



## ADVANCED PRENATAL 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

### Day 1 – Sat 12<sup>th</sup> Feb 2022 10am - 6pm

- Reminder of the main contraindications and cautions for teaching prenatal yoga
- Addressing common musculoskeletal concerns that arise during pregnancy with yoga techniques
- Using yoga to care for the back, SIJs, abdominals, pelvic floor and other special needs during pregnancy
- Benefits of prenatal yoga for the mother and baby, including a review of current literature and resources available for your future professional development/interest
- Understanding pregnancy and birth in terms of the *normal physiological birthing process*
- Understanding failure to progress and the fear-tension-pain model. Explore the impact of the sympathetic nervous system on the hormones of labour and the muscles of the uterus and cervix
- Influencing birth outcomes with yoga and meditation
  - Appropriate pranayama for pregnancy and labour, including relaxation techniques, meditation and mindfulness for a joyful pregnancy and birth



- Student-led teaching – cuing practice around Surya Namaskar B, standing sequence, backbend sequence, inversions sequence
- Led prenatal practice – specialised yoga practices for dedicated prenatal classes & breath-centred movements

### **Day 2 – Sun 14<sup>th</sup> Feb 2022 10am-6pm**

- Student-led teaching – short breath centred vinyasa practice
- Understanding pelvic floor anatomy. Exploring movements to release tension in pelvic floor and increasing pelvic floor literacy for life
- Understanding Polyvagal theory in relation to feelings of safety in pregnancy and birthing
- Planning prenatal yoga classes to include common birthing positions. Includes the importance of Optimal Foetal Positioning, Active Birthing Movement techniques and principles from other respected approaches to birthing, where the aims are a joyful and safe birthing experience for mother and baby
- Prenatal yin yoga – suitable practices for pregnancy and an overview of the main contraindications and cautions
- Led prenatal practice - prenatal yin yoga and prenatal yoga nidra

### **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. 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.



### **Pre/post reading requirements**

Please read (before or shortly after attending this section of the course), either or both of these books:

Sarah J Buckley: *Gentle Birth, Gentle Mothering*

*or*

Rhea Dempsey: *Birth with Confidence*