

ONLINE POSTNATAL YOGA TEACHER TRAINING SCHEDULE

SAMPLE SCHEDULE

AS FEATURED IN

omyoga
& lifestyle

ONLINE 28Hr Postnatal Yoga Teacher Training with Sally Parkes BSc

This advanced training is designed for yoga teachers and birth workers from all backgrounds and aims to deepen your existing knowledge so you can broaden your offerings to your postnatal clients. It is a 28hr Postnatal Training presented by Sally Parkes and guest speaker, midwife Luisa Lyons.

This training focuses on the anatomy and physiology of the postnatal mother directly after giving birth, to the first six months that follow. It is particularly helpful for those yoga teachers who would like to offer a more bespoke approach to postnatal care for their clients, especially those mothers that have experienced a challenging journey into motherhood and who are experiencing separation of the abdomen, also known as Diastasis Recti.

Fully certified by Yoga Alliance (US) and Yoga Alliance Professionals (UK), the 28 hours are made up of online training hours, studying pre-recorded material and completing approximately five hours of coursework.

The timings each day for the live online training are: 9.00am – 5.00pm (UK)

ONLINE 28Hr Postnatal Yoga Teacher Training Schedule

Day 1

9.00am - Welcomes and introductions. Also a brief overview of the aims of our training together.

9.30am What does 'bring postnatal' mean?

10.00am - The stages of the postnatal process:
Reconfiguration, Recovery, Rehabilitation, Rebuilding

11.00 - Anatomy of the pelvis and pelvic movement that can occur during birth, ie. counternutation and nutation. Also the possible affects that birth intervention can have on the pelvis and pelvis floor.

12.30pm - Lunch Break

1.30pm - The hormonal cascade effect that occurs during and directly after birth - Taught by LUISA LYONS

2.30pm - How lactation affects hormone release and levels and the effect this has on the skeletal system - Taught by LUISA LYONS

3.30pm - Possible birth injuries and how we as teachers can adapt yoga postures accordingly for these mothers in particular.

4.30pm - Yoga Nidra for the postnatal client

5.00pm - Finish

Day 2

9.00am - The Four Phase Recovery Plan- a step-by-step guide on how to help postnatal women to recover from birth.

12.30pm Lunch break

1.30pm - Diastasis Recti (abdominal separation) – what is it and how can we heal it through corrective movement and breath work. We will go through several short sequences that can be implemented into any postnatal exercise class.

4.30pm - Yoga Nidra for the postnatal client

5.00pm - Finish

All Zoom recordings of the above hours are sent to the group plus you will receive extra prerecorded postnatal yoga classes.