



## **Example Schedule for 6 day Pregnancy and Postnatal Yoga Teacher Training with Sally Parkes and team**

**PLEASE NOTE THAT THIS IS AN EXAMPLE OF A TRAINING SCHEDULE TO ADVISE YOU ON THE COURSE CONTENT.**

**THE SCHEDULE TO YOUR SPECIFIC TRAINING WILL BE SENT TO YOU BEFORE YOUR TRAINING COMMENCES AND MAY DIFFER SLIGHTLY, OR FEATURE DIFFERENT GUEST TEACHERS TO WHAT IS MENTIONED BELOW.**

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.

10.30-11.30am: 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 are considered not ideal for the pregnant yogini.

11.30am-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/not helpful during pregnancy.

12.30-1.30pm: Lunch Break

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

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

## **Day 3**

9-10.30am Talk on Hypno-birthing and how this system can help the pregnant yogini enjoy her pregnancy and prepare for birth – With ANNA BROOK

10.30-12.30pm Yoga Nidra for the pre 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 - With ANNA BROOK

12.30-1.30pm: Lunch Break

1.30-3.15pm Yoga asana and relaxation to demonstrate the different application of the same asana – will include discussion and group work.

3.15-5pm Feminine Flow Pregnancy yoga class for third trimester using extra yoga props to offer the mother more physical support.

## **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 postnatal body, with particular attention to the pelvic floor, transverse and rectus abdominal muscles.

12.30-1.30pm: Lunch break

1.30-3pm: How to sequence a pregnancy / postnatal yoga class. This session includes some group work.

3-4.30pm: Gentle yoga and physical rehabilitation for the postnatal mother

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

## **Day 5**

9.00-10.30am Pilates inspired and rehabilitation yoga class for mothers who are twelve weeks postnatal.

10.30am Baby & Me Yoga class and factors to consider when organizing a parent and baby class, including sequencing and managing class dynamics – With HEATHER DEAVILLE

1-2pm: Lunch break

2-4pm Diastasis Recti: What is abdominal separation, how do we test for it in the postnatal mother and how we can movement help to heal it.

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

## **Day 6**

9.00-10.30am: Yoga for all women – a feminine flow class for women in all cycles of life.

10.30-11.30am: Revision of the main teaching points of teaching prenatal, postnatal and parent 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

1.30-2.2.30pm: Final Q and A

2.30-5pm Final yoga and relaxation class