



# Prenatal Yoga Teacher Training

with Laurel Hicks MSW, ERYT, RPYT, CLD

**Prenatal Yoga Teacher Training** gives an opportunity to learn more about the journey into the first stage of motherhood and how yoga can ease and empower women through this life-changing event. This training will give yoga teachers and birthing professionals holistic tools and techniques that will assist mamas-to-be in their journey.

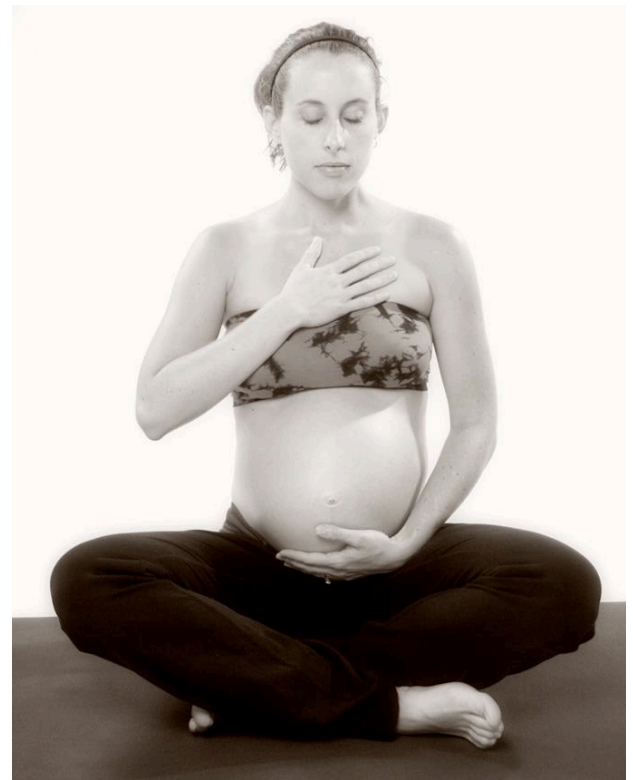
**Who is this training for:** all perinatal health professionals, childbirth educators, doulas, mamas-to-be and yoga teachers interested in offering a complimentary, mind-body approach to pregnancy, birth and parenting preparation. Applicants should have a minimum one-year of yoga practice and experience teaching if they are planning on teaching prenatal classes.

The complete training is 85 hours and is approved through Yoga Alliance. To gain YA certification, as an RPYT, a 200hr teacher training is required. Others can participate but will not be eligible for registration as a prenatal yoga teacher through Yoga Alliance. 55 hrs in class, 30 hrs observations, teaching and homework.

## What You Will Learn:

- Effects of pregnancy on the body and mind
- Physiology of pregnancy
- Postures (Asana) to support a healthy pregnancy, modifications for each trimester, contraindications and posture sequencing
- Breath-work (Pranayama), vocal toning
- Relaxation and visualization techniques to help create a more positive and relaxed birth experience
- Labouring positions and birth preparation
- Postnatal asana and recommendations for recovery

Please bring a little pillow or blanket that fits beneath your shirt to act as your baby.



Dates	Intro Training - July 13-15 (Fri 5-9, Sat 9-5, Sun 9-5) Advanced Training - July 28-29 (Fri 5-9, Sat 9-6, Sun 9-5) & Aug 3-5 (Fri 5-9, Sat 9-5, Sun 9-5)
Cost	Intro weekend only - \$395 Intro and Advanced Training - \$1300 if paid on or prior to June 30 <sup>th</sup> , \$1400 if paid after July 1 <sup>st</sup> .
Where	Gibbons Park Montessori School 29 Victoria Street, London, ON
To Sign Up	CONTACT LAUREL: 519-564-1326 mindfulmamasyoga@gmail.com Please pay fee with cash or cheque. Cheque made to "Laurel Hicks".

[www.mindfulmamasyoga.com](http://www.mindfulmamasyoga.com) for more information about Laurel