



## **ADVANCED POSTNATAL COURSE OUTLINE 20 HOURS**

Many thanks for your interest in specialised prenatal and postnatal yoga and yoga for childbirth. In becoming a prenatal or postnatal yoga teacher, you to enter the privileged position of becoming a legitimate, health-care, team member who supports pregnant and birthing women. There is also much to be done, culturally and socially, to support women in the post-partum period. As a respected and trusted yoga teacher, you have the opportunity to help your postnatal clients navigate their new role as a mother with the support of trusted yoga and meditation techniques.

If you would like to discuss the course outline in detail, please feel free to contact me at [melanie@australianyogaacadem.com](mailto:melanie@australianyogaacadem.com) or on 0413 298 132.

Much love, Mel

### **2022 Postnatal dates, times and place**

- Sat 19<sup>th</sup> and Sun 20<sup>th</sup> March 2022 10am-6pm
- Upstairs at 42 Clifton Street, Prahran
- All equipment supplied, but you may bring your own yoga mat if you prefer
- Please bring a large beach towel to cover soft props
- Morning and afternoon tea supplied with plunger coffee and fresh chai tea

### **Topics to be covered**

- Western v's Eastern historical approaches to the postnatal period
- Common medical/social approaches to postnatal care for mother/baby immediately after birth
- Define optimal postnatal care for the modern woman and family
- What's wrong with postnatal care in Australia?
- What is postnatal depletion?
- Understanding biochemical deficiency of postnatal depletion and possible solutions
- What is postnatal depression and what can you do?



- Preparing for the “Golden Month” or “First 40 Days” on physical, social and energetic levels
- Developing specific pranayama and mindfulness practices to prepare for, replenish and restore in the postnatal period
- Understanding the relevance of Polyvagal Theory and its application to preparing for the postnatal period and practices to help with recovery/replenish in the postnatal period
- Learning from Chinese Medicine and Ayurveda to prepare for, replenish and restore in the postnatal period
- Pelvic Floor and abdominal separation recovery
- Contraindications for postnatal yoga practices
- Postnatal community services
- Developing practices with the “Daily Mindful 5” approach to create behaviour patterns that support the postnatal period

### **Prerequisites for Attendance**

This course is open to qualified yoga teachers and yoga teacher trainees who have a genuine interest in working with pregnant and birthing women and women who have recently given birth. It is also suitable for midwives and members from any other professions that work with prenatal clients on a regular basis. Please note that completion of part of all of the 50 hour Advanced Prenatal and Postnatal Yoga Teacher Training does not qualify you as a Yoga Teacher. This is advanced level training, designed to increase knowledge and understanding in a special needs area and will contribute to continuing professional development.

### **Postnatal reading requirements**

Please read these books before or shortly after attending this section of the course:

- Dr. Oscar Serrallach, *Postnatal Depletion Cure*

and

- Sarah Naphali, *Buddhism for Mothers*

or

- Myla & Jon Kabat-Zinn, *Everyday Blessings, Mindfulness for Parents*