



ADVANCED PRENATAL & POSTNATAL YOGA TEACHER TRAINING 50 hours

with Melanie Mackintosh

Thank you for your interest in the Australian Yoga Academy's Advanced Prenatal and Postnatal Yoga Teacher Training, with Melanie Mackintosh.

AYA and Melanie are delighted to bring you this opportunity for comprehensive, quality training at AYA's purpose-built training studio in inner city Melbourne.

During this training, you will work closely along-side Melanie so you confidently develop the skills to teach prenatal yoga students. A key component in developing this confidence is enhancing your understanding of pregnancy and labour anatomy and physiology. Melanie will share recent scientific literature, supporting the benefits of yoga and meditation for the prenatal student and their baby.

Enhanced practical teaching experience is corner stone of this training program. As such, a great emphasis is placed upon designing intelligent prenatal class plans and practising the delivery of these plans in both a dedicated prenatal class capacity, and in promoting meaningful alterations for the prenatal student within a general class environment.

You will be taught Melanie's unique approach to supporting the mother through practices that promote mobility of the upper body and establish stability in the lower body. Additionally, a large focus is on implementing teaching strategies to support the functioning of the nervous and hormonal systems, so the mother is empowered throughout the pregnancy, during the birth of her baby and beyond.

Naturally, all the contraindications and cautions relevant to the prenatal student will be covered.

Qualification Received

At the successful completion of this course you will receive a qualification in Advanced Prenatal & Postnatal Yoga Teaching, provided by the Australian Yoga Academy. This training contributes to more than 12 months' of CPD points for those who are already members of Yoga Australia and Yoga Alliance International Registry.

AYA is a Continuing Education Accredited School and Registered Prenatal Yoga School through Yoga Alliance International Registry. At the conclusion of this course, you may



register as a Registered Prenatal Yoga Teacher (RPYT) with Yoga Alliance and will be able to offer dedicated prenatal classes.

Modes of Learning

This training is made up of six days of training; four days for advanced prenatal yoga and two days of advanced postnatal teacher training. There is also required reading to be completed before attending the course.

There are two modes of delivery to choose from and you may use them interchangeably:

1. Face-to-face at AYA's training studio at 42 Clifton St, Prahran.
2. Interactive, livestreamed lectures delivered via Zoom for those who live a significant distance from Melbourne.

Course Outline

Each day of training will cover a theoretical field that is relevant to teaching prenatal and postnatal yoga, followed by developing an essential, holistic approach to teaching yoga practices that support the theory.

During each day of training, we will also cover anatomy and physiology so you understand the changes a mother experiences before and after the birth of her baby and how these relate to teaching yoga. Specifically, Melanie will cover specialised therapeutic movements that are used to balance a mother's anatomy so that birthing may come with fewer complications and fewer interventions. A key area of focus is on using yogic techniques to enhance nervous system tone and to balance her hormonal state.

Each day there will be an opportunity to experience dedicated practices led by Melanie. You will cover modifications for teaching prenatal and postnatal students within a general class, teaching yin yoga to prenatal students and experience Melanie's unique approach to teaching dedicated prenatal classes. Students will have ample time to practice their teaching skills with each other.

We will specifically cover the contraindications relevant to teaching prenatal and postnatal yoga, many of which are not well understood by general yoga teachers. Naturally, we will include the modifications for teaching these students in general yoga classes.



- Led prenatal yoga practice incorporating yoga asanas, breathing and meditation from the principles mentioned above.

Theory Modules - Prenatal

- Pre-conception awareness and preparation
- History of prenatal yoga and women in yoga
- Benefits of prenatal yoga for the mother and baby, including scientific literature
- Anatomy, physiology and the psychology of pregnancy and labour, including
 - Overview of the anatomy of childbirth
 - Overview of the stages of labour
- Overview of musculoskeletal anatomy of the mother's pelvis, pelvic floor, uterus and cervix and dysfunction or imbalances that may result in prolonged labour, failure to progress, instrumental deliveries, increased need for medications and C-Section deliveries.
- Active Birthing principles, Optimal Foetal Positioning and principles from other respected approaches to birthing, where the aims are a joyful and safe birthing experience for mother and baby
- Demands on biochemical reserves throughout pregnancy
- Contraindications and cautions in teaching prenatal yoga
- Approaches to supporting prenatal students with mental health and trauma concerns (and support for the prenatal teacher)
- Understanding Polyvagal Theory in the context of fortifying physical and mental health in the prenatal period
- The business of prenatal yoga - policies and approaches to teaching prenatal yoga

Therapeutic Approaches and Teaching Skills - Prenatal

- Teaching prenatal yoga in general classes, including meaningful modifications
- Specific strategies for teaching prenatal yoga in dedicated prenatal classes
- Prenatal Yin yoga
- Caring for the back, SIJs, abdominals, pelvic floor and other special needs during pregnancy
- Explore the yoga asana and everyday movements that will help balance the musculoskeletal anatomy of the mother's pelvis, pelvic floor, uterus and cervix so as to help avoid unwanted interventions during the birthing process. Develop yoga asana sequences that:
 - Encourage Optimal Foetal Positioning movements
 - Introduce Active Birthing Movement techniques
 - Addresses babies in breech or posterior positions



- Can be used in situation of poor descent or failure to progress during labour

Yoga philosophy, Meditation and Pranayama Modules - Prenatal

- Pranayama and breathing techniques for pregnancy and labour
- Meditation and mindfulness practices for pregnancy and labour
- Using the yamas, niyamas, sankalpa, mudras and mantras in pregnancy and labour
- Ventral vagal reset practices and other practices that down-regulate and over-active nervous system.
- Introduction to Melanie's unique approach of "The Mindful Daily Five"

