

EXAMPLE Pregnancy Yoga Teacher Training Schedule with Sally Parkes

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

8.00-8.15am: Welcome and introductions

8.15-9.30am: Feminine Flow Pregnancy yoga class for second trimester.

9.30-10.30am: 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.

10.30am-11.30pm: Postural changes experienced during pregnancy, and the effect this can have on the spine.

11.30am-12.30pm: Yoga class to counteract postural changes commonly experienced during pregnancy.

12.30-1.30pm: Lunch break

1.30-3.00pm: 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, carpel tunnel syndrome, nausea and fatigue.

3.00-4.00pm: 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.

4.00-5.00pm: Yoga for Birth Preparation and Optimal Foetal Positioning

