

Best Pregnancy & Fertility Yoga Teacher Training Provider

2024 – West Sussex

Sally Parkes Yoga Ltd

For women at any stage in their pregnancy, yoga can become a little more difficult to master, and they need to make adjustments based on their physical changes. However, with the right tutelage, it can become a soothing, healing part of the process. Students of Sally Parkes Yoga are equipped with the knowledge to help women through their unique fertility, pregnancy, and menopausal journeys, providing a specialised yoga routine and expert-led supplementary education.

Sally Parkes Yoga was initially established in 2010 with the goal of training yoga teachers in a generalised way. However, following the challenging birth of Sally's first daughter in 2014, she underwent an arduous journey of recovery. In her efforts to ease that process, the seed was planted for the future of the business. Owing to an education in Sports Science, yoga, and Pilates, Sally adapted to new movements which accommodated her struggle and helped her on the path to wellbeing.

"I began to heal, and as I shared these methods with my clients, so did they. As a result, it wasn't long before my entire school began to focus solely on yoga for fertility, pregnancy, and postnatal care as well as birth education. To date, I and my team have trained close to 2,000 teachers."

The methods at Sally Parkes Yoga are entirely bespoke based on the requirements of each and every student. In Sally's words, "if a student would like to learn about menstrual awareness to optimise fertility, we have a breathwork and movement programme for this. Or if the pregnant mother has pelvic girdle pain, we have a movement sequence to minimise it." There are many such adjustments to movements and information provided which allows her graduates to serve women's needs from before conception to post menopause. For pregnancy yoga teacher training, Sally's classes lead the way, taking a holistic and well-informed approach to women's changing physiological needs.

The team is formed of certified yoga instructors holding either over a decade of experience or a degree in an applicable discipline. Sally curates a group of the best with proven track records and a keen insight into the unique client needs that students will go on to serve. "For example," says Sally, "one of our midwifery lecturers, Luisa Lyons, trained as a pregnancy and postnatal yoga teacher with my school and is also a research midwife." The team is especially well-informed and endlessly enthusiastic about new research and developments, sharing a passion for honing its cumulative skills.

Since its inception, Sally's team has adapted to industry trends and, like many other yoga studios, this involved adding online courses to its offering. This accommodates students at various stages of their pregnancy



journeys and international attendees, among others who would otherwise be unable to benefit from in-person classes. Recordings of live sessions allow students 24/7 lifetime access to educational materials, so they're free to learn and expand their knowledge around their own busy schedules.

In the latest exciting news for Sally Parkes Yoga, it has experienced great success with its MenyoYoga® course intended to educate trainers in the science of perimenopause and menopause, adapting their service to meet a wider breadth of client needs. This has been especially useful to expecting or new mothers in their 40s who may lack the necessary guidance to cope with the many changes they're undergoing at once. Alongside the company's upcoming "Yoga for Menstrual Health" course and Sally embarking on a physiotherapy degree, there's plenty on the horizon to keep the team busy and put an even sharper point on the education it provides.

As a supporter of women's causes, Sally is a keen ambassador for Yoga Gives Back, "a charity which supports girls' education and women's businesses via microloans in the West Bengal area of India" and @thepadproject, which offers supplies sanitary wear and promotes those who make and sell their own. Sally's own programme, Sally's Yoga Club, is an on-demand yoga and Pilates platform. Subscribers pay £6 a month, and half of the profits go to Yoga Gives Back. Alongside other efforts to support women's education and businesses, the company wears its mission to support women proudly.

For pregnancy yoga teacher training in the UK and beyond, Sally's school provides a holistic, comprehensive approach to education and learning. Between flexible attendance options and the impressive breadth of knowledge at the team's disposal, it serves communities directly and indirectly, bettering the natal and menopausal journeys of more women year upon year. It's a glowing example of both outstanding expertise and deep compassion.

Contact: Sally Parkes BSc
Company: Sally Parkes Yoga Ltd
Web Address: www.sallyparkesyoga.com
Email: info@sallyparkesyoga.com
Telephone: 01983508058

