



PostNatal Yoga TT Certificate

Module 2 of the Postgraduate Diploma in Pre/PostNatal Yoga & Active Birth

Can be done separately from the Postgraduate Diploma

- Non-residential 3-day Intensive (Friday - Sunday)
- Written assessment
- Reading, audio/video or internet reviews

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

Pre requisites

- Registered Yoga Teacher (Min 200 - 350 hours)
- Midwife doing the Postgraduate Yoga Teacher Diploma in PreNatal/PostNatal & Active Birth

- **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