

85HR PREGNANCY YOGA TEACHER TRAINING SCHEDULE

EXAMPLE OF OUR SCHEDULE - EXACT CONTENT MAY DIFFER

AS FEATURED IN

omyoga
& lifestyle



Sally Parkes 85hr Pregnancy Yoga Teacher Training

With full accreditation from Yoga Alliance Professionals (UK) and Yoga Alliance (US) our world renowned certified Pregnancy Yoga Teacher Training course offers 85hours of learning about all aspects of becoming a mother - from pregnancy, to the postnatal period and Parent & Baby Yoga, live online.

You will join this course as a student but leave as a teacher, with the knowledge, confidence & expertise to run classes and individual sessions which deliver safe, uplifting and effective yoga practices, with clients across varying stages of this journey.

The course offers a strong focus on anatomy and physiology with additional emphasis on learning about the Shakti (female) energy, which plays such a vital role in conception, pregnancy and birth. You will develop a thorough knowledge of yoga asana, mudra, pranayama, relaxation and more meditative elements of yoga during pregnancy. The course also offers a broader offering for mother's yoga practice, such as gentle postnatal Pilates inspired methods to support, strengthen and stretch; gentle exercise for health and alignment; basic yoga sequences for parent & baby; and recovery and rehabilitation during the postnatal phase.

The live contact hours allow the opportunity for discussion as well as yoga practice, plus we will be inviting special guest teachers to present classes and a there will also be a talk by an experienced midwife as part of this training.

85Hr Pregnancy Yoga Teacher Training Schedule with Sally Parkes and her carefully selected guest teachers

Please note that due to the needs of each individual group, there may be slight alterations to the timings of the schedule and the guest teachers specified. 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

1.30-4.00pm: The stages of labour and birth – TAUGHT BY EXPERIENCED MIDWIFE

4.00-5.00pm: Yoga for Birth Preparation and Optimal Foetal Positioning – WE WILL USE A BIRTHING BALL



Day 3

9.00-10.30am Talk on Hypno-birthing and how this system can help the pregnant yogini enjoy her pregnancy and prepare for birth.

10.30am-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.

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.

3.15-5.00pm 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

1.30-3.00pm: How to sequence a pregnancy / postnatal yoga class. This session includes some group work.

3.00-4.30pm: 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-1.00pm Baby & Me Yoga class and factors to consider when organizing a parent and baby class, including sequencing and managing class dynamics – With HEATHER DEAVILLE

1.00-2.00pm: Lunch break

2.00-4.00pm 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.

4.00-5.00pm: 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

1.30-2.30pm: Final Q and A

2.30-5.00pm Final yoga and relaxation class