Theory Modules - Postnatal

- Historical and different cultural approaches to the post-partum period. Applied learning to our current, Western framework.
- Physiological, nutritional and psychological reasons for postnatal depletion. Understanding key biochemical deficiency and how these might be prevented or addressed.
- Understanding Polyvagal Theory in the context of rebuilding physical and mental health in the postnatal period.
- Postpartum physiology and anatomy. Understanding the changes in the mother's body in order to understand the contraindications for postnatal yoga practices. In particular, understanding pelvic girdle pain and how to work with this from a biomechanical and mental health perspective.
- Baby and me yoga. Understanding the objectives of mother and baby yoga classes, planning classes and application of appropriate strategies.
- Yin yoga, Chinese Medicine and Ayurvedic approaches to replenish and restore the mother.

Therapeutic Approaches and Teaching Skills - Postnatal

Specific therapeutic practices, that may be included in postnatal yoga classes, will be taught to address key areas of concern for the post-partum mother, including:

- Assisting with repair of diastasis recti (separation of the abdominal muscles).
- Increasing tone in the pelvic floor.
- Decreasing musculoskeletal imbalances using yoga poses that move the body through its full range of motion.
- Applying ventral vagal reset practices and other practices that down-regulate the over-active nervous system.



Yoga philosophy, Meditation and Pranayama Modules - Postnatal

Each day we will explore specific meditation and pranayama practices that are suitable for the post-partum mother. The emphasis is on teaching them in a way that makes them immediately accessible and, therefore, useful for a busy, new mother. The focus is on increasing energy, improving sleep, down-regulation of the over-active nervous system and improving interoception.

Course requirements

Pre requisites

This course is open to all qualified yoga teachers (200 hour minimum) and yoga teachers currently in training at AYA.

This course is also open to those who regularly work with prenatal clients, but are not qualified yoga teachers, such as midwives, doulas, personal trainers etc. Please note, however, that completing this course on its own, does not qualify you as a yoga teacher and will not satisfy insurance purposes or professional association membership with Yoga Australia or Yoga Alliance International Registry. If you are already a qualified member of your relevant professional association, (eg Pilates Alliance Australasia), this course may contribute to CPD, but you will need conform.

Pre reading

Prenatal

- Dr. Sarah Buckley, *Gentle Birth, Gentle Mothering.*
OR
- Rhea Dempsey, *Birth with Confidence*

Postnatal

- Dr. Oscar Serrallach, *Postnatal Depletion Cure*

Attendance requirements

You must attend all lectures to satisfy minimum attendance in accordance with the Yoga Alliance International Registry accreditation. If you miss any session, you will need to discuss a pathway to may up the hours so accreditation may be achieved.



Zoom participants

If you choose the Zoom delivery you must have reliable internet access via a device that has a webcam. You will need to have an active Zoom account. Tutorials will be recorded for your later reference but viewing at a later date does not contribute to contact hours.

You will need at least one yoga bolster and two yoga blocks (of the same size), in addition to a yoga mat, blankets, pillows or meditation stool to sit on.

Your study environment needs to be well lit and you need to be free from interruption during the hours of the training. It will not be suitable to be caring for children whilst this training is in progress.

Fees and inclusions

Please refer to the AYA website for the latest fees.

How do I apply?

To enrol, please contact Melanie directly on 0413 298 132 or at melanie@australianyogaacademy.com.

Teacher Bio – More about Melanie Mackintosh

Melanie Mackintosh is the co-owner of the Australian Yoga Academy where, as the Director of Education, she manages and lectures to up to 100 teacher trainees who enroll in foundation level Advanced Diploma of Yoga Teaching each year.

Melanie began her yoga journey in 2000 when she commenced practising yoga to help manage a stressful career. She completed her yoga teacher training with AYA in 2006 and has since completed a Masters in Yoga Teaching as well. Melanie has also completed Advanced Prenatal and Postnatal Teacher Training courses through Bliss Baby Yoga (www.blissbabyyoga.com) and The Yoga Institute (www.yogainstitute.com.au).

Following the birth of her first child in 2010, Melanie commenced offering prenatal classes at AYA, where over time, she has developed a unique approach to working with prenatal students. She is particularly influenced by the principles of the Active Birthing movement, Optimal Foetal Positioning, Hypnobirthing and Spinning Babies.



Her classes are fundamentally centered upon facilitating the mother's role in managing her nervous system and balancing her physiology to achieve a sensitive and compassionate pregnancy and birthing experience.

Melanie is the mother of two young children. The pregnancies and births of her two babies were joyful experiences. Like many new mothers, however, Melanie found herself ill-prepared for the demands of the post-partum period. For this reason, Melanie now divides her time working with all women who are trying to conceive, who are pregnant and supporting women and their families in the postnatal period.

Melanie teaches regular dedicated prenatal and postnatal yoga classes, lectures to teacher trainees and conducts workshops on prenatal and postnatal yoga all over Australia.

Melanie is an accredited Senior Teacher (Level 3) with Yoga Australia. She is also a Registered Prenatal Teacher (RPYT) and ERYT-500+ with Yoga Alliance International Registry.

Through Yoga Alliance International Registry, AYA is a Continuing Education Accredited School and a Registered Prenatal Yoga School.



We look forward to helping you fulfil your yoga teacher training dreams.

Namaste, Mel

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