

# 85HR PREGNANCY YOGA TEACHER TRAINING SCHEDULE

AS FEATURED IN


 omyoga  
& lifestyle

In-person at Mandala Yoga Studio, Crown Plaza Hotel, West Bay District,  
Doha, Qatar 14th - 20th September 2024 8am - 5pm daily



## Sally Parkes 85hr Pregnancy Yoga Teacher Training

With full accreditation from Yoga Alliance (US) our internationally renowned Pregnancy & Postnatal 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 in-person at Mandala Yoga Studio, Doha, Qatar.

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 experiential yoga practices, alongside expert tutorage from Sally Parkes BSc, SYT, EYT, RPYT

## 85hr Pregnancy Yoga Teacher Training Schedule with Sally Parkes at Mandala Yoga Studio, Doha, Qatar.

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

### Day 1: Yoga for Pregnancy

8-9am: Opening the training - Sitting in our welcome circle where we will briefly introduce ourselves and say what brings us to the course and about our yoga experience so far. Sally will explain the premise of the training, so we have a context to work within going forward.

9-10.30am: Yoga asana practice - a 75min Dynamic Yoga Flow class appropriate for the second trimester. We will also include the practice of pranayama.

10.30-10.50am: Break

10.50am- 11.45am: Break down of the class we just experienced.

11.45am-1pm: Discussion on the benefits of yoga during pregnancy and what we should aim to achieve by the end of the course, in delivering a class for pregnancy. We will also cover what yoga postures and pranayama to avoid during pregnancy. This will be a general summary of what to avoid and will involve some group work.

1-2pm: Lunch Break

2-3.30pm: Anatomy and Physiology - what happens to a woman during pregnancy throughout the three trimesters. This will include foetal development, anatomy of the pelvis and hormonal, emotional and physical changes.

3.30-5pm: Restorative yoga asana and meditation for pregnancy.



## **Day 2: Yoga for Pregnancy**

8-9.30am: Yoga asana practice - a 75min Dynamic Yoga Flow class appropriate for the second trimester. We will also include the practice of pranayama.

9.30-10.30am: Break down of the class we just experienced.

10.30-10.50am: Break

10.50-11.40am: Continuation/recap of day 1 Anatomy and Physiology lesson

11.40am-1pm: A discussion on common contraindications that can sometimes come with these changes including:

- Pelvic Girdle Pain
- Low/High Blood Pressure
- Nausea/heart burn
- Anxiety/Prenatal depression
- Sleep Deprivation
- Postural changes of the spine.
- Abdominal Separation

1-2pm: Lunch Break

2-3.30pm: As back pain is so common during pregnancy, we will spend some more time on why this occurs and look at the effects of Lordosis and Kyphosis on the spine, pelvis and surrounding muscle tissue as a result, and how these changes contribute to Diastasis Recti (Abdominal Separation).

3.30-5pm: A yoga asana class to counter the postural changes, so the body and baby feel more supported.



### **Day 3: Yoga for Pregnancy**

8-9.30am: Yoga Asana practice - a 75min Yoga Flow class for the second and third trimester. This time we will adapt the class for early third trimester by using props and different sequencing.

9.30-10.30am: Break down of the class we just experienced.

10.30-10.50am: Break

10.50am-1pm: An overview of the Nervous System and Endocrine System, and how these systems are affected during pregnancy and birth.

1-2pm: Lunch Break

2-3.30pm: Anatomy of the pelvis and pelvis floor, and how good function of the pelvic floor plays a key roll in pregnancy and postpartum.

3.30-5pm: Yoga asana class focusing on the pelvic floor. Will include Yoga Nidra (deep relaxation).

### **DAY 4- Yoga for Optimal Foetal Positioning and Birth**

8-9.30am: Yoga Asana practice - a 75min Yoga Flow class for the second and third trimester. This time we will adapt the class for early third trimester by using props, the wall and some partner work.

9.30-10.30am: Talk and note taking on the main differences and adaptations between a yoga asana class for second trimester and third trimester.

10.30-10.50am: Break.

10.50am-1pm: How to plan a class and teaching practice in small groups and how to manage various health challenges in a pregnancy yoga class.

1-2pm: Lunch Break

2-3.30pm: What is Optimal Foetal Positioning (OFP) and anatomy of the third trimester. We will discuss what particular yoga asana and pranayama may help with the engagement of the baby's head in the lower pelvis and avoidance of back-to-back positioning of the mother and baby.

3.30-5pm: Yoga asana practice specifically for the third trimester and OFP.



## **DAY 5- Yoga for Labour and Birth**

8-9.30am: Feminine Flow Yoga – a flowing yoga asana sequence interwoven with Pranayama for all women.

9.30-10.30am: Anatomy of birth and the three stages of labour, including the movements of the pelvic bones during birth. Positions to assist during labour including work with the Birthing/Swiss ball, birth partner etc.

10.30-10.50am: Break.

10.50am-1pm: Anatomy of birth and the three stages of labour continued. We will also discuss Caesarean birth.

1-2pm: Lunch Break

2-3pm: Sequencing and teaching practice.

3-5pm: The spiritual aspects of pregnancy - How to use different aspects of yoga to bring harmony during any stage of pregnancy. We will go through various techniques which can be woven into any pregnancy class including Hypnobirthing.

We will also discuss and practice:

- Visualisations
- Kriyas
- Mudras
- Sound meditations
- Positive affirmations



## **Day 6: Yoga for Postpartum**

8-9.30am: Gentle yoga asana and pranayama for early postpartum.

9.30-10.30am: Introduction into the post-natal phase. Anatomy and physiology of the post-natal period, and as a yoga teacher, what contraindications to look out for and ask about within the realms of post-natal yoga.

10.30-10.50am: Break.

10.50am-12pm: Introduction to the post-natal phase – continued.

12-1pm: Talk and practical session on the relevance of using the pelvic floor and transverse abdominis to aid post-natal recovery.

1-2pm: Lunch Break

2-3.45pm: What is Abdominal Separation (Diastasis Recti), how as yoga teacher can we check the client for separation of the abdomen, and which movements can help the new mother to heal.

3.45-5pm: Gentle post-natal yoga class for ladies who are 6 weeks into their post-natal recovery. This is a therapeutic asana practice that addresses issues related to post-natal ladies: Tight neck and shoulders, sleep deprivation, lower back ache, lymph drainage.

## **Day 7: Post-Natal Yoga**

8-9.30am: A post-natal yoga class suitable for 12 weeks postpartum, which focuses on the rehabilitation of the abdominal core and the pelvis.

9.30-10.30am: Students will teach a short yoga asana sequence each for pregnancy.

10.30-10.50am: Break.

10.50am-1pm: Revision of the main teaching points to be aware of when teaching the pregnant or post-natal client. We will revise the relevant teaching points and safety guidelines that need to be considered in our teaching.

1-2pm: Lunch Break

2-3.15pm: Mother and Baby Yoga class.

3.15-4pm: How to sequence a Mother and Baby Yoga class and teaching practice.

4-5pm: Graduation Ceremony.

**Please note that to achieve your certificate you must focus throughout the entire course and attend all the training hours above. Discussions on the various subjects will also be encouraged.**