
Schedule for 6 day Pregnancy Yoga Teacher Training with Sally Parkes Yoga

Worthing January 2019

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

Day 1

9.15-9.45am: Introductions

9.45-11am: Pregnancy yoga class for second and third trimester.

11am-12pm: Benefits of pregnancy yoga. An overview of what a teachers' aims and objectives should be when planning a class.

12-1pm: Anatomy and Physiology: How hormonal changes during pregnancy can affect the physical and emotional body.

1-2pm: Lunch break.

2-3.30pm: 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.

3.30-4.30pm: Postural changes experienced during pregnancy, and the effect this can have on the spine.

4.30-5.30pm: Yoga class to counteract postural changes commonly experienced during pregnancy.

Day 2

9.15am-1pm: This morning will be facilitated by midwife DEE BELL and topics covered will include:

- What happens physiologically and hormonally from conception to birth.
- The stages of labour.
- Optimal positioning of the baby in utero (Optimal Foetal Positioning)

1-2pm: Lunch

2-3.45pm: Birth preparation class with the theme of Optimal Foetal Positioning using supported yoga asana, breathing techniques, yoga nidra and positive birth affirmations.

3.45-4pm: Break

4-5.30pm: How to construct your own birth preparation workshop. This will include some partner and group work.

Day 3

9.15-10.30am: Womb Yoga class - inspired by the teachings of Yoni Shakti written by Uma Dinsmore-Tuli.

10.30-11.30am: 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.

11.30am-1pm: 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.

1-2pm: Lunch break.

2-3pm: What are the Chakras and how the Root and Sacral Chakras relate to pre and postnatal health.

3-4.30pm: 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.

4.30-5.30pm: Restorative yoga and relaxation.

Day 4

9.15-10.45am: Pilates inspired yoga class for ladies who are twelve weeks postnatal.

10.45-12pm: 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: Anatomy of the 'Core' with particular attention to the pelvic floor, transverse and rectus abdominal muscles.

1-2pm: Lunch break.

2-4pm: Diastasis Recti: What is it, how do we test for it in the post-natal client and how we can manage it in class. Also possible injury/trauma caused by birth intervention including C-Section and how we manage it in class.

4.45-5.30pm: Yoga Nidra and relaxation for the postnatal client.

Day 5

9.15-10.30am: Pregnancy yoga class given by the students.

10.30-11am: Feedback given about the class given by the students.

11am-12pm: Gentle Post-natal Yoga for the mother who's experienced C-section/Forceps/Trauma to the Perineum

12-1pm: Class management of a pregnancy and post-natal class.

1-2pm: Lunch break.

2-3.15pm: Mother and Baby Yoga class.

3.15-5pm: Factors to consider when organising a mother and baby class including sequencing and managing class dynamics.

5-5.30pm: Womb Yoga Meditations.

Day 6

9.15-11am: Pregnancy yoga class given by the students.

11am-12pm: 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.

12-1pm: 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.

1-2pm: Lunch break.

2-5.15pm: Unity Partner Yoga workshop and Hypno-birthing taster session with ANNA BROOK.

5.15-5.30pm: Final farewell.

Please can you bring with you to the training:

Yoga Mat

Yoga Belt/Strap and Yoga Block

A soft doll or toy that is the size of a 3-6 month old baby – only needed for day 5

A scarf the size of a pashmina or a sarong

A blanket

A note book and pen

PLEASE NOTE THAT THESE ITEMS ARE ESSENTIAL FOR YOUR LEARNING.

Thank you very much. Sally x