



### **Pregnancy Yoga Residential Teacher Training Schedule 2017**

Please note that do to the needs of each individual group, there may be slight alterations to the timings of the schedule. All sessions are with Sally Parkes, unless stated otherwise below.

#### **Sunday**

- 5-6pm Welcome and Introductions.
- 6-7.15pm Pregnancy yoga class for second and third trimester.
- 7.15-8pm Dinner
- 8-9pm Benefits of pregnancy yoga. An overview of what a teacher aims and objectives should be when planning a class.
- 9-9.30pm Yoga Nidra for the pregnant client.

#### **Monday**

- 7.30-8.30am Pregnancy yoga class for second and third trimester using yoga props such as bolsters, blocks and chairs to offer the ladies more physical support.
- 8.30-9.20am Breakfast
- 9.20-11.10am 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.
- 11.10-11.30am 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.
- 4-4.20pm Break
- 4.20-6pm 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
- 7-8.30pm 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**

- 7.30-8.30am Womb Yoga class - inspired by the teachings of book Yoni Shakti written by Uma Dinsmore-Tuli.
- 8.30-9.20am Breakfast
- 9.20-5pm 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. Optimal positioning of the baby in utero.
- 1-2pm Lunch
- 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**

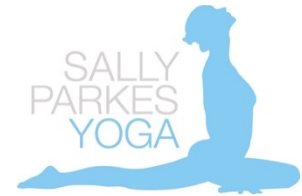
- 7.30-8.30am Pilates inspired yoga class for ladies who are twelve weeks postnatal.
- 8.30-9.20am Breakfast
- 9.20-10.30am Anatomy of the 'Core' with particular attention to the pelvic floor, transverse and rectus abdominal muscles.
- 10.30-11.40am Anatomy and physiology of the postnatal body in the first six weeks after birth, and why we need to avoid abdominal pressure at this time.
- 11.40am-12pm Break



- 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.
- 2-3.10pm How to sequence your postnatal yoga class and teaching practice.
- 3.10-4.10pm Possible injury/trauma caused by birth intervention including C-Section and how we manage it in class.
- 4.10-4.30pm Break
- 4.30-6pm Gentle yoga and relaxation for the C-Section client.
- 6-7pm Dinner
- 7-8.15pm A discussion on how to manage your classes so they run smoothly and are all inclusive.

#### **Thursday**

- 7.30-8.30am Womb Yoga class for the postnatal client.
- 8.30-9.20am Breakfast
- 9.20-9.50am An introduction to what a Mother and Baby Yoga class is and what we should include in the class.
- 9.50-11am 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
- 7-8.15pm 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.

9.45-11.10am      Unity Partner Yoga for Pregnancy Workshop.

11.10-12pm      Brunch

12pm      Depart