



Schedule for 6 day Pregnancy Yoga Teacher Training with Sally Parkes & Heather Deaville – Worthing UK June 2023

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 when the chance arises.

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 safe and effective class. We will also discuss which asana and pranayama is potentially not ideal for the pregnant yogini.

12.30pm - 1.15pm: Anatomy and Physiology: How the nervous system is affected during pregnancy, and the effect this has on the physical and emotional body.

1.15pm - 2.15pm: Lunch break.

2.15pm - 3.30pm: Anatomy of the pelvis and pelvic floor (Moola Bandha) and how to exercise the pelvic floor during pregnancy.

3.30pm - 5pm: Postural changes experienced during pregnancy, and the effect this can have on the spine and pelvis, in particular. Yoga class to counteract postural changes commonly experienced during pregnancy.

Day 2

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

10.45am – 12pm: 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.

12pm - 1.15pm: Teaching practice and how to sequence a pregnancy yoga class.

1.15pm - 2.15pm: Lunch Break

2.15pm - 3.15pm: CONTINUED - 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.

3.15pm - 4.45pm: Restorative yoga and relaxation.

4.45pm - 5pm: Grounding breathwork.

Day 3 – Online via Zoom

9am - 10.15am: Pregnancy yoga class for third trimester using yoga props and a wall for extra support.

10.15am - 12.45pm: An explanation of the stages of pregnancy and birth. What is an induction and different types of birth – This talk is presented by experienced midwife Jessica Smart.

12.45pm – 1.45pm: Lunch break.

1.45pm - 3pm: Talk on Hypno-birthing and how this system can help the pregnant yogini enjoy her pregnancy and prepare for birth – This talk is presented by Anna Brook @annabrook_wellness

3pm - 3.15pm Break

3.15pm - 5pm Yoga Nidra for the prenatal and postnatal mother. You will learn about the components of Yoga Nidra and how to write your own Yoga Nidra script for your classes and workshops - This talk is presented by Anna Brook.

Day 4

9.30am - 10.45am: Yoga for birth preparation and optimal foetal positioning.

10.45am-12pm: Anatomy and physiology of the postnatal body in the first twelve weeks after birth, and why abdominal pressure should be avoided at this time.

12pm-1.15pm: Anatomy of the 'Core' in relation to the post-natal body, with particular attention to the pelvic floor, transverse abdominus, and rectus abdominal muscles.

1.15pm-2.15pm: Lunch break.

2.15pm-3.30pm: Possible birth injury / birth intervention including Caesarean birth and how we manage it in class.

3.30pm-5.00pm: Diastasis Recti: What is it, how do we test for it in the post-natal client and how we can use movement to heal it.

Day 5

9.30am - 10.30am: Pilates inspired yoga class for mothers who are twelve weeks postnatal.

10.30am - 11.15am: Explanation of the techniques used in the above class.

11.15am - 12.30pm: Very gentle yoga for the postnatal client who needs a longer recovery time from her/their birth experience.

12.30pm - 1.15pm: Class management of a pregnancy and postnatal class.

1.15pm - 2.15pm: Lunch break.

2.15pm - 3.30pm: Revision of the main anatomical and safety points of teaching pregnancy and postnatal yoga classes.

3.30pm - 5.00pm: Mothers blessing and womb yoga – a way to honour the new mother.

Day 6 - Online via Zoom

9.00am - 10.45am: Pregnancy yoga class given by the students - each student will teach a small section of a pregnancy class.

10.45am - 12.45pm Mother/parent/caregiver and Baby Yoga class.

12.45pm - 1.45pm: Lunch break.

1.45pm – 3.00pm: Factors to consider when organising a mother/parent/caregiver and baby class including sequencing and managing class dynamics.

3.00pm – 4.00pm: A talk on the business of setting up your pre and postnatal yoga teaching business. We will also discuss the coursework that is to be done to achieve your teaching certificate.

4.00pm – 5.00 pm: Final yoga and relaxation class and farewell.

Please can you bring with you to the training:

- Yoga belt/strap
- A scarf the size of a pashmina or a sarong – only needed for week 2
- A blanket
- notebook and pen
- A yoga mat

(If travelling from overseas, Sally can supply these props – please just ask)

Thank you very much, Sally and team x