



Yoga for Pregnancy

Teacher Training Prospectus

Course Duration

40 hours in total

28 contact hours, in person or live online

12 -14 hours on self practice and assignments

Dates and Times: See website

Cost

Early bird: €595

Full cost: €650



Teaching Yoga for Pregnancy

Pregnancy is a transformative time in a woman's life and many women come to yoga for the first time when they are pregnant. Teaching pregnancy yoga will give you the opportunity to support a woman, and her baby, in a very special time in their lives.



You can share your yoga safely and in doing this you can empower a mum to be and build her confidence in herself and her body. Pregnancy yoga classes help to alleviate stress, develop mind and body awareness to help her keep herself and her baby safe.

Teach some of the most important life skills so she can celebrate her pregnancy, labour and beyond into motherhood.



Course Aims

- ✓ To provide a foundation of prenatal yoga on which yoga teachers can develop and teach classes for pregnant yoga students.
- ✓ To build on the yoga teacher's knowledge of yoga for pregnancy so that they can advise pregnant students in their general classes.
- ✓ To provide yoga teachers with the knowledge, skills and attitude to teach prenatal yoga safely, confidently and professionally.
- ✓ To produce joyful and competent prenatal yoga teachers.



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Course Content

The Anatomy and Physiology of Pregnancy and Birth

- ॐ Anatomy of the female pelvis
- ॐ Physiology of pregnancy: the three trimesters
- ॐ Labour and birth
- ॐ Pain management and common medical interventions

Asana for Pregnancy

- ॐ What to do and what to avoid
- ॐ How to modify the classical poses
- ॐ Gentle Flow' - prenatal yoga practice the power of finding ease.
- ॐ Centring, limbering, strengthening, and quietening postures

Course planning and the power of intention

- ॐ Lesson plans for pregnancy yoga and Course plans

Yoga Philosophy teaching for Mums to be

- ॐ The eight limbs revisited
- ॐ Yamas and niyamas revisited
- ॐ Ida and pingala revisited
- ॐ The yoga sutras: Effortless effort

- ॐ Ethical questions around pregnancy and birth, your personal philosophy

Pranayama - Breathing Techniques for pregnancy and labour

- ॐ Breathe awareness
- ॐ Calming breaths (guiding hormonal change)
- ॐ Breathe for labour
- ॐ Mantra and mudra

Relaxation

- ॐ Yoga Nidra for pregnancy and birth
- ॐ Rotation of consciousness, visualisation and Sankalpa



YOGA with CLARE

About Clare

Clare is a passionate yoga teacher with many years experience teaching and teacher training.

After developing her own self practice, she sought to go deeper and trained as a yoga teacher under Roy Griffin, Michael McCann and Marie Quail with the YTTC in 2009.

She went on to qualify as a meditation teacher, a Rainbow kids yoga teacher, a yoga teacher trainer, and then trained as a pregnancy yoga teacher with Yoga Therapy Ireland under Trish Malone while pregnant with her own son Jack in 2012.

Her approach to teaching is strongly learner centred and fun loving, encouraging teachers to continuously explore their yoga and develop their own practice as well as their teaching in order to enjoy life more and teach from the heart.



Entry requirements

Candidates must be fully qualified; trainee yoga teachers may be accepted onto the course but will only receive their cert on completion of their level one 200 hour teacher training.

Missed sessions will have to be made up in order to complete the course successfully.

Assignments are given within the first two days of the course and due in by the last day of the course. Teachers may arrange for an extension on the deadline if necessary by speaking with the lead tutor.

Teaching practice will take place throughout the course and trainee prenatal teachers are encouraged to make arrangements with qualified prenatal yoga teachers to attend or if possible, assist in their class in order to gain valuable extra teaching practice. Course tutors will advise on this.

As well as providing each student with the necessary skills for teaching yoga for pregnancy, the course gives an excellent opportunity for personal development and growth. Trainees are expected to participate fully in all practices and assignments to the best of their ability.

A Certificate in teaching yoga for pregnancy will be awarded on successful completion of the course.

Course Fees

The fee for the Yoga for Pregnancy Teacher Training Diploma Course online is €650

All payments can be made by way of www.yogawithclare.com through the website or by cash, cheque or bank transfer payable to Clare Bassett