

Pregnancy and Postnatal classes and yoga teacher trainings

SALLYPARKESYOGA.COM



What is it?

A combination of classes and courses centred around pregnancy and postnatal yoga. Ideal for all those keen to explore these areas of a yoga practice in more detail and with one of the UK's leading instructors.

Who's the teacher?

Sally Parkes of sallyparkesyoga.com.

Where can I find it?

Based in the South of England, Sally teaches from her home studio in Worthing West Sussex.

How much?

Various prices. Visit website for more details.

Why do I need to check out this class?

Sally Parkes offers in-person and streamed online pregnancy and postnatal classes, workshops and yoga teacher trainings from her home yoga studio. Ideal for all those keen to explore pregnancy and postnatal yoga, Sally also has knowledge and expertise helping mothers and birthing people recover from more challenging birth experiences.

What's the story behind the yoga?

Sally has studied extensively with Uma Dinsmore-Tuli, a leader in the field of women's health, and draws on this softer and more inclusive way of teaching yoga when leading her women-focused classes. She has also found this more gentle way of practicing yoga to be very beneficial to her own practice and postnatal recovery journey since becoming a mother to her two daughters, both of whom were born with the help of medical intervention.



More about the teacher....

Sally studied Sports Science at the University of Bedfordshire and has been teaching health and fitness since 1998. Initially a fitness trainer, she trained to teach yoga with one of her university lecturers, Ann See-Yeoh back in 2000. Her move towards yoga was initiated thanks to several sports injuries as she'd heard that yoga could be very healing. After her first class however, Sally knew there was so much more to yoga than just the physical aspects, and she felt the most content she had in a long time.

"Basically, I was hooked and knew that I would practice and teach yoga for the rest of my life".

Sally furthered her yoga education in Thailand studying Ashtanga with Paul Dallaghan and Pranayama with Sri Tiwari, as well as time practicing yoga asana with Saraswathi Jois in India at the Ashtanga Yoga Institute in Mysore. Also a keen and long-term practitioner of the Iyengar Yoga method, her own teaching is slow and flowing, yet strong, whilst allowing time for the practitioner to align themselves and maintain steady breathing. She is also the author of bestselling books, The Healing Yoga Bible and The Manual to Yoga Anatomy. @sallyparkesyoga



ONLINE & IN-PERSON TRAINING WITH SALLY & HER TEAM




Author of best selling book 'The Manual of Yoga Anatomy'

Now offering

- 200Hr Yoga Teacher Training - 200Hrs
- Yin Yoga Teacher Training - 20Hrs
- Essential Oils for Yoga Teachers - 1 Day
- Fertility Yoga Teacher Training - 30Hrs
- Pregnancy Yoga Teacher Training - 85Hrs
- Hypnobirthing Teacher Training - 30Hrs
- Advanced Postnatal Yoga Training - 25Hrs
- Baby Massage Teacher Training - 2 Days

ENROLMENT NOW OPEN



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