



## **Sally Parkes Yoga Teacher Training: example of daily schedule:**

### **Day 1: Yoga for Pregnancy**

**8.30-9.30am:** Opening the course: Sitting in a circle around we will briefly introduce ourselves and say what brings us to the course and about our yoga experience so far.

**9.30-10.45am:** Yoga asana practice: a 75min Dynamic Yoga Flow class appropriate for the second trimester. We will also include appropriate pranayama.

**10.45-11am:** Break

**11am-12pm:** Discussion on the benefits of yoga during pregnancy and what we should aim to achieve by the end of delivering a class for pregnancy. We will also cover what yoga postures and pranayama to avoid during pregnancy. This will be a general summary of what to avoid and will involve some group work.

**12-1pm:** Anatomy: what actually happens to the woman during pregnancy throughout the three trimesters. This will include anatomy of the pelvis and hormonal, emotional and physical changes, and the contraindications that can come with these changes including:

- Pelvic Girdle Pain
- Low/High Blood Pressure
- Causea
- Anxiety
- Sleep Deprivation
- Heart Burn
- Postural changes of the spine.
- Abdominal Separation

**1-2pm:** Lunch Break

**2-3pm:** An overview of the Nervous System with particular focus on the Sympathetic and Parasympathetic Nervous System and how this relates to birth.

**3-4pm:** How to teach a pregnancy yoga class.

**4-4.15pm:** Break

**4.15-5pm:** Teaching practice

**5-5.30pm:** Relaxation and Savasana for pregnancy.



## **Day 2: Yoga for Pregnancy**

**8.30-9.45am:** Yoga Asana practice: a 75min Hatha Yoga Flow class appropriate for the third trimester. We will also include appropriate pranayama.

**9.45-10.45am:** As back pain is common during pregnancy we will spend some time on why this occurs and look at the effects of Lordosis and Kyphosis on the spine, pelvis and surrounding muscle tissue as a result. This will relate more to : late second and all of the third trimester.

**10.45-11am:** Break

**11am-12pm:** Recap of common postural changes. We will then as a group put a short yoga asana sequence together and practice teaching it in small groups.

**12-1pm:** The spiritual aspects of pregnancy: How to use different aspects of yoga to bring harmony during any stage of pregnancy. We will go through various techniques which can be weaved into any pre or post-natal class. We will look at appropriate:

- Meditations
- Visualisations
- Kriyas
- Mudras
- Chanting
- Positive affirmations.

**1-2pm:** Lunch Break

**2-3pm:** Subtle Anatomy: Chakras: How the Chakras relate to pre and post-natal yoga with specific reference to the Root and Heart Chakra.

**3-4pm:** Moola Bandha: a logical progression from the Root Chakra, we will discuss Moola Bandha and Uddiyana Bandha and how these can work in unison with the Root Chakra. We will work through asana and movements of the pelvis that help to engage the bandhas.

**4-4.15pm:** Break

**4.15-5.30pm:** Yoga asana class focusing on the chakras and bandhas. Will include Yoga Nidra.



### **Day 3: Yoga for Pregnancy**

**8.30-9.45am:** Yoga Asana practice: a 75min Yoga Flow class for the second and third trimester. This time we will adapt the class for early third trimester by using props, the wall and some partner work.

**9.45-10.30am:** Talk and note taking on the main differences and adaptations between a yoga asana class for second trimester and third trimester.

**10.30-10.45am:** Break.

**10.45am-12pm:** How to plan a class and teaching practice in small groups and how to manage contraindications such as Pelvic Girdle Pain, Low/High Blood Pressure and anxiety in class.

**12-1pm:** What is Optimal Foetal Positioning (OFP) and anatomy of the third trimester with extra emphasis on the engagement of the baby's head in the birth canal and avoidance of back to back positioning of the mother and baby, and how this will change what asanas we suggest to our clients.

**1-2pm:** Lunch Break

**2-3pm:** Yoga asana practice specifically for the third trimester and OFP.

**3-4pm:** Anatomy of birth and the three stages of labour, including the movements of the pelvic bones during birth. Positions to assist during labour including work with the Birthing/Swiss ball, birth partner etc.

