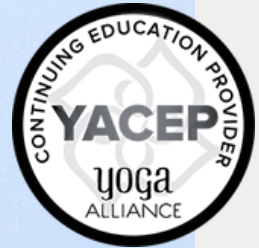

ADVANCED YOGA
TEACHER TRAINING



50hr Pre & Postnatal Yoga Training

We welcome you to embark on an intricate journey into the realms of prenatal and postnatal yoga, where you'll explore the profound connection between mind, body, and baby. Delve into the essence of prenatal and postnatal physiology, anatomy, and teaching techniques, empowering you to support both expecting and new parents as they nurture themselves and their babies through every stage of pregnancy and beyond.

YOGA ALLIANCE
CERTIFIED

STRETCH
yoga

50 CONTINUED
EDUCATION CREDITS

Overview

From unraveling the intricacies of pre and postnatal physiology to mastering the art of safe and empowering yoga practices, this course offers an exploration of the key principles and techniques essential for guiding expecting individuals on their journey into parenthood.

Our curriculum provides you with the knowledge and skills necessary to create nurturing and supportive environments for your pregnant and postnatal students. Learn to adapt traditional yoga poses and practices to accommodate the changing needs of both body and mind, while gaining an understanding of common pregnancy and postpartum conditions and how to address them through targeted movement, breathing techniques, and meditation exercises.

Course Snapshot

Group Size: max. 16
Students

Yoga Style: Pre &
Postnatal Yoga

Course Length: 5 Days. 2
Consecutive Weekends

Pathway: Yoga Alliance
300hr RYT

What's Included?

50 Hours of Post Grad
Training with Stretch Yoga

50 Continued Education
Credits with Yoga
Alliance

Comprehensive Training
Manual

Body of Study

Training Curriculum

Introduction to Pre & Postnatal Yoga

- Welcome and Introduction to the Training
- Setting Intentions for the Course
- Exploring Your Teaching Philosophy in Pre & Postnatal Yoga

Understanding Pregnancy and the Stages of Birth

- Overview of the Stages of Pregnancy
- Overview of the Stages of Birth
- Anatomical and Physiological Changes During Pregnancy, Birth and Beyond

Trimester-Specific Considerations

- Guidelines and Considerations for Each Trimester
- Adapting Practices for the Evolving Needs of Pregnant Students
- Understanding the 'fourth' Trimester

Understanding Common Conditions

- Understanding Common Conditions in Pregnancy and Postpartum
- Contraindications and Modifications for Common Conditions

Body of Study

Training Curriculum


Asana and Movement

- Safe and Effective Asana Practices
- Modified Sun Salutations for Prenatal Yoga
- Adapting Yoga Poses for the Changing Pregnant Body
- Prop use to Support Pregnancy
- Adapting Yoga Poses for the Postpartum Body
- Movement to Support the Postpartum Period

Breathwork and Sound Healing

- Introduction to Pranayama Techniques for Pregnancy
- Exploring Mantra and Vocal Toning for Prenatal Well-being

Understanding the Diaphragm and Pelvic Floor

- 
- Exploring the Connection Between Diaphragmatic Breathing and Pelvic Floor Health
 - Techniques for Strengthening and Relaxing the Pelvic Floor

Affirmations and Intentions

- Harnessing the Power of Affirmations for Pregnancy, Birth and Beyond

Body of Study

Training Curriculum


Meditation and Relaxation

- Guided Meditation Practices for Pregnancy and Birth Preparation
- Cultivating Mindfulness and Relaxation Techniques for Pregnancy, Birth and Beyond

Integration into Yoga Classes

- Considerations and Safety Guidelines for Integrating Pregnant and Postnatal Students into General Yoga Classes and Yin Yoga Classes

Preparation for Birth

- 
- Overview of the Stages of Labor
 - Exploring Positions for Labor and Birthing
 - Introduction to Perineal Massage and its Benefits
 - Empowering Expecting Mothers with Knowledge of Active Birthing Techniques
 - Understanding the Fear, Tension, and Pain Cycle in Pregnancy and Labor

Meet Your Teachers

Get ready for three immersive, challenging, and profoundly rewarding days ahead. Throughout this training, we're set to embark on an even deeper journey together, dedicating extended hours to practice, training, and learning.

