

Brooklands Barn - Pregnancy Yoga Residential Teacher Training Schedule with Sally Parkes Yoga

Please note that do to the needs of each individual group, there may be slight alterations to the timings of the schedule. All sessions are with Sally Parkes, unless stated otherwise below.

Sunday

4.30-5.30pm Welcome and Introductions.

5.30-6.45pm Pregnancy yoga class for second and third trimester.

7-7.45pm Dinner

7.45-8.45pm Benefits of pregnancy yoga. An overview of what a teacher aims and objectives should be when planning a class.

Monday

7.30-8.40am Pregnancy yoga asana class for second and third trimester.

8.40-9.30am Breakfast

9.30-10.30am An overview of the nervous system and how yoga can affect the parasympathetic and sympathetic nervous system, and the role this plays during pregnancy, birth and the postnatal period.

10.30-11.30am Postural changes experienced during pregnancy, and the effect this can have on the pelvis and spine. We will discuss Upper and Lower Cross Syndrome and study yoga postures that help to balance the mothers' body. This session will include some teaching practice.

11.10-11.30 Break

11.30-1pm Yoga class with asana sequenced to counteract postural changes commonly experienced during pregnancy.

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.

3-4.20pm How to sequence a pregnancy yoga class for second and third trimester and teaching practice.

4.20-4.40pm Break

4.40-6pm Anatomy of the pelvis and pelvic floor, plus an explanation of 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 and theory of how Moola bandha changes during pregnancy.

6-7pm Dinner

7-8pm What are the Chakras and how the Root and Sacral Chakras relate to womens' health, and how we can use different yoga techniques to encourage harmony and calmness during any stage of pregnancy.

Tuesday

7.30-8.40am Womb Yoga class - inspired by the teachings of book Yoni Shakti written by Uma Dinsmore-Tuli.

8.40-9.30am Breakfast

9.30-1pm Tuesday morning will be facilitated by a midwife 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

2-4pm Birth preparation workshop that focuses (*Optimal Foetal Positioning*) using supported yoga asana. We will also discuss Breech Presentation.

4-4.20pm Break

4.20-6pm Talk on Hypno-birthing and how this system can help the pregnant client and Unity Partner Yoga for Pregnancy Workshop – With ANNA BROOK

6-7pm Dinner

7-8.45pm Yoga Nidra for the pre and postnatal mother. You will learn about the components of Yoga Nidra and how to write your own Yoga Nidra script for you classes and workshops - With ANNA BROOK

Wednesday

7.30-8.30am Pilates inspired yoga class for ladies who are twelve weeks postnatal.

8.30-9.20am Breakfast

9.20-11.10am Anatomy and physiology of the postnatal body in the first twelve weeks after birth, and why we need to avoid over exertion and abdominal pressure at this time. We will focus in particular on the anatomy of the 'Core' with particular attention to the pelvic floor, transverse and rectus abdominal muscles.

11.10-11.30am Break

11.30-1pm An overview of common contraindications of sometimes experienced by a postnatal mother including knee, lower back and neck pain, RSI, Carpel Tunnel Syndrome, Diastasis Recti and anxiety and depression.

1-2pm Lunch break.

2-3.10pm How to sequence your postnatal yoga class and teaching practice.

3.10-4.30pm Gentle and therapeutic yoga for the postnatal mother – WITH HEATHER DEAVILLE

4.30-4.50pm Break

4.30-6pm Yoga for mothers with Diastasis Recti (Abdominal Separation)

6.30-7.30pm Dinner

7.30pm Student lead study and teaching practice.

Thursday

7.30-8.30am Womb Yoga class for the postnatal mother

8.30-9.20am Breakfast

9.20-9.50am An introduction to what a Mother and Baby Yoga class is and what we should include in the class - WITH HEATHER DEAVILLE

9.50-11.20am Mother and Baby Yoga Class - WITH HEATHER DEAVILLE

11.20-11.40am Break

11.40-1pm Revision of the main teaching points of teaching pregnancy yoga, postnatal yoga, and mother and baby yoga. We will revise the relevant anatomical points and safety guidelines that need to be considered when teaching.

1-2pm Lunch

2-4.30pm Mother Warming Yoga – a class to honour the new mother.

4.30-5pm Break

5-6pm The business of setting up your yoga classes, including useful marketing strategies, how to compile a health questionnaire and get insurance. The ethics of being a yoga teacher.

6-7pm Dinner

7.30pm Student lead study and teaching practice.

Friday

7.30-8.15am Breakfast

8.15-11am Practical Assessment - Pregnancy yoga class given by the students – each student will teach a ten minute slot if a pregnancy yoga class to the rest of the group.

11am – Finishing up and good byes.

12pm Depart