



## ***Pre & Postnatal Yoga Teacher Training***

**Host & Location -Academy of Yoga and Ayurveda- 14 Dalmore Road, Tokai, Cape Town**

***Dates- Thurs 21st, Sat 23rd, Sun 24th March & Fri 29th, Sat 30th, Sun 31st March 2019***

***Cost- R5900*** (early bird discount price of R5700 if booked and paid by 30th Nov 2018 **or** 10% discount to AYA trainees and Graduates)



### ***Course Overview-***

**Yoga Teacher Training for Pregnancy & Postnatal (including mother and baby yoga)**

### ***Aims-***

**To empower student to teach classes that are- Practical, safe, holistic, grounded, empowering, graceful, energising, uplifting, informative, non-judgemental and supportive and nurturing.**

To provide a safe holistic and appropriate application of yoga practices in pregnancy and postnatal.

Understand yoga philosophy, traditional yoga teachings and cultural views in context of pregnancy, birth and postnatal. Re-evaluating these approaches if needed to ensure physical, energetic and spiritual awareness both mother and baby.

To empower students to draw on their own knowledge of yoga, understand their own authentic voice and style in teaching pre and postnatal yoga, to ensure that they always teach from a place of truth, love and compassion.

*unearth your inner wisdom*

***Main Objectives-***

***On completing this course you will be able to-***

- Have the confidence, tools and skills to safely plan and teach a Pregnancy Yoga class, a Post-Natal Yoga class and a Mother and Baby Yoga Class. In either a group setting or one to one to beginners to advanced yoga students.
- Teach every stage/trimester of a woman's pregnancy including early pregnancy, preparation for birth, as well as postnatal recovery (fourth trimester).
- Teach a holistic yoga class that enhances a women's experience of pregnancy, prepares her for birth and motherhood, whilst honouring this special and sacred time.
- Integrate yoga props in to lessons, whilst confidently teaching with chair, walls, cushions and balls.
- Adapt practices for any pregnant or postnatal women who comes to a general yoga class.
- Teach inclusive and supportive classes for those with injury or pre/postnatal common ailments, such as back pain, Pelvic girdle pain, high/low blood pressure.
- Understand the importance of spiritual and philosophical basis of yoga in relation to pregnancy birth and postnatal period, creating a safe sacred space and know how to effectively hold space in all classes, course and one to ones.
- A knowledge of anatomy and physiology in relation to Pregnancy birth and postnatal, understanding what actually happens, understand how yoga would affect a high or low risk pregnancy.
- Know how to support women through all pancha kosha (physically, emotionally, energetically, spiritually, whilst also connecting to their inner wisdom)
- Build on your own authenticity, start teaching with what you know, draw from own experiences to develop your own style, ensures teaching from the heart.

### ***Topics covered:***

- **Yoga asana** appropriate for each trimester to release tension, strengthen and support the physical body and help alleviate common conditions of pregnancy and postnatal period.
- **Relaxation, pranayama, visualizations and meditation.** For pregnancy, birth postnatal and breastfeeding.
- **Prana Shakti** connecting to the life force of conception, pregnancy and birth. honouring Shakti and the 'womb-space' through movement, meditations, visualisations, mudras, sound and mantra.
- **Anatomy and physiology** of postural, internal and hormonal changes in pregnancy and the postnatal experience. Identifying common pregnancy and postnatal ailments.
- **Pelvic floor health** – physical and energetic importance of a healthy pelvic floor, posture and alignment for pregnancy and the postnatal period, how dysfunction can upset the balance of energies of root chakra, (vitality, stability, support)
- **Use of props** for pregnancy and labour. (chairs, walls, balls, beds and bolsters)
- Positions and visualisations for optimal foetal positioning.
- **Yoga for Birth and labour** – understanding a 'normal' birth how yoga can help with natural birth pain management. Basic understanding of how foetal positioning and maternal positioning effects experience of labour. Use of relaxation, meditation, pranayama for caesarean section.
- **Post-natal recovery** including asana, pranayama, and relaxations following vaginal birth or caesarean section. Focusing on pain management, support, strength, vitality and healing common conditions. Simple techniques in relaxation and breath work for immediate postnatal period to help support physical, emotional and mental healing.
- **Mother and baby yoga-** Incorporating baby into a yoga class, lesson planning for different age babies, and stages of postnatal recovery
- **Role of a yoga teacher-** yoga teacher's role with health care provider (gynae/ midwives) understanding safe limitation, boundaries, holding space.
- **Lesson planning** marketing, advertising setting up classes.

## Course Details

**Cost – R5900** (options- early bird 5700 if booked and paid for by 30th November 2018, **OR** 10% OFF (R5310) for Yoga Academy trainees and graduates)

### Requirements

- at least 200hr yoga foundation training, or equivalent experience and training or currently training in an approved yoga teacher training programme.
- Alternatively- a professional qualification in the field of pregnancy, postnatal i.e. midwife, Doula, women's physiotherapist, etc. along with an established yoga practice.
- Attendance to **all** teaching hours and workshop dates.
- Completion of case studies and background reading and class observations and assessments.

**Dates (21st, 23rd, 24th March & 29th, 30th & 31st March 2019)**

Hours- 9am-4pm

- Group teaching assessment- teach asana, one pranayama, and or relaxation as part of a group class on our second weekend.
- at least 45 hours of case studies, observation and self-study to be completed by **Sept 2019**

### Pre-course assignments-

- What experience do I have of yoga for pregnancy and or postnatal?
- why do I want to teach pregnancy and postnatal yoga?
- What do I hope to get out of it?
- What do I hope to put into it?

### Post course assignments-

- **A4 handout for students**
- **Poster/flyer/ social media** advertising a class/course or one to one
- **50 words or less** (for each) what are the benefits of pregnancy and postnatal yoga
- **Learning journey-** what have I learnt, how am I going to action this in my path as a yoga teacher.
- **6 class observations-** 3 pregnancy, 3 postnatal (at least one must include babies) 2 of these can use the class demonstrations on each weekend of the course) these can be done before or after the course.
- **Case studies-** including feedback forms, class plans, reports of each session and evaluation teach a pregnancy yoga class (or 1-1) over 4 a minimum of weeks. teach at least 2 postnatal classes, one with and without babies. (can be same group or different groups of women)
- **Self-study reading-** thorough reading of the course manual post course, reading list -Uma Dinsmore-Tuli, extracts of Mother's Breath and Teach Yourself Pregnancy Yoga/ Yoni Shakti

### from Andrea & AYA

- 42 hours of teaching hours
- A private whatsapp or facebook support group to connect to the group and teachers
- Listing on Andrea's website as trainees and graduates
- Certificate of recognition of attendance completion of training
- Continuing support via email, and phone with Andrea.
- A 6 month post graduating phone/skype session with Andrea

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