

Pre & Postnatal Yoga

Teacher Training Course 2021

Andrea White Yoga & Wellbeing



Course Overview-

Cost – R5900 (options- 3 x payments of R2000 payable by end of course)

Dates

Pretoria - Location - Sinoville

Sat 6th ,Sun 7th, Mon 8th February 2021

Sat 27th, Sun 28th, Mon 1st March 2021

Hours- 8.30am-4.30pm

Cape Town- Location - TBC

Sat 20th Sun 21 Mon 22 February 2021

Sat 20th Sun 21st, Mon 22 March 2021

Hours 8.30-4.30pm

Aims of a Pregnancy Yoga Teacher-

- To empower and prepare women for a positive pregnancy, birth and postnatal experience.
- To hold space and support women with practical, informative, safe, grounded, holistic, non-judgement, inclusivity, and nurturing yoga classes.
- To support women in their journey to motherhood with yoga and awareness practices.

Course Aims-

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To provide a safe holistic and appropriate application of yoga practices in pregnancy and postnatal. Using yoga philosophy, traditional yoga teachings, in context to collective cultural views of pregnancy, birth and postnatal.

Re-evaluating and discernment of some of your existing knowledge with awareness of yoga for women's health and empowerment.

Ensuring physical, energetic and spiritual awareness both mother and baby.

To empower students to draw on their own knowledge of yoga, body work. Women's work, understand their own authentic voice and style in teaching prenatal and postnatal yoga,

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.
- Teach a holistic wellness yoga class to enhance and empower a women's experience of pregnancy, birth and postnatal.
- Understand yoga philosophy and energetic work in relation to pregnancy birth and postnatal
- Effectively hold space in all classes, workshops and one to ones.
- Have a grounded knowledge of anatomy and physiology in relation to Pregnancy, birth and postnatal, understanding contraindications, common ailments and complications.
- Build on your own authenticity, start teaching with what you know, draw from your own experiences to develop your own style.



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Topics covered-

- Yoga asana appropriate for each trimester and help alleviate common discomforts
- Relaxation, pranayama, visualizations and meditation.
- Yoni Shakti Honouring the 'womb-space' and creative energy.
- Anatomy and physiology of postural, internal and hormonal changes in pregnancy and the postnatal experience. understand common ailments and complications.
- Yoga Philosophy Understand yoga philosophy and energetic work in relation to pregnancy birth and postnatal period.
- Pelvic floor health – physical and energetic healthy pelvic floor, posture and alignment.
- Correct use of props
- Yoga for birth and labour – Understanding a 'normal' vaginal birth, pain management, How foetal positioning and maternal positioning affects experience of labour. Use of relaxation, meditation, pranayama for caesarean section.
- Post-natal recovery including asana, pranayama, and relaxation. Focusing on pain management, support, strength, vitality and healing common conditions. Supporting new mum's 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- understanding a teacher's role in holding space. Relationships with other health care providers. Understanding safe limitations and boundaries.
- Lesson planning- marketing, advertising setting up classes.
- Bigger picture of women's health and yoga. Approach topics of supporting women further introducing the idea of MCA and Cyclical living.

Requirements

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- At least 200hr yoga foundation training, or equivalent experience and training or currently training in a holistic yoga teacher training programme.
- Group teaching assessment
- Pre-course assignments
- In Person Teaching Hours =42 hours (over 6 days)
- Online Webinars with guest speakers
- Post course assignments- =35 hours
 - Class observations
 - Teaching assignments and case study reports
 - Learning Journal
 - Registration form
 - Self Study reading list studies



for more info about the course or Andrea. email andreawhiteco@gmail.com

www.andreawhite.co

Application form <https://forms.gle/yeUwfo7Av7heZL97A>

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