Throughout this intensive experience, you'll forge stronger connections not only with your self, but also with your dedicated teachers. Get ready to dive deep into this transformative journey with a team committed to your growth and success!



Sarah Jane (SJ) Cramond

Head Teacher & Stretch Yoga Owner

Having practiced throughout her pregnancy, SJ believes in the power and potency of Pre and Postnatal Yoga, and is committed to educating others to empower pregnant people with supportive, safe and inclusive teaching.



Dr. Victoria (Tori) Gill

Co-Teacher

As a medical professional, Tori values making education about our bodies accessible and engaging, equipping you with a wealth of knowledge and tangible strategies that can be seamlessly woven into your teaching.

Reading List

Pre and postnatal yoga, a nurturing practice tailored specifically for expecting individuals and new parents, offers a unique and supportive approach to pregnancy and childbirth. With a focus on movement, breath awareness, and relaxation techniques, pre and postnatal yoga provides a safe space for pregnant people to connect with their bodies, their babies, and their breath.

Drawing from the wisdom of experienced pre and postnatal yoga teachers and childbirth educators, our recommended readings offer valuable insights and guidance for navigating the journey of pregnancy and beyond with grace and confidence. Explore these resources to deepen your knowledge, empower yourself with essential skills and techniques, and embrace the transformative journey of parenthood!

Recommended Readings:

- Active Birth, by Janet Balaskas
- Bountiful, Beautiful, Blissful, by Gurmukh
- Birth Skills, by Juju Sundin with Sarah Murdoch
- Birth Reborn, by Dr Michel Odent

Other Resources:

- The Pink Kit, Common Knowledge Charitable Trust
- Orgasmic Birth Documentary, DVD/online viewing
- Squeezy App

Pre-Requisites & Requirements

Our 50-hour Prenatal Yoga Teacher Training offers a specialised pathway for yoga practitioners and teachers looking to expand their expertise in prenatal yoga.

This training can be pursued independently or as part of our comprehensive 300-hour Advanced Yoga Teacher (Level 2) certification program.

Designed to delve deeply into the principles and practices of pre & postnatal yoga, this training invites you to approach with an open heart and a dedication to enriching your understanding and skills in supporting pregnant individuals through yoga.

Throughout this immersive program, you'll participate in a blend of interactive lectures, guided practice sessions, hands-on training, and time to practice teaching, all tailored to deepen your knowledge and mastery of pre & postnatal yoga techniques and methodologies.

Active engagement in all training components, combined with self-directed study and completion of assigned coursework, serves as the cornerstone of this enlightening journey. As you progress, you'll have opportunities for practical assessments and other activities aimed at nurturing your growth as a prenatal yoga teacher.

Upon successful completion of the 50-hour Pre & Postnatal Yoga Teacher Training, you'll receive a certificate affirming your proficiency in teaching Pre & Postnatal yoga. This certificate can be registered for 50 Continuing Education credits with Yoga Alliance or applied towards your full 300-hour certification.

Investment

We believe in making yoga education accessible to everyone. Whether you're eager to take advantage of our Early Bird Special or the convenience of a payment plan, we have options to suit your needs. Our payment plan option allows you to spread out the cost of your training. With a non-refundable deposit of \$290 and subsequent fortnightly or monthly payments via direct debit prior to course commencement, you can ease into your investment while still securing your spot in the training.

Early Bird Pricing

\$990

Full Course Fee

\$1,100

What's next?

- 1 Pay a \$290 deposit to secure your spot.
- 2 Either pay in full at checkout or select payment plan.
- 3 Pay the remainder in instalments before course commencement.

Payment Plans: We offer flexible payment plans to support your yoga education journey. Contact our team for details on instalment options and schedules. We're here to help you embark on this empowering journey with ease.



take the leap

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