two College of the Desert students teamed up with their kinesiology professor to design a yoga sequence and video course for expectant mothers.

The video course was developed last fall after student Karla Loera expressed an interest in the practice during the last trimester of her first pregnancy. Professor Wendy Ansley and Lisa Holloway, a student in the yoga teacher training program, set out to design a series of movements to help Loera prepare for birth and alleviate discomfort.

"Anyone can benefit from the course, not just pregnant mothers," said Loera, who is pregnant with her second child. "The movements help with confidence, balance, mental clarity and emotional stability, all things women can struggle with during pregnancy."

Loera, Ansley and Holloway shot the video, which is one of more than 90 recordings Ansley makes available to students in her classes.

Holloway, a retired fire captain, said the series of yoga poses provides psychological and physiological benefits, including stress relief and physical health. But there are other benefits as well.

"This project is a great illustration of what Professor Ansley's class is like," Holloway said. "The camaraderie we have and the holistic approach to teaching are common at College of the Desert."

Yoga teacher training is a certificate program that prepares students to meet the requirements to become a 200-hour registered yoga teacher with Yoga Alliance. Four required courses cover teaching methodology, techniques of teaching, anatomy and physiology, philosophy and lifestyle, and teaching practicum.

"By participating in the instructional videos, Karla and Lisa had the opportunity to refine their public speaking skills, utilize new skills that they are developing as yoga teachers, and learning so much about the yoga postures, the breath, the movement, advice for prenatal students in the future and building upon their own confidence," Ansley said.

The video is available for viewing at <https://youtu.be/Mt9KCpKE-8w>.