



## **ADVANCED POSTNATAL YOGA TEACHER TRAINING PROSPECTUS – 50 hours**

**with Melanie Mackintosh**

Thank you for your interest in the Australian Yoga Academy's Advanced Postnatal Yoga Teacher Training, with Melanie Mackintosh. AYA and Melanie are delighted to offer you the opportunity to participate in this comprehensive, continuing professional development programme.

Melanie has been inspired to create this training for yoga teachers, (and anyone else who regularly works with new mothers), based on recent scientific research and the greater need she sees in her postnatal students. Progressive medical experts have recently redefined the postnatal phase as being the seven (7) year period following the birth of a baby. As the mother of two young children, Melanie recognises that mothers have unique physical, emotional and spiritual needs that are commonly misunderstood and ill-catered for in Western society.

As yoga teachers, we work with large numbers of women. Melanie believes that our capacity to influence the narrative around the postnatal period in Western culture, is therefore, significant.

Many of us will have had the opportunity to experience the inspiring journey of working with pregnant women. Postnatal teacher training will ultimately enrich your prenatal teaching experience and will establish a pathway for your teaching journey to continue with your prenatal students, once baby is born.

### **Qualification Received**

At the successful completion of this course you will receive a qualification in Advanced 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.

AYA is a Continuing Education Accredited School and Registered Prenatal Yoga School through Yoga Alliance. At the conclusion of this course, you may register as a Registered Prenatal Yoga Teacher (RPYT) with Yoga Alliance (please note that RPYT covers postnatal training as well), and you will be able to offer dedicated prenatal and postnatal classes.



## Modes of Learning

There are two modes of delivery to choose from:

1. Face-to-face, over six full days, typically structured over two consecutive, three-day weekends; Friday, Saturday and Sunday, at AYA's training studio at 42 Clifton St, Prahran.
2. Interactive, livestreamed tutorials delivered via Zoom for those who live a significant distance from Melbourne. These sessions will be delivered for five hours a day, for nine days over a three-week period (eg. Mon, Wed and Fri for three weeks).

## Course Outline

Each day of training will cover a theoretical field that is relevant to the postnatal period, followed by daily essential practices that support the theory. These daily essentials are designed to be short practices that can be easily implemented into the busy life of a new mother.

During each day of training, we will also cover specific therapeutic movements, restorative and yin yoga practices, pranayama and meditation practices that aid in the rejuvenation of the post-partum mother. These practices have been chosen as they specifically replenish the mother's energy, fortify her nervous system and balance out her hormonal state. We will cover recent, scientific evidence around the necessary physical and psychological support that many post-partum mothers require.

There are many opportunities to experience postnatal practices led by Melanie and for students to practice their teaching skills. We will specifically cover the contraindications relevant to teaching postnatal yoga, many of which are not well understood by general yoga teachers. Naturally, we will include the modifications for teaching postnatal students in general yoga classes.

Additionally, Melanie has invited some key specialists to contribute to this training through short presentations. Topics may include postnatal depression, breastfeeding and birth trauma.



## Theory Modules

- 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.
- 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

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

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.

Underpinning our yoga practice is the yogic philosophies that govern the gunas, yamas and niyamas. Melanie will introduce you to her unique approach of “The Mindful Daily Five.”



## 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. 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

- Sarah Naphthali - *“Buddhism for Mothers.”*
- Dr. Oscar Serrallach - *“Postnatal Depletion Cure: A complete guide to rebuilding your health and reclaiming your energy, for mothers of newborns, toddlers and young children.”*

### Attendance requirements

This 50 hour training is divided into 45 contact hours and 5 hours non-contact.

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

The remaining 5 hours, non-contact accounts for your pre reading.

### 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.

## How do I apply?

Please visit <https://australianyogaacademy.com/advanced-pre-post-natal-yoga-teacher-training/> for the latest course dates, tuition fees and application to enroll.

Should you have any questions, you may contact Melanie directly on 0413 298 132 or at [melanie@australianyogaacademy.com](mailto: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](http://www.blissbabyyoga.com)) and The Yoga Institute ([www.yogainstitute.com.au](http://www.yogainstitute.com.au)).

Following the birth of her first child in 2010, Melanie commenced offering pre natal classes at AYA, where over time, she has developed a unique approach to working with pre natal 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 pre and postnatal yoga classes, lectures to teacher trainees and conducts workshops on pre 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 Worldwide.

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





## ADVANCED POSTNATAL YOGA TEACHER TRAINING APPLICATION FORM

Thank you again for your interest in this very special training. Please complete the questions below and return it to [melanie@australianyogaacademy.com](mailto:melanie@australianyogaacademy.com). Feel free to contact Melanie on 0413 298 132 with any questions.

A \$400 deposit is required to secure your place in training. The outstanding balance is due by the early bird closing date or 30 days prior to training commencing, depending on the option you are taking. Payments can be made in full at [https://clients.mindbodyonline.com/asp/main\\_enroll.asp?fl=true&tabID=8](https://clients.mindbodyonline.com/asp/main_enroll.asp?fl=true&tabID=8). Alternatively, the deposit and remaining balance can be paid by credit card by contacting Melanie or by direct deposit to:

Australian Yoga Academy

BSB: 013 366

ACC: 483 220 437

Please include your name and course in the deposit information.

Your name:

Your mobile number:

Your email address:

Emergency contact details:

- Name
- Relationship
- Contact number

Have you already paid

- the deposit – date of deposit?
- in full – date of payment?

Which course are you enrolling in?

- Zoom, 9 day course: 16, 18, 20, 23, 25, 27, 30 Nov & 2, 4 Dec 2020
- Face-to-face, 6 day course: May 2021



1. How did you hear about this training?
2. If applicable, where did you complete your foundation level yoga teacher training?
3. Do you currently teach dedicated prenatal/postnatal yoga classes (or other relevant classes)?
4. Do you currently work with prenatal/postnatal clients? If so in what capacity?
5. Have you attended the birth of a baby (this would include birthing your own baby/babies)?
6. If so, are you happy to talk about these birthing experiences?
7. Do you have any mental or physical issues which may affect your training, that I need to be aware of?
8. During this training we will spend some time teaching each other 1:1 and in small groups. Please outline any concerns you have about this.
9. During this training, we might use a balloon or pillow under our clothing to create the “shape” of being pregnant. Please outline any concerns you have about this.
10. We may take photos or short video during this training. Do you consent to AYA using any images of you, or footage that you appear in, on social media or for advertising purposes?
11. Please outline your expectations of this training including specific issues/case studies that you would like to cover: