

DAILY SCHEDULE

DAY 1: PREGNANCY

Introductions

Asana practice: 90min Yoga Flow class appropriate for the second trimester, includes appropriate pranayama.

Benefits of yoga during pregnancy and what we should aim to achieve by the end of delivering a class for pregnancy. General summary of yoga postures and pranayama to avoid during pregnancy. (How to tailor a class to certain pregnancy related ailments will be discussed later in the day).

Anatomy: Hormonal, emotional and physical changes throughout the three trimesters. Contraindications that can come with these changes.

Why back pain occurs. Effects of lordosis and kyphosis on the spine, pelvis and surrounding muscles tissue.

60min Hatha/Restorative Pregnancy Yoga session suitable for the first trimester.

DAY 2: PREGNANCY

Asana practice: a 90min Yoga Flow class using Swiss/birthing balls, appropriate for the second and early third trimester. Appropriate pranayama and mudras.

Spiritual aspects of pregnancy: How to use different aspects of yoga to bring harmony during any stage of pregnancy. Various techniques are explored which can be weaved into any pre or post-natal class: Meditations, Visualisations, Kriyas, Mudras, Chanting, Positive affirmations

Subtle Anatomy: Chakras. How the Chakras relate to pre and post-natal yoga with specific reference to the Root and Heart Chakra.

Moola Bandha and Uddiyana Bandha and how these can work in unison with the Root Chakra. Asana and movements of the pelvis that help to engage the bandhas.

Gentle Asana for the first trimester. This will be a different sequence from Day 1.

DAY 3: PREGNANCY

Asana practice: a 90min Yoga Flow class for the Second Trimester. This time we will adapt the class for early third trimester by using chairs and the wall and possibly some partner work.

Positions for Optimal Foetal Positioning to encourage a 'head down' birth. This will include the best positions to sleep in.

Anatomy of the third trimester with extra emphasis on the engagement of the baby's head in the birth canal and how this will change what asanas should be suggested.

Asana practice for the third trimester. Using no props except for some partner work.

45mins: Yoga Nidra for all stages of pregnancy.

DAY 4: BIRTH

60min 'Pelvis Power' flow sequence, appropriate for all trimesters. This sequence focuses on the mobilisation and strengthening of the pelvis, sacrum and lumbar region.

Anatomy of birth and the three stages of labour. Positions to assist with these three stages including work with the birthing/Swiss ball, birth partner

Discussion on C-Section and the effects of medical interventions on what can and can't be done within the realms of yoga asana.

Meditations on the act of 'letting go' and acceptance of oneself and the journey of birth.

Introduction into the fourth trimester/post-natal period.

DAY 5: POST NATAL

60min Post-Natal yoga class (for ladies who are 6weeks into their post-natal stage). This class will include elements of Pilates.

Anatomy of the fourth trimester and contraindications

Relevance of using the pelvic floor and transverse Abdominus to aid post-natal recovery and carrying baby with minimum risk of back injury.

Teaching practice: time to work out a short sequence and practice teaching it within the group. This will be for pregnancy yoga.

A therapeutic asana practice that addresses issues related to post-natal ladies: Tight neck and shoulders, kyphosis, sleep deprivation, back ache, issues with lymph drainage around the breast.

DAY 6: PRACTICAL ASSESSMENTS

45min session: Meditation and pranayama

What to include in a session for a lady who has had a C-section or medical intervention in labour.

Teaching practice: work out a short sequence and practice teaching it within the group. This will be for pregnancy yoga.

Practical assessments: students will teach a 20min sequence for pregnancy yoga.

We will close the day with group relaxation/meditation.

*Subject to change