**4-4.15pm:** Break

**4.15-5pm:** Anatomy of birth and the three stages of labour - CONTINUED

**5-5.30pm:** Yoga Nidra for all stages of pregnancy.



**Day 4: Birth and intro to the post-natal period.**

**8.30-9.30am:** Anatomy of birth and the three stages of labour continued. Information on possible intervention: C-Section, Forceps, Episiotomy, Medical Pain Relief. Also 'What is an induction?'

**9.30-10.45am:** Recap of OFP. We will then as a group put a short yoga asana sequence together and practice teaching it in small groups.

**10.45-11am:** Break

**11am-12pm:** Hypno-birthing class and meditations on 'letting go' and 'acceptance'.

**12-1pm:** Womb Yoga class inspired by the teachings of book Yoni Shakti by Uma Dinsmore-Tuli

**1-2pm:** Lunch Break

**2-3.30pm:** Introduction into the post-natal period. Anatomy and physiology of the post-natal period, and what contraindications to look out for and ask about within the realms of post-natal yoga.

**3.30-5pm:** Talk and practical session on the relevance of using the pelvic floor and transverse abdominis to aid post-natal recovery.

**5-5.30pm:** Yoga Nidra for the post-natal client.



## **Day 5: Post-natal Yoga**

**8.30-9.30am:** 60min Gentle Post-Natal yoga class for ladies who are 6 weeks into their post-natal recovery. This is a therapeutic asana practice that addresses issues related to post-natal ladies: Tight neck and shoulders, sleep deprivation, lower back ache, issues with lymph drainage around the breast.

**9.30-10.30am:** Talk and note taking on the main differences between yoga for pregnancy and a post-natal yoga class. We will also discuss the difference between teaching a mother that is 6 weeks and 12 weeks post-natal.

**10.30-10.45am:** Break

**10.45-11.45am:** Yoga asana class for mother who are 12 weeks into their post-natal recovery. This will include elements of Pilates.

**11.45-1pm:** How to sequence a post-natal yoga class and teaching practice.

**1-2pm:** Lunch Break

**2-3pm:** What to include and what to avoid in a yoga asana class for a mother who has experienced C-section, trauma to the perineum or other medical intervention in labour.

**3-4pm:** What to include and what to avoid in a yoga asana class for a lady who has abdominal separation.

**4-5pm:** Teaching practice in preparation for practical assessments.

**5-5.30pm:** Yoga Nidra for the post-natal client.



## **Day 6: Mother and Baby Yoga, Start Practical assessments**

**8.30-9.30am:** 45min session of meditation and pranayama

**9.40-11.30am:** Start practical assessments: students will teach a 5-8 minute sequence for pregnancy yoga. We will have a fifteen minute break half way through this session.

**11.30am-1pm:** Revision of the main teaching points to be aware of when teaching the pregnant or post-natal client. We will revise the relevant teaching points and safety guidelines that need to be considered in our teaching.

**1-2pm:** Lunch Break

**2-3.15pm:** Mother and Baby Yoga class.

**3.15-4pm:** How to sequence a Mother and Baby Yoga class and teaching practice.

**4-4.15pm:** Break

**4.15-5pm:** How to sequence a Mother and Baby Yoga class and teaching practice continued.

**5-5.30pm:** Relaxation and Savasana.



## **Day 7: Practical assessments continued**

**8.30-9.30am:** 45min session of meditation and pranayama

**9.40am-12pm:** Practical assessments continued: students will teach a 5-8 minute sequence for pregnancy yoga. We will have a ten minute break half way through this session.

**12-1pm:** Written theory general knowledge (related to pre and postnatal yoga) test

**1-2pm:** Lunch Break

**2pm-3pm:** The business of setting up your own classes and client base, and the ethics of being a yoga teacher.

**3-4.30pm:** Sally will teach you a fun and uplifting vinyasa flow class for general wellbeing that will also demonstrate how to safely include a pregnant lady in to the class.

**4.30pm:** Sally and Ivonne will close the day by presenting your certificates to you.

Please note that to achieve your certificate you must focus throughout the entire course and attend all the training hours above.

What to bring:

- A yoga mat, yoga brick or block, a yoga belt and blanket
- A scarf the size of a pashmina (s sarong also works well)
- A soft toy or baby doll for use during our Mother and Baby Yoga class.

Thank you.