



Prenatal Yoga Teacher Training

About the Program

The Prenatal Yoga Teacher Training at World Peace is dedicated to nurturing physically, emotionally and spiritually expectant mothers, birth partners & their unborn children. It is designed for those that have already completed a Yoga Teacher Training Program that meets the Yoga Alliance 200-hour standards. Through direct experiential learning of prenatal yoga you will begin to deepen your personal practice & education as your teaching abilities evolve. Graduates from this program will have the ability to design yoga sequences fit for prenatal yoga, prenatal yoga parents & postnatal yoga. It is not necessary to have children in order to safely & beautifully teach prenatal yoga. All that is needed is sincere interest and desire to learn more about pregnancy & the birthing process. In addition to safely teaching prenatal yoga, one of the goals of this training is to encourage practitioners to unfold the mind-body-spirit connection that is vital to the practice of yoga and to pass on these experiences to future mothers, parents & their unborn children. This program meets the **85-hour** Yoga Alliance PRYT or Prenatal Registered Yoga Teacher qualifications. (Note: The Prenatal Yoga Teacher Training is a focused study option in our Advanced Yoga Teacher Training Program; both prenatal training hours & payment apply toward the World Peace Yoga Advanced Yoga Teacher Training for certification through Yoga Alliance at the 500-hour level).

This Unique Program for Pregnancy Includes:

- Hatha Yoga Sequencing for Prenatal & Postnatal Yoga
- Experience in Observing, Assisting & Teaching Prenatal Classes
- Meditation & Pranayama for Pregnancy
- Physical Anatomy & Physiology
- Subtle Anatomy & the Chakras
- Teaching Methodology
- Hands-On Class Instruction
- Teaching Techniques & Practice
- Yoga Philosophy
- Yogic Lifestyle & Ethics
- Yogic Pregnancy Food Preparation
- ...And More

Breakdown of Hours

General Overview & Background of Prenatal Yoga (5 hours)

Includes a general overview of pregnancy & understanding of psychological considerations during pregnancy. Covers the yoga teacher's relationship with midwives, doctors and/or other health care professionals.

Techniques & Practice (25 hours)

Includes yoga techniques (asana/postures, meditation, etc.) specialized to the needs of the pregnant woman, including practice and teaching skills for trimester-specific yoga techniques. Techniques include: alignment for the expectant mother for each trimester & how to practice yoga techniques safely and relaxation and stress management techniques.

Teaching Methodology (10 hours)

Includes design of lesson plans & sequencing for multi levels of yoga-asana of experience based on the chakra system during each trimester, in addition to lesson plans & sequences including birth partners and postnatal yoga.

In this training you will learn class sequences & lesson plans for:

- The Prenatal Goddess (class focused on the nurturing & preparation of pregnant women)
- The Prenatal Parents (class focused on the nurturing & preparation of both birth partners; includes Partner Yoga)
- Postnatal Yoga (class focused on revitalizing the mother after the birthing process & being a peaceful parent)

Anatomy & Physiology (10 hours)

Human anatomy and physiology (both physical and subtle body) related specifically to considerations during pregnancy.

Yoga Philosophy, Lifestyle & Ethics (15 hours)

Includes philosophy on yoga as it may apply to lifestyle and well-being during pregnancy. Topics include: yoga sutras; peaceful plate, diet for pregnancy; ethics for prenatal yoga teachers & more.

Practicum (20 hours)

A combination of observing, assisting and teaching prenatal classes at World Peace Yoga under the guidance of a Certified Prenatal Yoga Teacher.

Cost of Program

The program fee is \$850. A \$250 non-refundable deposit must be paid to reserve your spot in the training 1 month prior to the start of the course. The remaining balance of \$600 is due two weeks prior to the start of the course. Payment plans are available by request only. If you decide to discontinue the training at any time, the course fees will not be refunded and, if on a payment plan, you will be billed for the remaining course fees and expected to pay the balance in full.

The training costs include, yet are not limited to; application and testing fees, contact hours associated with the training, a binder used for journaling and homework, a prenatal class pass at the studio, meals on certain days and more.

Course Prerequisites

Completion of a Yoga Teacher Training program that meets or exceeds Yoga Alliance standards at the 200-hour level.

Course Objectives

1. To provide each student with an in-depth experience of prenatal yoga, deepening the personal consciousness and inner self-awareness yoga practice fosters. This will expand and develop one's personal practice from which the knowledge comes to teach others.
2. To learn asanas (postures), pranayamas (breathing techniques), meditation and other yogic practices for pregnancy through direct experiential learning.
3. To learn the methodology and basic skills to effectively teach a prenatal yoga class
4. To emphasize safe, effective and inspiring teaching methods which prepare you to be a proficient prenatal yoga teacher.
5. To offer excellent training in teaching skills, organizational skills, communication skills, planning, presentation, evaluation and structure of a prenatal yoga class.
6. To offer knowledge in how to live the yogic lifestyle, enhancing spiritual health and centeredness.
7. To learn modifications and adjustments in the postures to adapt different trimesters & different levels of experience in a prenatal yoga class.
8. To enable students to formulate their own personal teaching style through various techniques, such as tone of voice, music, breathing, meditation, relaxation and so on.
9. To motivate and encourage students to undergo a transformation in their appreciation and perception of themselves, others and life.
10. To provide a non-competitive environment to practice and learn from each other.
11. To give guidance on how to establish your profession as a prenatal yoga teacher.

Coursework

To benefit and enhance your teaching skills, we require a series of assignments to be completed. These assignments include, yet are not limited to; reading books, writing out essays, scripts and charts, journaling, oral presentations, practice teaching and so on. Written materials must be handed in before certification.

A CPR course is recommended if you plan on teaching yoga full time, but is not required for certification.

Required Materials

Please ask us to send you a listing of required course materials.

Refund Policy

There are no refunds issued once the training begins. A full refund, excluding the non-refundable deposit will be given before the training is set in motion.

Final Certification Details

Once all hours are completed, coursework is turned in, testing has been passed and all fees associated with the training are paid, you will receive your certificate. Extra copies of your certificate may be purchased at an additional cost of \$18 per certificate.

Application

Please ask us to mail or email you an application so we can get to know you better, or download from our website at www.worldpeaceyoga.com.

Contact Information

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World Peace Yoga & Motion Studio Philosophy

At *World Peace Yoga & Motion Studio*, we are dedicated to nurturing the body, mind and soul through various practices, including yoga, dance, Pilates, and more. We offer classes for all ages and abilities from prenatal to children, teens, adults and beyond. We believe that our classes create a meditative sanctuary like environment, first embracing our stress and anxiety, then melding into a more peaceful and joyful experience that allows us to connect more deeply with our intuition and ability to empathize with others, creating a path to world peace. Our teachers are highly trained in specific areas of expertise and are enthusiastic to share their knowledge with you. Classes, workshops and other special events are available for you to enjoy. Please come to our studio to be inspired not only by our teachers, but by the eco-designed studio space with cork flooring, clay walls, sustainable woods, natural light and clean air. Experience how fun and inspiring a movement practice can be in a beautiful natural indoor setting.