



Schedule for 6 day Pregnancy Yoga Teacher Training

with Sally Parkes and team

Online Training September 2020

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

8.15am – 8.45am – Welcome & introductions

8.45am – 10am – Sequence 1: Feminine Flow Pregnancy Yoga class for second trimester.

10am – 11am - 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.

11am – 12pm - 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.

12pm – 1pm - Lunch break

1pm - 2pm - 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, carpal tunnel syndrome, nausea and fatigue.

2pm - 3pm - Postural changes experienced during pregnancy, and the effect this can have on the spine.

3pm - 4.30pm - Sequence 2: Pregnancy Yoga class to counteract postural changes commonly experienced during pregnancy.

Day 2

8.15am – Arrive & questions

8.30am - 9.45am – Sequence 3: Feminine Flow Pregnancy Yoga class for second trimester.

9.45am - 12.00pm - Anatomy of the pelvis and pelvic floor (Moola Bandha) and how the application of Moola Bandha changes during pregnancy.

12pm – 1pm - Lunch Break

1pm - 3pm –The stages of birth/labour – TAUGHT BY EXPERIENCED MIDWIFE JESS SMART.

3pm - 4.30pm – Yoga asana and relaxation to demonstrate the different application of the same asana depending on where the mother is in her pregnancy ie: the second or third trimester.

Day 3

8.15am – Arrive & questions

8.30am - 10am – Sequence 4: Feminine pregnancy yoga class for the third trimester using extra props to offer the mother more physical support.

10am - 12.00pm – The chakras and their relevance during pregnancy.

12pm - 1pm - Lunch break

1pm - 3pm – How to sequence a pregnancy yoga class and the differences between teaching for the second and third trimesters.

3pm - 4.30pm – How we can use yoga to increase the likelihood of Optimal Foetal Positioning (OFP).

Day 4

8.15am – Arrive & questions

8.30 – 10am – Sequence 5: Pregnancy Yoga for Birth.

10am – 11am - Anatomy and physiology of the postnatal body in the first twelve weeks after birth, and why we need to avoid abdominal pressure and over exertion at this time.

11am - 12pm - Anatomy of the 'Core' in relation to the post-natal body, with particular attention to the pelvic floor, transverse and rectus abdominal muscles.

12pm – 1pm - Lunch break

1pm - 2pm - Possible birth injury/trauma caused by “natural” birth and/or birth intervention including C-Section and how we manage it in class.

2pm – 4pm Sequence 6: Gentle Postnatal Yoga for the tired mother.

4pm – 4.30pm - Yoga Nidra and relaxation for the postnatal client.

Day 5

8.15am – Arrive & questions

8.30 - 10am – Diastasis Recti: What is it, how do we test for it in the postnatal client and how we can manage it.

10 – 11am – Sequence 7: Yoga for Diastasis Recti Recovery.

11am – 12pm - Class management of a pregnancy and post-natal class.

12pm – 1pm - Lunch break

1pm - 4pm - Mother and Baby Yoga class and factors to consider when organising a mother and baby class including sequencing and managing class dynamics – TAUGHT BY HEATHER DEAVILLE.

4pm – 4.30pm - Yoga Nidra and relaxation for the postnatal client.

Day 6

8.15am – Arrive & questions

8.30 – 9.45am – Sequence 8: Pilates and Rehabilitation inspired yoga class for mothers who are approximately twelve weeks postnatal.

10.15 – 11am - 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.

11am - 12pm - The business of setting up your pre and postnatal yoga teaching business, including the ethics of being a yoga teacher. We will also discuss the coursework that is to be done to achieve your teaching certificate.

12pm - 1pm – Lunch Break

1pm – 3pm – Sequence 9: Yoga for Women – a feminine flow yoga class for women in all cycles of life.

3pm – 4.30pm Final questions from students

For this Training you will need:

- A yoga mat
- 2 x yoga blocks
- 1 x yoga belt
- 4 x throw cushions & a pillow case or a yoga bolster

- One large fitness / birthing ball, ideally at a height so that when you are sitting on it, your hips are a little higher than your knees.
- Notebook & pen
- Your training manual

PLEASE NOTE THAT THESE ITEMS ARE ESSENTIAL FOR YOUR LEARNING.

Thank you very much.

Sally x