

Summary of Studio Eleven's 85-Hour Pregnancy Yoga Training

Exploring the power of the deep feminine.

An overview of the 85-hour Prenatal Course, led by Christine Stewart RPYT, E-RYT 500, YACEP, Dip HP (KGH).

The training is structured into three modules and covers various aspects of yoga prenatal practices.

It is specifically tailored for teaching pregnant women.

What you will learn

- **Techniques, Training and Practice:** The course focuses on trimester-specific yoga techniques, including movement, meditation, and breathing exercises. The use of props for maximum benefit in asana practice and in the birth room is also explored.
- **Teaching Methodology:** Trainees learn to design lesson plans for students of varying experience levels across different trimesters.
- **Anatomy and Physiology:** This section covers the physical and subtle changes in a woman's body during pregnancy, potential complications, and effective communication with healthcare professionals.
- **Yoga Philosophy, Lifestyle, and Ethics:** Traditional yoga philosophy is discussed in the context of pregnancy and well-being.
- **Practicum:** Trainees must observe and document five prenatal yoga classes, record a one-hour class, and complete an open-book quiz and review.

The course runs with specific dates and times provided. 27th - 29th Sept., 25th - 28th Oct. and 22nd-24th Nov 2024

Payment options are available with an early bird discount for full payment by 30 June.