

SALLY PARKES YOGA IN PARTNERSHIP WITH  
REAL FERTILE PRESENTS

# ONLINE FERTILITY YOGA TEACHER TRAINING



**INVESTMENT ONLY £297**

**4 WEEK ONLINE COURSE**

**Launch date: Monday 17th August 2020**

**AN ONLINE TRAINING FOR  
CERTIFIED 200HR YOGA TEACHERS WITH AN INTEREST IN WOMEN'S HEALTH, WHO WOULD  
LIKE TO BE ABLE TO TEACH A YOGA PRACTICE THAT WORKS WITH THE FEMALE CYCLE AND  
SUPPORT WOMEN ON THEIR JOURNEY WHILST TRYING TO CONCEIVE.**

Sally Parkes Yoga is partnering with Naomi Murphy RYT200 from Real Fertile, to present to you an exclusive online Fertility Yoga Training.

This training will take a slightly different format to the other online trainings that Sally and the team offer.

Starting on Monday 17th August, you will receive weekly prerecorded sessions for you to study in your own time, for 4 weeks. You will need to allocate 5/6 hours per week to study, but this can be taken at a time that suits you.

You will be required to submit 3 pieces of coursework - 1 essay and 2 case studies during the course, and will have 2 weeks following the course to submit these online.

Following this, you will receive your certificate of completion which you will be able to register with Yoga Alliance or Yoga Alliance Professionals as 25 hours of non-contact learning.

A private Facebook group will be set up for the students of this course and each Thursday for the duration of the course, Naomi will be available online for a live Q&A session and to discuss that weeks course content.

You will receive lifetime access to your course content, a full e-manual, certificate on successful completion of the course, logo to use on your promotional material and ongoing access to the private Facebook group.



**This training will be hosted through the "Teachable" platform and all registration and payment must be made through this platform to ensure that all lessons are sent directly to you.**

## **Full course content:**

### **Week one:**

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- Introduction to Fertility yoga
- The impact of stress on Fertility yoga
- The benefits of Fertility yoga
- Hormones and their role in fertility and the menstrual cycle
- The menstrual cycle - Understanding the uterine and ovarian cycles
- Fertile aging
- Methods to understand your fertility

### **Week two:**

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- The moon cycle
- Training with your fertility cycle
- How our yoga practice should mirror our fertility cycles
- Yoga practice for phase one: Menstruation
- Yoga practice for phase two: Follicular phase

### **Week three:**

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- Affirmations for Fertility yoga
- Fertility mudras and pranayama
- Yoga practice for phase three: Ovulation
- Yoga practice for phase four: Luteal phase
- Relaxation for fertility practice

### **Week four:**

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- Yoga for IVF and ART
- Psychological effects of IVF and ART
- The language of fertility
- Yoga for the stages of IVF
- Meditation practice: The "two week wait"
- Following IVF or ART cycle
- Yoga Nidra practice for IVF or ART
- Conclusion

**For more info, please contact Naomi on [realfertile@gmail.com](mailto:realfertile@gmail.com)**