



ADVANCED PRENATAL YOGA TEACHER TRAINING PROSPECTUS - 50 hours training

with Melanie Mackintosh

Thank you for your interest in the Australian Yoga Academy's Advanced Prenatal 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 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 and will be able to offer dedicated prenatal 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 teaching prenatal 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 prenatal anatomy and physiology so you understand the changes an expectant mother experiences and how these relate to teaching prenatal 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 prenatal practices led by Melanie. You will cover modifications for teaching prenatal 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 yoga, many of which are not well understood by general yoga teachers. Naturally, we will include the modifications for teaching prenatal students in general yoga classes.

Additionally, Melanie has invited some key specialists to contribute to this training through short presentations. Topics may include prenatal depression and anxiety, birth preparation options, and dealing with previous birth trauma.



Theory Modules

- Pre-conception awareness and preparation
- Anatomy, physiology and the psychology of pregnancy and labour
- Demands on biochemical reserves throughout pregnancy
- History of prenatal yoga, women in yoga and Ayurveda for pregnancy
- Benefits of prenatal yoga for the mother and baby, including scientific literature
- Active Birthing principles, Optimal Foetal Positioning and their benefits
- Approaches to supporting prenatal students with mental health and trauma concerns (and support for the prenatal teacher)
- Contraindications and cautions in teaching prenatal yoga
- 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

- 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
- Using yoga to balance anatomy and physiology for an easier birth, including common birthing positions found in yoga
- Addressing common musculoskeletal concerns that arise during pregnancy with yoga techniques
- Ventral vagal reset practices and other practices that down-regulate and over-activate nervous system.

Yoga philosophy, Meditation and Pranayama Modules

- 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
- Introduction to Melanie's 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

- Dr. Sarah Buckley, *“Gentle Birth, Gentle Mothering.”*
- Janet Balaskas, *“New Active Birthing”*

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 last 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.

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 Worldwide.

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





ADVANCED PRE NATAL 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. 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. 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?

- Face-to-face, 6 day course: 12, 13, 14, 19, 20, 21 March 2021
- Zoom, 9 day course: August 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 pre natal/post natal yoga classes (or other relevant classes)?
4. Do you currently work with pre natal/post natal 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: