

85HR PREGNANCY YOGA TEACHER TRAINING



Sally Parkes 85hr Pregnancy Yoga Teacher Training: 4 days In-Person & 2 days Live via Zoom.

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

Students will leave this course 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 and students will develop a thorough knowledge of yoga asana, mudra, pranayama, relaxation, yoga nidra and hypnobirthing to support their students during pregnancy and birth.

The course also offers a broader offering for mother's yoga practice, such as gentle postnatal Pilates inspired methods to support, strengthen, rehabilitate and safely recover in the early postnatal period, along with ideas and practices for Parent & Baby yoga classes.

The in-person contact hours with Sally allow the opportunity for connection and discussion as well as practical yoga practice, plus there will also be online modules led by our experts. Our current teaching team includes - Midwife lecturer Luisa Lyons, Hypnobirthing expert Anna Brook and Parent & Baby Yoga leader Heather Deaville.

AS FEATURED IN

Meet Sally:

Sally Parkes BSc, SYT, EYT500, RPYT

Sally began her journey in the health and fitness industry in 1998 after qualifying as a personal trainer and gaining a bachelor's degree in Sport Science in the year 2001. Soon after, she experienced a deep calling to explore a more holistic approach to movement and breath, which led to Sally certifying as a yoga and pranayama teacher, training with Paul Dallaghan and Sri Tiwari at @centered-yoga in Thailand, in addition to studying with K Pattabhi Jois at The Ashtanga Yoga Institute in Mysore, India.

From teaching her female students however, Sally could see that if yoga asana and pranayama was applied in a more bespoke manner with regards to the natural womb cycles that most women experience on a regular basis, the application of yoga could be even more profound. This led her to studying for several years in earnest with leader and pioneer in this field; Uma Dinsmore-Tuli, with whom she gained qualifications in Pregnancy and Postnatal Yoga and a Well Woman Yoga Therapy Diploma.

Since then, Sally has gone on to train as a Doula with Michele O'Dent and a Pilates teacher with A.P.P.I. (Australian Pilates Physiotherapy and Pilates Institute), and has established her own yoga teacher training school *The Sally Parkes Yoga School* in 2010, training almost 2000 yoga teachers to date. Now specializing in solely women's wellness, Sally's academy offers yoga that honours the cycles of menstruation, fertility, pregnancy, the postnatal period and menopause.

Sally is also the author of two books, *The Yoga Healing Handbook*, and the bestseller; *The Manual of Yoga Anatomy*. She also writes anatomy and physiology based articles for several publications including *Om Yoga & Lifestyle*, *UltraFit* and *Yoga Magazine* to name a few.

She is a teacher for movementformodernlife.com and often writes for their blog, and is founder of the [Sally's Yoga Club](#), which is an on-demand women's wellbeing yoga platform, for just £7 a month. Profits from Sally's Yoga Club go to support [Yoga Gives Back](#), for which Sally is a Global Ambassador.

Sally now lives in West Sussex, UK, with her two daughters, and teaches yoga and Pilates internationally as well as in her local community. She is also studying her Masters Degree in Exercise Physiology where she is focusing on how to improve cardiac health amongst menopausal women.



85Hr Pregnancy Yoga Teacher Training Schedule: 4 days In-Person and 2 days live Online via Zoom - SAMPLE SCHEDULE

Below is an example of the schedule for this training, to show the content covered during the contact hours of the training. Please note that this is a sample schedule and is subject to change to due to the availability of guest teachers, and the needs of each individual group.

Day 1 - In-person

9.00-9.15am: Welcome and introductions

9.15-11.00am: Feminine Flow Pregnancy yoga class for second trimester. Breakdown of the sequence taught.

11.00am-12.30pm: 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 is considered not ideal for the pregnant yogini.

12.30-1.30pm: Lunch break

1.30-3.30pm: 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.

3.30-5.00pm: Yoga and pranayama for relaxation in pregnancy.

Day 2 - In-person

9.00-11.00am: Feminine Flow Pregnancy yoga class for second trimester. Breakdown of the mornings yoga class and how to sequence a general pregnancy asana class. Will involve group work.

11.00am-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

1.30-3.00pm: CONTINUED.... Anatomy of the pelvis and pelvic floor (Moola Bandha) and how the application of Moola Bandha can be helpful/not helpful during pregnancy.

