

Please note that due to the needs of each individual group, there may be slight alterations to the timings of the schedule. Also, in addition to the a lunch break, we will also take two natural breaks as the opportunity arises. All sessions are with Sally Parkes, unless stated otherwise below.

Sunday

5-5.30pm	Welcome and Introductions.
5.30-7pm	Pregnancy yoga class for second and third trimester.
7-8pm	Dinner.
8-9pm	Benefits of pregnancy yoga. An overview of what a teachers aims and objectives should be when planning a class.
9.30pm	Yoga Nidra for the pregnant client.

Monday

7.15-8.30am	Pregnancy yoga class for second and third trimester using yoga props such as bolsters, blocks and chairs to offer the ladies more physical support.
8.30-9.15am	Breakfast.
9.15-11.15	Postural changes experienced during pregnancy, and the effect this can have on the pelvis and spine. We will discuss Upper and Lower Cross Syndrome and study yoga postures that help to balance the mothers' body. This session will include some teaching practice.
11.15-11.30	Break.
11.30-1pm	Yoga class with asana sequenced to counteract postural changes commonly experienced during pregnancy.
1-2pm	Lunch Break.
2-4pm	Common contra-indications experienced during pregnancy, and how these can be managed in class. We will cover pelvic girdle pain, high and low blood pressure, lower back pain, diastasis recti, carpal tunnel syndrome, nausea and fatigue.
4-4.15pm	Break.
4.15-6pm	What are the Bandhas and how awareness of these are useful when teaching prenatal clients. Includes a practical session on how to safely and gently apply and let go of Uddiyana and Moola Bandha.
6-7pm	Dinner.
7-9pm	What are the Chakras and how the Root and Sacral Chakras relate to womens' health. The spiritual aspects of pregnancy and how we can use different yoga techniques to encourage harmony and calmness during any stage of pregnancy. Techniques will include kriyas, meditation, visualizations, breath work and chanting.

Tuesday

7.15-8.30am	Womb Yoga class - inspired by the teachings of Yoni Shakti, written by Uma Dinsmore-Tuli.
8.30-9.15am	Breakfast.
9.15-5pm	The majority of Tuesday will be facilitated by midwife Dee Bell. Pregnancy and birth education with midwife Dee Bell. Topics covered will include: - in-depth discussion on hormonal changes during each trimester - what care a mother can expect to receive from her midwife - Anatomy of the pelvis and pelvic floor.
5-6pm	How we can use yoga positions to increase the likelihood of an optimal foetal positioned baby in the latter stages of the third trimester and during labour. We will also discuss breech presentation.
6-7pm	Dinner.
7-8.30pm	How to sequence your pregnancy yoga class and teaching practice.
8.30-9pm	Yoga Nidra and Relaxation.

Wednesday

7.15-8.30am	Pilates inspired yoga class for ladies who are twelve weeks postnatal.
8.30-9.15am	Breakfast.
9.15-10.30am	Anatomy of the 'Core' with particular attention to the pelvic floor, transverse and rectus abdominal muscles.
10.30-12pm	Anatomy and physiology of the postnatal body in the first six weeks after birth, and why we need to avoid abdominal pressure at this time.
12-1pm	Diastasis Recti: What is it, how do we test for it in the post-natal client and how we can manage it.
1-2pm	Lunch break.
2-3.15pm	How to sequence your postnatal yoga class and teaching practice.
3.15-4.30pm	Possible injury/trauma caused by birth intervention including C-Section and how we manage it in class.
4.30-6pm	Gentle yoga and relaxation for the C-Section client.
6-7pm	Dinner.
7-8.30pm	A discussion on how to manage your classes so they run smoothly and are all inclusive.

Thursday

7.15-8.30am	Womb Yoga class for the postnatal client.
8.30-9.15am	Breakfast.
9.15-9.45am	An introduction to what a Mother and Baby Yoga class is and what we should include in the class.
9.45-11am	Mother and Baby Yoga Class.
11am-1pm	Revision of the main teaching points of teaching pregnancy yoga, postnatal yoga, and mother and baby yoga. We will revise the relevant anatomical points and safety guidelines that need to be considered when teaching.
1-2pm	Lunch.
2-3.30pm	Pregnancy yoga class given by the students.
3.30-4.30pm	Break.
4.30-6pm	Pregnancy yoga class given by the students
6-7pm	Dinner.
7-8.30pm	The business of setting up your yoga classes, including useful marketing strategies, how to compile a health questionnaire and get insurance. The ethics of being a yoga teacher.

Friday

	Friday will be facilitated by pregnancy yoga teacher, Hypnobirthing facilitator and mother, Anna Brook.
7.45-8.30am	Breakfast.
8.30-9.45am	Talk on Hypnobirthing and how this system can help the pregnant client. This session includes some practical application of Hypnobirthing techniques.
9.45-11.15	Unity Partner Yoga for Pregnancy Workshop.
11.15-12pm	Brunch.
12pm	Depart.