

Schedule for 6 day Pregnancy Yoga Teacher Training with Sally Parkes

Leeds March 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

9-9.30am: Welcome and introductions.

9.30-10.45am: Pregnancy yoga class for second and third trimester.

10.45am-12pm: Benefits of pregnancy yoga. An overview of what a teachers' aims and objectives should be when planning a class. We will also discuss which asana and pranayama is considered not ideal for the pregnant yogini.

12-1pm: Anatomy and Physiology: How hormonal changes affect the activity of the Nervous System during pregnancy, and the effect this has on the physical and emotional body

1-2pm: Lunch break.

2-3pm: 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.

3-4pm: Postural changes experienced during pregnancy, and the effect this can have on the spine.

4-5pm: Yoga class to counteract postural changes commonly experienced during pregnancy

Day 2

9-10.15am: Pregnancy yoga class for second and third trimester using yoga props and partner work to offer the ladies more physical support.

10.15-11.30am: - Anatomy of the pelvis and pelvic floor (Moola Bandha) and how the application of Moola Bandha changes during pregnancy.

11.30 -1pm: An explanation of the stages of birth/labour. What is an induction and different types of birth ie: 'natural' and medicalised.

1-2pm: Lunch Break

2-3pm: How we can use yoga to increase the likelihood of Optimal Foetal Positioning (OFP). We will also discuss breech presentation.

3-4pm: Birth preparation workshop

4-5pm: OFP yoga class and relaxation.

Day 3

9-10.15am: Womb Yoga class - inspired by the teachings of Yoni Shakti written by Uma Dinsmore-Tuli.

10.15 – 11.30am: Teaching practice and how to sequence a pregnancy yoga class. By the end of this session you will have written a class plan that is suitable for trimesters 2 and 3.

11.30am-1pm: What are the Chakras and how the Root and Sacral Chakras relate to pre and postnatal health.

1-2pm: Lunch break.

2 – 3.30pm: The spiritual aspects of pregnancy and how we can use different yoga techniques to encourage harmony and calmness during pregnancy. Techniques will include kriya's, meditations, affirmations, visualisations and pranayama.

3.30pm - 4.30pm: Restorative yoga and relaxation.

Day 4

9-10.15am: Pilates inspired yoga class for ladies who are twelve weeks postnatal.

10.15-11.30am: 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.

11.30am-1pm: Anatomy of the 'Core' in relation to the post-natal body, with particular attention to the pelvic floor, transverse and rectus abdominal muscles.

1-2pm: Lunch break.

2-3pm: Possible injury/trauma caused by birth intervention including C-Section and how we manage it in class.

3-4.15pm: Diastasis Recti: What is it, how do we test for it in the post-natal client and how we can manage it.

4.15-5pm: Yoga Nidra and relaxation for the postnatal client.

Day 5

9-10.30am: Pregnancy yoga class given by the students.

10.30am-12pm: Gentle Yoga for the postnatal client who is recovering from a C-section or from birth trauma to the pelvic floor.

12-1pm: Class management of a pregnancy and postnatal class

1-2pm: Lunch break.

2-3.15pm: Mother and Baby Yoga class.

3.15-4.30pm: Factors to consider when organising a mother and baby class including sequencing and managing class dynamics.

4.30-5pm: Womb Yoga Meditations.

Day 6

9-10.15am: Pregnancy yoga class given by the students.

10.15-11.30am: 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.

11.30am -1pm: The business of setting up your pre and postnatal yoga teaching business, including useful marketing strategies, how to compile a health questionnaire, how to protect yourself in business and the ethics of being a yoga teacher. We will also discuss the coursework that is to be done to achieve your teaching certificate.

1-2pm: Lunch Break

2-4pm: Mother Warming Yoga – a class to welcome the new mother

4-5pm: Final yoga and relaxation class and 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