3.00-5.00pm: Postural changes experienced during pregnancy, and the effect this can have on the spine. Yoga class to counteract the postural changes commonly experienced during pregnancy.



Day 3 - In-person

9.15-10.45am: Gentle yoga and relaxation for the postnatal mother.

10.45am-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

1.30-3.30pm Diastasis Recti: What is abdominal separation, how do we test for it in the postnatal mother, and how specific movements can help to heal it postnatally.

3.30-5.00pm: 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 4 - In-person

9.00-10.15am: Feminine Flow Pregnancy yoga class for third trimester using extra yoga props to offer the mother more physical support.

10.15-11.30am: 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.

11.30am-12.30pm 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.

12.30-1.30pm: Lunch Break

1.30-3.30pm: Teaching Practice - Time in groups to practice teaching a short pregnancy yoga sequence to each other.

3.30-5.00pm Yoga and relaxation class.



Day 5 - Online, via Zoom

9.00-10.00am: Slow yoga for third trimester.

10.00am-12.30pm: The stages of labour and birth – TAUGHT BY EXPERIENCED MIDWIFE LUISA LYONS

12.30-1.30pm: Lunch break

1.30-3.00pm: Talk on Hypno-birthing and how this system can help the pregnant yogini enjoy her pregnancy and prepare for birth – TAUGHT BY ANNA BROOK

3.00-3.15pm: Break

3.15-5.00pm: 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 – TAUGHT BY ANNA BROOK

Day 6 - Online, via Zoom

9.00-10.30am: Yoga for all women – A feminine flow yoga class for women in all cycles of life.

10.30-12.30pm: Yoga for Birth Preparation and Optimal Foetal Positioning.

12.30-1.30pm: Lunch break

1.30-4.00pm: 'Baby & Me' Yoga class including factors to consider when organising a parent and baby yoga class, including sequencing, and managing class dynamics – TAUGHT BY HEATHER DEAVILLE

4.00-5.00pm Yoga and relaxation for the tired new postnatal mother.



FREQUENTLY ASKED QUESTIONS::

Is this training accredited?

This is a registered 85 hour training (including private study time) and fully meets the standards, and is accredited by Yoga Alliance Professionals (UK), Yoga Alliance (US) and FEDANT.

Who is the training open to?

The course is open to ALL. We welcome students from all backgrounds; whether you are a midwife, doula, yoga teacher or work in sports training, all you need is a keen interest in antenatal education and a passion for sharing your knowledge, along with a foundational understanding of yoga. You do not need to be a 200hr Yoga Teacher to join this training.

Do students receive a certificate?

Following the contact days, students are required to submit 7 assignments (including a teaching practice assignment) to show their understanding of the training content. All work submitted by our students is individually read and marked, and personalised feedback is emailed out to each student. All successful graduates are emailed a PDF certificate and certified logo that can be used, without charge, on all of their marketing to show that they are a certified teacher of Sally Parkes Pregnancy Yoga.

What is the investment?

To join this training, there is only a one-time investment fee. There are no on-going franchise costs, nor any further charges for on-going support or access to resources. Recordings of any online sessions are provided for at no extra cost to students to download and keep, as well as our 200+ page manual. Handouts, presentations and other resources provided during the course are all available for students to keep at no extra cost.

At 85hrs, our training is more extensive than many others and covers not only pregnancy yoga, but yoga to help with birth preparation, postnatal yoga and parent & baby yoga. This is a more cost effective way to get fully trained on the application of yoga for all 4 trimesters, ensuring our graduates are ready to go out and support women on all stages of their journey into motherhood.

What support is there from tutors?

Our teaching faculty and support team are available via email/WhatsApp before and after the course to assist with any queries. We also set up a WhatsApp group for each training group so that information can be shared easily, and the group can keep up contact and support with each other easily during, and after, the training.

We also have an ongoing support chat group via Facebook, where we have over 1000+ graduates from throughout the years, to keep in touch and offer support and advice to each other.

Following graduation, we also offer a teaching directory on sallyparkesyoga.com, where all graduates are able to get their details listed, ready for potential clients who are looking for a trusted and certified teacher.

You can find more information online at sallyparkesyoga.com or contact Sally at info@sallyparkesyoga.com or on WhatsApp +44 7526 436828.