



Schedule for 6 day Online

Pregnancy and Postnatal Yoga Teacher Training with Sally Parkes and team

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

9.00-9.15am: Welcome and introductions

9.15-10.30am: Feminine Flow Pregnancy yoga class for second trimester.

10.30am-11.30am: 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.

11.30-12.30pm: 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.

12.30-1.30pm: Lunch break

1.30-2.30pm: 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, carpal tunnel syndrome, nausea and fatigue.

2.30-3.30pm: Postural changes experienced during pregnancy, and the effect this can have on the spine.

3.30-5.00pm: Yoga class to counteract postural changes commonly experienced during pregnancy

Day 2

9.00-10.15am: Feminine Flow Pregnancy yoga class for second trimester.

10.15am-12.30pm: Anatomy of the pelvis and pelvic floor (Moola Bandha) and how the application of Moola Bandha can be helpful during pregnancy.

12.30-1.30pm: Lunch Break

1.30-4pm: The stages of labour and birth – TAUGHT BY EXPERIENCED MIDWIFE JESSICA SMART

4-5.00pm: Yoga for Birth Preparation and Optimal Foetal Positioning.

Day 3

9.00-10.30am: Feminine Pregnancy yoga class for third trimester using extra yoga props to offer the mother more physical support.

10.30am-12.30pm: Yoga asana and relaxation to demonstrate the different application of the same asana depending on where the mother is in her pregnancy, ie second or third trimester.

12.30-1.30pm: Lunch break

1.30-3.30pm: How to sequence a pregnancy yoga class. Will include some group work.

3.30-5.00pm: The chakras and their relevance during pregnancy.

Day 4

9.00-10.00am: Gentle yoga and relaxation for the postnatal mother

10.00-11.00am: 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.

11.00am-12.30pm: Anatomy of the 'Core' in relation to the post-natal body, with particular attention to the pelvic floor, transverse and rectus abdominal muscles.

12.30-1.30pm: Lunch break

1.30-2.30pm: Possible birth injury and/or trauma/birth intervention including C- Section, and how we manage it in class.

2.30-4.30pm: Pilates and rehabilitation inspired yoga class for mothers who are twelve weeks postnatal.

4.30-5.00pm: Yoga Nidra and relaxation for the postnatal client

Day 5

9.00-10am Gentle yoga and physical rehab for the postnatal mother

10-12.30pm: Diastasis Recti: What is abdominal separation, how do we test for it in the post-natal mother and how we can movement help to heal it.

12.30-1.30pm: Lunch break

1.30-4pm: Mother and Baby Yoga class and factors to consider when organizing a mother and baby class including sequencing and managing class dynamics – TAUGHT BY HEATHER DEAVILLE

4-5pm: Gentle Yoga for the postnatal client who is recovering from a C-section and/or other intervention followed by Yoga Nidra and relaxation for the postnatal mother.

Day 6

9.00-10.15am: Yoga for Women – a feminine flow class for women in all cycles of life.

10.15-11.30am: 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.

11.30am-12.30pm: 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.

12.30-1.30pm: Lunch Break

1.30-4pm Final yoga and relaxation class

We will finish early on day 6 as these hours are covered by a 'Relaxation for Birth' and 'Yoga Nidra for Pregnancy' video recording, devised and pre-recorded by our resident Hypnobirthing teacher Anna Brook

@annabrookyoga, that we are now gifting all students for you to use in your own practice if applicable, and for your work as a pre and postnatal yoga teacher. This is a brand new offering to our students as we hope you enjoy it.