



Schedule for 6 day Pregnancy Yoga Teacher Training with Sally Parkes

30th June – 2nd July 2022 & 7th – 9th July Yoga Hero, Leeds, UK

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 breaks, one mid-morning and one late afternoon.

Day 1

9.30am - 10am: Welcome and introductions.

10am-11.15am: Pregnancy yoga class for second and third trimester.

11.15am-12.30pm: 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 potentially not appropriate for the pregnant yogini.

12.30pm-1.30pm: 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.

1.30pm-2.30pm: Lunch break.

2.30pm-3.30pm: Anatomy of the pelvis and pelvic floor (Moola Bandha) and how the application of Moola Bandha changes during pregnancy.

3.30pm-4.30pm: Postural changes experienced during pregnancy, and the effect this can have on the spine.

4.30pm-5.30pm: Yoga class to counteract postural changes commonly experienced during pregnancy.

Day 2

9.30am-10.45am: Pregnancy yoga class for third and second trimester.

10.45-1.30pm: An explanation of the stages of birth/labour. What is an induction and different types of birth ie: 'natural' and 'medicalised' – **This talk is presented by highly experienced midwife Zoe Dale RM PMA.**

1.30pm-2.30pm: Lunch Break

2.30pm-3.30pm: How we can use yoga to increase the likelihood of Optimal Foetal Positioning (OFP). We will also discuss transverse and breech presentation.

3.30pm-4.30pm: Birth preparation workshop.

4.30pm-5.30pm: OFP yoga class and relaxation.

Day 3

9.30am-10.45am: Pregnancy yoga class for third trimester using yoga props and a wall for extra support.

10.45 – 12pm: Teaching practice and how to sequence a pregnancy yoga class. By the end of this session you will be able to write a class plan that is suitable for trimesters 2 and 3.

12pm-1.30pm: 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.

1.30pm-2.30pm: Lunch break.

2.30-3.15pm: CONTINUED; 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.

3.15-4.30pm: What are the Chakras and how the Root and Sacral Chakras relate to pre and postnatal health.

4.30pm – 5.30pm: Restorative yoga and relaxation.

Day 4

9.30am-10.45am: Pilates inspired yoga class for women/birthing people who are twelve weeks postnatal.

10.45am-12pm: Anatomy and physiology of the postnatal body in the first six weeks after birth, and why we need to avoid abdominal pressure at this time.

12pm-1.30pm: Anatomy of the 'Core' in relation to the post-natal body, with particular attention to the pelvic floor, transverse and rectus abdominal muscles.

1.30pm-2.30pm: Lunch break.

2.30pm-3.30pm: Possible injury/trauma caused by birth intervention including C-Section and how we manage it in class.

3.30pm-4.45pm: Diastasis Recti: What is it, how do we test for it in the post-natal client and how we can manage it.

4.45pm-5.30pm: Yoga Nidra and relaxation for the postnatal client.

Day 5

9.30am-11.15am: Pregnancy yoga class given by the students (each student will teach 5-10 minutes each depending on the size of the group).

11.15am-12.30pm: Gentle Yoga for the postnatal client who is recovering from her/their birth experience slowly.

12.30pm-1.30pm: Class management of a pregnancy and postnatal class.

1.30pm-2.30pm: Lunch break.

2.30pm-3.45pm: Mother/Parent and Baby Yoga class.

3.45pm-5pm: Factors to consider when organising a mother and baby class including sequencing and managing class dynamics.

5pm-5.30pm: Womb Yoga Meditations.

Day 6

9.30am-10.45am: Pregnancy yoga class given by the students.

10.45pm-12pm: 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.

12pm -1.30pm: The business of setting up your pre and postnatal yoga teaching business, including useful marketing strategies, how to compile a health questionnaire, how to protect yourself in business and the ethics of being a yoga teacher. We will also discuss the coursework that is to be done to achieve your teaching certificate.

1.30pm-2.30pm: Lunch Break

2.30pm-4.30pm: Mother Warming Yoga – a class to welcome the new mother

4.30-5.30pm: Final yoga and relaxation class and farewell.

Please can you bring with you to the training:

Yoga Belt/Strap and Yoga Block

A soft doll or toy that is the size of a 3-6 month old baby – only needed for day 5

A scarf the size of a pashmina or a sarong

A blanket

A note book and pen

Yoga mats are provided by Yoga Hero but you are welcome to bring your own if you wish.

PLEASE NOTE THAT THESE ITEMS ARE ESSENTIAL FOR YOUR LEARNING.

Thank you very much, Sally x