

Mindful Mamas™ Prenatal Teacher Training Syllabus

Module 1

Topic	# Of Hours
1. Guided practices (every day)	4
2. Stages of Pregnancy	2
3. Emotions in Pregnancy (watch business of being born)	2
4. Physiological Aspects	2
5. Journaling Fears exercise	1
6. Pelvic Floor Exercises	1
7. Asana for each trimester	1
8. Contraindications	1
9. Modifications for a regular yoga class	1
10. Practice Teaching	1
11. 8 limbs of yoga	1
12. Business of Teaching Yoga	1
Total hours	18

Module 2

Topic	# Of Hours
1. Guided practices (every day)	4
2. Asana for each trimester	2
3. Partner Poses	1
4. Listening Skills & creating a safe space	2
5. Physical Adjustments	1
6. Complications in Pregnancy	1
7. Grief and Loss in Pregnancy	1
8. Postnatal Yoga	1
13. Meditation and Relaxation	1
14. Practice Teaching	2
15. Business Ethics	1
16. Asana for discomforts	1
Total	18

Module 3

Topic	# Of Hours
1. Guided practices (every day)	4
2. Asana for Each Trimester	2
3. Labour Poses	1
4. Fetal Positioning	2
5. Themes for Classes	1
6. Caesarean Section Recovery	1
7. Leading a Prenatal Workshop	2
8. Practice Teaching	2
9. Diastosis Recti Exercises	1
10. High Risk Pregnancy Conditions	1
11. Pregnancy Health and Nutrition	1
12. Building Your Business Plan	1
Total	19

Additional for Certification

Topic	# Of Hours
1. Observing / assisting classes	10
2. Teaching / Feedback	10
3. Additional Readings	10
Total	30

Some Trainings will be offered in 4 modules instead of 3.