



PRENATAL/POSTNATAL A (PRENATAL FOCUS) COURSE OUTLINE

Many thanks for your interest in specialised pre and postnatal yoga. In becoming a prenatal or postnatal yoga teacher, it is possible for 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 or on 0413 298 132.

Much love, Mel

Module 1

- 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
- Led prenatal practice – meaningful prenatal yoga modifications and options for a general class setting

Module 2

- 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*
- Appropriate pranayama for pregnancy and labour, including relaxation techniques, mediation and mindfulness for a joyful pregnancy and birth



- Led prenatal practice – specialised yoga practices for dedicated prenatal classes & breath-centred movements

Module 3

- 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 all
- 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

Module 4

- Understanding the postnatal period and applying that to the mother's yoga and meditation practice
- The importance of restorative yoga practices in the post-partum period
- Understanding the main contraindications and cautions for teaching yoga to postnatal students and sensitively integrating these options in a general yoga class setting
- Led postnatal practice - ventral vagal reset and restorative postnatal practice