



PostNatal Yoga TT Certificate

- Non-residential 3-day Intensive (Friday - Sunday)
- Practical assessment (Video PostNatal yoga Class)
- Written assessment (Two assignments, case study & class plan)
- Reading, audio/video or internet reviews
- Contact hours = 39 & non-contact hours = 16hrs

What you will learn

- Understand the postpartum period - the physical & emotional changes of motherhood and common complaints
- Understand baby development
- Explore yogic physiology & philosophies as they relate to motherhood
- Practice teaching safe alignment & modifications for yoga during postpartum
- Understand the anatomy of the abdominals & pelvic floor
- Practice & observe a PostNatal Yoga class

Pre requisites

- Registered Yoga Teacher (Min 200 - 500 hours)
- Midwife or health professional (you will need to have at least a 12 month yoga practice). The training will increase your knowledge of working one-on-one with women in your workplace teaching proven mind/body techniques for health & wellness during the postpartum period

Can I teach PostNatal Yoga after completing this Certificate?

- A 350hr Yoga Teacher Certification is required to qualify you to teach PostNatal Yoga
- With 200 hr Yoga Teacher Certification you can complete all three TT Certificates and you will qualify for the 150hr Postgraduate Yoga Teacher Diploma in PreNatal/PostNatal & Active Birth with Yoga Australia. (Cost is \$1500 for all three trainings)
- With the PostNatal Yoga TT & Active Birth training certificates you can apply to be a Registered Prenatal Yoga Teacher with Yoga Alliance



Dates & Venue:

- 2017 Friday 24th - Sunday 26th November
- 2018 Friday 18th-Sunday 20th May
- 8.30am - 4pm each day
- Yogababy Studio, 115 Haig Rd, Auchenflower

Cost: \$550

\$150 non-refundable deposit and \$400 one month before training. (monthly payments over six months is also available). Full-time student discounts available

* \$150 admin fee is retained if you withdraw from the training. No refund is given if you withdraw from the training two weeks before commencement.