

# ONLINE 25HR ADVANCED POSTNATAL YOGA TEACHER TRAINING SCHEDULE

18th & 19th June 2021

AS FEATURED IN

**omyoga**  
& lifestyle



## ONLINE 25Hr Postnatal Yoga Teacher Training with Sally Parkes BSc

This advanced training is designed for yoga teachers and birth workers from all backgrounds and aims to deepen your existing knowledge so you can broaden your offerings to your postnatal clients. It is a 25hr Postnatal Training presented by Sally Parkes and guest speaker, midwife Luisa Lyons.

This training focuses on the anatomy and physiology of the postnatal mother directly after giving birth, to the first six months that follow. It is particularly helpful for those yoga teachers who would like to offer a more bespoke approach to postnatal care for their clients, especially those mothers that have experienced a challenging journey into motherhood and who are experiencing separation of the abdomen, also known as Diastasis Recti.

Fully certified by Yoga Alliance (US) and Yoga Alliance Professionals (UK), the 25 hours are made up of online training hours, studying pre-recorded material and completing approximately five hours of coursework.

**The timings each day for the live online training are: 9.30am – 5.30pm (UK)**

# ONLINE 25Hr Postnatal Yoga Teacher Training Schedule

## Day 1

9.30am - Welcomes and introductions. Also a brief overview of the aims of our training together.

10.00am What does 'bring postnatal' mean?

10.30am - The stages of the postnatal process:  
Reconfiguration, Recovery, Rehabilitation, Rebuilding

11.30 - Anatomy of the pelvis and pelvic movement that can occur during birth, ie. counternutation and nutation. Also the possible affects that birth intervention can have on the pelvis and pelvis floor.

1.00-1.45pm - Lunch Break

1.45pm - The hormonal cascade effect that occurs during and directly after birth - Taught by LUISA LYONS

2.45pm - How lactation affects hormone release and levels and the effect this has on the skeletal system - Taught by LUISA LYONS

3.45pm - Possible birth injuries and how we as teachers can adapt yoga postures accordingly for these mothers in particular.

5.00pm - Yoga Nidra for the postnatal client

5.30pm - Finish

## Day 2

9.30am - The Four Phase Recovery Plan- a step-by-step guide on how to help postnatal women to recover from birth.

1.00-1.45pm Lunch break

1.45pm - Diastasis Recti (abdominal separation) – what is it and how can we heal it through corrective movement and breath work. We will go through several short sequences that can be implemented into any postnatal exercise class.

5.00pm - Yoga Nidra for the postnatal client

5.30pm - Finish

**All Zoom recordings of the above hours are sent to the group plus links to 3 x prerecorded postnatal yoga classes by Sally will also be sent to you via email.**

## Live date schedule:

Timings for each day are 9.30am - 5.30pm BST, with a lunch break at 1pm-1.45pm. These sessions will be delivered live, in real time, via Zoom.

## Live online dates - Online attendance to all dates is mandatory:

**18th & 19th June 2021**

**Please note that on all the live dates you will be expected do a physical yoga practice so please ensure you have appropriate space and the correct equipment and clothing.**

## Props required:

- Yoga Mat
- Yoga Strap/Belt
- 2 x Yoga Blocks
- Fitness/Birthing ball or chair
- 4 throw cushions plus pillowcase / Bolster
- Your Training Manual (this will be emailed to you)
- Pen & Paper, Journal
- Laptop/larger device for Zoom Training sessions
- Webcam with working microphone

