



SALLY
PARKES
PREGNANCY
YOGA

SALLY PARKES YOGA

ON-DEMAND POSTNATAL YOGA TEACHER TRAINING

Support mothers with evidence based yoga, anatomy & recovery strategies

AS FEATURED IN
omyoga
lifestyle



On-Demand Advanced Postnatal Yoga Teacher Training with Sally Parkes BSc, SYT, E-RYT500, RPYT

Are you passionate about supporting women after birth? Do you want to empower mothers with tools to heal, strengthen, and feel seen in their postnatal journey?

This advanced training is designed for yoga teachers and Pilates instructors, and aims to deepen your existing knowledge so you can broaden your offerings to your postnatal clients.

The on-demand content 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.

Including practical classes from Sally's custom 3 step postnatal recovery plan that you can use with your clients, and an exclusive talk from expert midwife and lecturer Luisa Lyons, on the postnatal hormonal cascade and the effects of lactation on postnatal physiology and the skeletal system.

Recognised to register as CPD hours with Yoga Pros and YACEP hours with Yoga Alliance (US).

Course content includes extensive on-demand video modules that include the following:

Intro: An introduction to the training directly from Sally, and some of its background and explanation our particular approach to postnatal healing and recovery. Sally will also explain the most effective way to approach the training material to enhance your learning.

Lecture 1: Anatomy of the early postpartum body. In this physiology-based class, we will outline what happens to the mother immediately after birth through to six weeks postpartum. We will cover nervous system changes, especially between the sympathetic and parasympathetic nervous system divisions, and discuss why rest to aid recovery is paramount at this time.

Lecture 2: We will cover biomechanical changes that occur during pregnancy and birth, such as increased lordosis, abdominal separation, an increased Q angle, pelvic counternutation and nutation, and how this continues to affect the postnatal body also.

Lecture 3: In this lecture, Luisa Lyons explores how lactation hormones influence the postnatal body, particularly the skeletal system and long-term maternal health. The session explains the roles of key hormones, highlighting how breastfeeding, and the postnatal hormonal cascade supports bonding, regulates stress responses and stimulates milk production while also influencing bone metabolism and recovery after birth.

Lecture 4: The Postnatal Core – We will discuss what soft tissue is involved and how the right kind of movement can help to restore the core by healing the abdominal separation that all postnatal women experience. The pelvic floor will also be discussed, as will the difference between a general abdominal separation and a Diastasis Recti diagnosis.

Lecture 5: SENSITIVE TOPICS DISCUSSED - A talk on the importance of extra consideration for possible additional post-birth challenges, including Caesarean birth recovery, episiotomy and/or forceps recovery, and other pelvic floor injury. This session includes specific therapeutic interventions to enhance healing.

Lecture 6: The Phases of Recovery: In this talk, Sally shares her reasoning behind our unique phase-by-phase postnatal recovery plan, in which the mother can take her time in improving overall strength and rebuilding her core stability, and address any postural alignment issues. Ultimately, this ‘slower is faster’ approach reduces the risk of injury while dramatically improving overall well-being.



You also get all of these Yoga classes included - ready to practice and use with your clients:

On-demand video classes include:

Recovery - Part 1: 3 x 15-minute yoga classes for early postpartum: Gentle stretches, physio-approved pelvic floor exercises and yogic breath work to aid postpartum recovery.

Recovery - Part 2: 3 x 20-minute yoga classes that focus on gentle mobilisation of the neck and shoulders, lower back and hips while reconnecting to the postnatal core, with particular attention to the co-contraction of the pelvic floor and abdomen.

Rehabilitation: 3 x 20-minute yoga classes that incorporate functional and Pilates inspired movement. These classes will primarily focus on floor work and on using body weight to increase muscle contraction while maintaining proper alignment, resulting in a more energized body and a clearer mind.

Rebuilding: 3 x 20-minute yoga classes that will build upon the previous sessions. Session one will be practiced from a lying, seated and four-point kneeling position, while session two will begin to incorporate standing yoga postures. Session three will be predominantly standing with the use of a chair and wall for support. In this way, we logically progress from one class to the next, all of which can be done in isolation or as one 60-minute class.

Slower Recovery: 2 x 30-minute specialised classes for women who need a slower pace of recovery, such as those healing from a caesarean or forceps birth. The focus of the first class will be on gentle, safe whole-body movement to increase blood flow (which accelerates healing) to the affected area. The second class will be on restorative and yin-based yoga positions, all underpinned by subtly energising breathwork.

Abdominal Separation/ Diastasis Recti Assessment: - Video explaining how to check for an abdominal separation safely and respectfully.

Abdominal Separation Healing: 2 x 30-minutes physio-approved classes that progress from one to another, and so should be practiced in order. The first session will focus on building awareness of the affected area and how it has a knock-on effect on the surrounding muscle groups, before exploring ways we can encourage the muscles and connective tissues to work together holistically again. The second session will include a succession of exercises that can be incorporated into any postnatal class, done at home, or sequenced as a standalone class.



Many yoga teachers want to support postnatal women but feel unsure how to do so safely.

The early postpartum period is a time of enormous physical, hormonal and emotional change. Without a clear understanding of the body's recovery process, it can be difficult to know:

- what movements are appropriate
- how to support core healing
- how to work with pelvic floor recovery
- how to adapt yoga for different birth experiences

This training bridges that gap, helping you offer informed, compassionate and physiologically appropriate support for mothers during this important stage of life.

Inside the Training:

You'll receive a comprehensive blend of video lectures and practical classes all presented in on-demand videos, available to study at a time that suits you.

Following the training:

You will need to email info@sallyparkesyoga.com following your completion of the course to confirm your completion and receive your PDF certificate showing your CPD hours.

EARLY BIRD INVESTMENT:

I'm opening a small number of pre-release places for the On-Demand Advanced Postnatal Yoga Teacher Training before the course officially launches.

If you join now, you'll receive the special early price of £297 (the lowest it will ever be offered), along with immediate access as soon as the training is released.

[You can sign up here for the special price of £297](#)



ABOUT YOUR TEACHER: Sally Parkes BSc, SYT, EYT-500, RPYT

Sally began her journey in the health and fitness industry in 1998 and gained a bachelor's degree with honours in Sport Science in 2001 in addition to certifying as a Pilates Matwork teacher. Her passion for yoga and breathwork led her to become a certified yoga and pranayama teacher, training with renowned teachers Uma Dinsmore-Tuli, Ann-see Yeoh, Paul Dallaghan and Sri Tiwari among others, before establishing her own certified yoga school, through which she has trained over 1,500 yoga teachers to date.

Now specializing in women's wellness, Sally offers yoga that honours the natural cycles of menstruation, fertility, pregnancy, postnatal recovery, and menopause. A dedicated educator, Sally is the author of two published yoga books, and has written many articles for publications including Om Yoga & Lifestyle, UltraFit, and Yoga Magazine.

Based in West Sussex with her two daughters, she continues to teach Hatha Yoga and Pilates programs both internationally and from home while also studying for a master's degree in Exercise Physiology, in which she is focusing on exercise methods for improved cardiac health among older women.

More recently, Sally's commitment to yoga and health has been recognised with award "Best Pregnancy & Fertility Yoga Teacher Training Provider 2024 - West Sussex" at the LUXlife Parent and Baby Awards and gained the accolade Ambassador of the Year 2025 for her ongoing charity work for Yoga Gives Back.

