

# ONLINE 85HR PREGNANCY YOGA TEACHER TRAINING

A Conversation with graduate Sally Kirby

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## Sally Parkes Online 85hr Pregnancy Yoga Teacher Training

With full accreditation from Yoga Alliance (US) and Yoga Alliance Professionals (UK) and FEDANT, our certified Residential Pregnancy Yoga Teacher Training course offers 85 hours of learning, over 6 days, live online via Zoom.

The course offers a strong focus on anatomy and physiology with additional emphasis on learning about the Shakti (female) energy, which plays such a vital role in conception, pregnancy and birth. Students develop a thorough knowledge of yoga asana, mudra, pranayama, relaxation and more meditative elements of yoga during pregnancy. The course also offers a broader offering for mother's yoga practice, such as gentle postnatal Pilates inspired methods to support, strengthen and stretch; gentle exercise for health and alignment; basic yoga sequences for mother & baby; and recovery and rehabilitation during the postnatal phase.

Next dates:

17th - 19th & 24th - 26th March 2022

4th - 6th & 13th - 15th August 2022

4th - 6th & 11th - 13th November 2022

Yoga Teacher Sally Kirby, a British teacher now based in Morocco, kindly shares her thoughts on the Sally Parkes Yoga Academy Online Pregnancy Yoga Teacher 85-hour training.

Sally graduated from the May 2021 group of trainees and sent us her feedback shortly after, and we really can't thank her enough!

So, in Sally Kirby's own words, here is her review of our online 85hr Pregnancy Yoga Teacher training:

*What first attracted you to do this training?*

In light of Covid's baby boom, and following my passion supporting yogis on their journey to motherhood, in whichever form that takes, I came to realise that I needed to do some further studies - and who better to study with than the queen of pregnancy yoga teacher trainings - Sally Parkes Yoga UK.

*How and where did you do the training?*

6 full days online, from home in Morocco in May 2021.

*What are your thoughts on online learning?*

As well as the benefits of the course, learning online makes for a great place to share online teaching tips. I.e. how to run online workshops, how to market online businesses, which was great for those who like the idea of creating their version of an online yoga school.

As students of the course, we were able to set up according to our needs - for example fellow students were breastfeeding, taking breaks when needed, muting for home deliveries, (online shopping, not babies!). At times, we broke out into smaller groups on Zoom, this enabled bonding within the large group. Sally maintained the flow of the teacher speaking, with most questions being answered by a team of experts in the Zoom Chat box.

This online learning suits people who are embracing the digital lifestyle. Pre-requisite reading lists could be downloaded on a Kindle, and the training manual was emailed and printed locally, no need to post / pay for international couriers.

The reading lists were so inspiring! I loved the book recommendations, particularly enjoyed Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth by Gurmurkh Kaur, and Yoni Shakti by Uma Dinsmore-Tuli for her Yoga Nidra script.





*What are your thoughts on the structure of the course?*

This is a UK yoga training school, with the online course being offered worldwide (always in UK timezone) - if you enjoy the discipline and structure that UK schooling offer, Sally Parkes Yoga offers this in abundance. Living in Morocco, and being homesick for punctuality from time-to-time, I really appreciated the organisation, schedule and time-keeping - as well as the regular tea breaks and post-study G&T chats.

*What are your thoughts on your teacher?*

I love Sally Parkes' style - she has so much experience, and a plethora of teaching stories. I enjoyed her professionalism and efficiency, as well as her humour, and straight-talking approach. Her words, 'I call a vagina, a vagina'.

*Do you have to be a mother or pregnant for this course?*

No. When I asked this question, the response was 'A few people will be pregnant, a few people will have miscarried, a few people will have multiple kids of all ages. We've had men on this course, but not this time round. What you'll all have in common is either a love for all thing pregnancy & teaching pregnant women; a love for babies/kids and caring for mum or a mission of empowerment and hopefully, all of the above. Some people find they get pregnant after the course because it's such a lovely energy and the company of other women and story sharing puts them in the right place.'

*How did you find the schedule?*

You can definitely fit this training into your life wherever you are in the world, but it would be easier if you are on a similar time zone to the UK. The six day course was split over two weekends and the full days flew by and felt perfectly balanced between intensive learning and flowing yoga practices which helped to imprint the poses and learn the sequences. It was great to finish each day with a gentle flow, guided meditation and/or deeply relaxing Yoga Nidra.

*What was the course content like?*

There was a wealth of information on this course. It would be such a useful course for those signing up as teachers to grow their personal yoga journey, as well as those wanting to go on and teach pregnancy yoga after qualifying. Some of the take-aways from this course included things such as self-healing and educational tips, 'how to test and repair diastasis recti?' and 'how yoga can help with positioning of baby for birth?'



### *Was there much support offered?*

During this training there was a huge female support network: we were a large group of women connecting live, online, sharing a wealth of personal experiences and expertise. It was a wonderful opportunity to network with like-minded women, who were entrepreneurs both online and offline. We connected via Zoom and a lively WhatsApp group chat. This chat group became an incredible source of inspiration and information - from a group comprised of trainees, teachers and women's health professionals. It was amazing to have live access to Sally's team of industry professionals including hypnobirthing teachers and midwives, and to hear plentiful positive experiences of natural birthing. I felt fully supported emotionally whilst on this course; in spite of the distance, there is a feeling of being supported throughout. If/ when things come up emotionally, there is plenty of advice offered. If you are someone who likes to process emotions in private, or with friends and family at home, this way of learning may suit you, plus there is the distance support from Sally and her team.

### *What type of people were on the course?*

We were a multinational group of students, and this dynamic really opened us to societal differences in the field of pregnancy and birth and we were able to share different teaching styles - people dialled in from South Africa, Greece, UK, Morocco and Italy! Being able to share info cross culturally, is a fantastic way for Sally Parkes' knowledge to reach countries, like Morocco, where it can be difficult to access women's health education and medical care.

### *How do you feel after the course?*

Aside from learning about how to support pregnant and post-natal women with yoga, meditation and relaxation tips, this training helped me, and in turn helped me help my students, to overcome blocks and traumas relating to birth and disconnection to maternal energy.

I came away from this course understanding that our role as yoga teachers is to help people overcome their fears, to empower and educate women that they have a choice and let them know that their needs count. I learnt the importance of using the breath and the power of relaxation for both pregnant and post-natal women. I feel fully confident in showing women how to learn to listen to their body, and to trust their intuition.

**What a wonderful gift this course is - thank you Sally Parkes Yoga and team!**

