

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 a lunch break, we will also take two natural breaks as the opportunity arises.

### Day 1

8.15am	Introductions.
8.30 - 10am	Pregnancy yoga class for second and third trimester.
10am - 11am	Benefits of pregnancy yoga. An overview of what a teacher's aims and objectives should be when planning a class.
11 - 12pm	Anatomy and Physiology: How hormonal changes during pregnancy can affect the physical and emotional body.
12 - 1pm	Lunch break.
1 - 2.30pm	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.
2.30 - 3.30pm	Postural changes experienced during pregnancy, and the effect this can have on the spine.
3.30 - 4.30pm	Yoga class to counteract postural changes commonly experienced during pregnancy.

### Day 2

8.15 - 9.30am	Pregnancy yoga class for second and third trimester using yoga props such as bolsters, blocks and chairs to offer the ladies more physical support.
9.30 - 11.00am	Anatomy of the pelvis and pelvic floor and the stages of labour.
11 - 12pm	What is Optimal Fetal Positioning (OFP)
12 - 1pm	Lunch Break
1 - 2pm	What is an induction and different types of birth ie: natural and medicalised.
2 - 3.30pm	How we can use yoga to increase the likelihood of OFP. We will also discuss breech presentation.
3.30 - 4.30pm	OFP yoga class.

### Day 3

8.15 - 9.30am	Womb Yoga class - inspired by the teachings of Yoni Shakti written by Uma Dinsmore-Tuli.
9.30 - 10.30pm	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.
10.30 - 12pm	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.
12 - 1pm	Lunch break.
1 - 2pm	What are the Chakras and how the Root and Sacral Chakras relate to pre and postnatal health.
2 - 3.30pm	How to sequence a pregnancy yoga class and teaching practice.
3.30 - 4.30pm	Restorative yoga and relaxation.

#### Day 4

8.15 - 9.45am	Anatomy of the 'Core' with particular attention to the pelvic floor, transverse and rectus abdominal muscles.
9.45 - 11am	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 - 12pm	Pilates inspired yoga class for ladies who are twelve weeks postnatal.
12 - 1pm	Lunch break.
1 - 2.30pm	Possible injury/trauma caused by birth intervention including C-Section and how we manage it in class.
2.30 - 3.45pm	Diastasis Recti: What is it, how do we test for it in the post-natal client and how we can manage it.
3.45 - 4.30pm	Yoga Nidra and relaxation for the postnatal client.

#### Day 5

8.15 - 9.30am	Pregnancy yoga class given by the students.
9.30 - 10am	Feedback given about the class given by the students.
10 - 12pm	Gentle Yoga for the C-section post-natal client.
11 - 12pm	Class management of a pregnancy and post-natal class.
12 - 1pm	Lunch break.
1 - 2.15pm	Mother and Baby Yoga class.
2.15 - 4pm	Factors to consider when organising a mother and baby class including sequencing and managing class dynamics.
4 - 4.30pm	Womb Yoga Meditations.

#### Day 6

8.15 - 9.30am	Pregnancy yoga class given by the students.
9.30 - 10am	Feedback given about the class given by the students.
10 - 12pm	Revision of the main teaching points of teaching prenatal, postnatal and mother and baby yoga. We will also revise the relevant anatomical points and safety guidelines that need to be considered when teaching.
12 - 1pm	Lunch break.
1 - 4pm	The business of setting up your pre and postnatal yoga teaching practice, including useful marketing strategies, how to compile a health questionnaire, how to protect yourself in business and the ethics of being a yoga teacher.
4 - 4.30pm	Final relaxation and farewell.