



ADVANCED PRE & POST NATAL YOGA TEACHER TRAINING PROSPECTUS 2019

50 hours training – with Melanie Mackintosh

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

AYA and Melanie are delighted to bring you this opportunity for comprehensive, quality training at AYA's newly 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 pre and post natal yoga students going forwards. A key component in developing this confidence is enhancing your anatomy and physiology knowledge of pregnancy, labour and the mother in the post natal state. Additionally, Melanie will share recent scientific literature, supporting the benefits of yoga and meditation for the pre and post natal 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 pre natal class plans and practising the delivery of these plans in both a dedicated pre natal class capacity, and in promoting meaningful alterations for the pre natal 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.

In the post natal sphere, you will be guided in developing a sensitive approach to the new mother. This includes using yoga to compassionately care for her body as it recovers from pregnancy and birth, integrating baby into her yoga practice where possible and supporting her with any mental health concerns that she may experience.

Naturally, all the contraindications and cautions relevant to the pre and post natal student will be covered.



Qualification Received

At the successful completion of this course you will receive a qualification in Advanced Pre & Post Natal Yoga Teaching, provided by the Australian Yoga Academy and accredited with Yoga Alliance. This training contributes to more than 12 months' of CPD points for those already members of Yoga Australia and Yoga Alliance.

This training will suit qualified and soon to be qualified yoga teachers who are dedicated to working with pre and post natal students. This training may also benefit others who work regularly with pre and post natal students such as midwives, doulas, Pilates teachers and personal trainers.

At the conclusion of this course, already qualified yoga teachers may apply as a Registered Prenatal Yoga Teacher (RPYT) with Yoga Alliance and will be able to offer dedicated pre natal classes.

Course Outline

Each module will be delivered in a blend of theoretical and practical learning environments. You are encouraged to contribute liberally to the discussions and practices and there will be plenty of opportunity to apply the skills you learn with daily practice teaching sessions. There will also be a daily practice led by Melanie.

Module 1

- Foundations of pre-conception and pregnancy
 - Understanding female anatomy
 - Physiological and psychological changes during pregnancy
- Foundations of teaching pre natal yoga
 - Contraindications and cautions
 - Establishing policies and approaches to teaching pre natal yoga

Module 2

- Benefits of pre natal yoga for the mother and baby, including scientific literature supporting yoga for the pre natal student
- Understanding the role of the nervous system and hormonal system during pregnancy and labour
- Introduction to Active Birthing principles and their benefits



Module 3

- Modifications for teaching the pre natal student in a general class
- Looking after the back and the SIJs and other special needs

Module 4 & 5

- Dedicated pre natal class planning and practical teaching skills
 - Preparing class plans
 - Props required
 - Language skills
 - Vetting practices
 - Business practices

Module 6

- Understanding birthing and labour
 - Anatomy of labour
 - Birthing positions
 - Understanding the role of the nervous and hormonal systems in labour

Module 7

- Other yoga tools for pregnancy and labour
 - Breathing for pregnancy and labour
 - Meditation and mindfulness practices for pregnancy and labour

Module 8

- Foundations of teaching post natal yoga
 - Establishing policies and approaches to teaching post natal yoga
 - Supporting the mother's return to general yoga practice
 - Managing pelvic floor, back, SIJ and other special needs concerns in the yoga practice following birthing, including mental health concerns
- Foundations of teaching yoga to mum and baby

Course Dates & Fees for 2019

Where

AYA Prahran, Downstairs Studio
42 Clifton St, Prahran



Course Dates 2019

3 x weekends, Saturday and Sunday from 8:30am – 5:30pm

Saturday 4th & Sunday 5th May 2019

Saturday 11th May 2019

Saturday 18th & Sunday 19th May 2019

Sunday 2nd June 2019

Fees

Early Bird Special \$1,250 (until 28 Feb 2019)

Full Investment: \$1,450 (from 1 March 2019)

As places are limited, fees are non-refundable.

Course requirements and assessments

Pre requisites

- This course is open to all qualified yoga teachers and yoga teachers in training. A minimum 200 hours qualification in yoga teaching is required before you may start teaching pre and post natal yoga.
- This course may support others who regularly work with pre and post natal students. Please note, however, that completing this course 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, (such as Pilates Alliance Australasia), this course may contribute to CPD points, but you will need to confirm this.

Assessments

- Assessments will need to be completed within the allocated time and submitted for marking via AYA's online learning management system, called Learnbook.
- You will need to commit to attending a minimum of two dedicated pre natal classes during your training period or immediately after. You may do this at no cost at AYA's pre natal classes, or at the cost of attending a class at another



yoga studio. This is for observational and mentoring purposes. Following on from this you will need to submit a summary of your experiences and take away learnings.

- You will need to prepare three pre natal class plans and submit them for review.
- You will need to complete an online quiz at the end of your training.

Attendance requirements

- You must attend a minimum of five days in total (half day attendances do count towards this.) This is the minimum attendance requirement for our Yoga Alliance accreditation, which means you may only miss one day of the training. Of course, we recognise that life happens, and we will do our best to work with you in the unforeseen circumstances that you need to miss more than one day of training.

How do I apply?

Please visit the workshops page of our website and enroll online.

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 in Human Resources and to ease a back concern. 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 Pre and Post Natal 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 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 and her classes are fundamentally centered upon facilitating the mother's



role in managing her nervous system, primarily via the breath, to achieve a sensitive and compassionate pregnancy and birthing experience.

Melanie is the mother of two young children, both of whom were birthed with minimal intervention and without pain management medications. She is immensely grateful for her own joyful experiences in birthing her two babies and she is abundantly pleased to be able to work with hundreds of women during one of the most special times in their lives, during pregnancy and preparing for birth.

Melanie teaches weekly general yoga classes and dedicated pre natal yoga classes, as well as conducting teacher training and workshops. She regularly consults to other yoga schools in the area of pre and post natal yoga.

Melanie is an accredited Senior Teacher (Level 3) with Yoga Australia and a Registered Pre Natal Teacher and ERYT-500+ with Yoga Alliance Worldwide.