

Syllabus

Prenatal Yoga Teacher Training Course (Yoga Alliance, USA)



Syllabus	<p>Prenatal Yoga Teacher Training Course has following modules and topics:</p> <h3>1. Introduction and Preparations for Pregnancy</h3> <ul style="list-style-type: none">• Introduction to Prenatal Yoga• Highlights of Yogic science for wellness• How to conceive healthy child as per Yogic science• Overcome infertility as per Yogic science• Create healthy atmosphere• Balance of feminine energies• Role of Yoga in pregnancy• Role of Prenatal Yoga teacher during pregnancy• Physical balance during pregnancy• Psychological balance during pregnancy• Risk and complications during pregnancy• Yoga and stress management during pregnancy <h3>2. Yogic Techniques, training and practices for Pregnancy</h3> <ul style="list-style-type: none">• Yoga techniques for pregnant - practice and teaching skills• Each trimester-specific yoga technique.• Safely, relaxation and stress management techniques.• The study and practices of the following techniques, precautions, contraindications and benefits during pregnancy and each trimester:• Safe sequence prenatal and postnatal yoga classes• Selected Asana for prenatal yoga• Specially developed Yoga Asana for Prenatal Yoga• Prenatal Standing Asana• Prenatal sitting Asana• Prenatal supine Asana• Prenatal side angle Asana• Prenatal prone asana• Prenatal inverted asana• Prenatal Chair Yoga asana/techniques• Basics of alignment & adjustments during pregnancy & postpartum period• Benefits of Prenatal Yoga (Safe & unsafe Asana)• Prenatal partner Yoga techniques• Prenatal Yogic shvasanangsanchalan (Yogic breathing with yogic warming up)• Selected Pranayama techniques
----------	--

Syllabus

Prenatal Yoga Teacher Training Course (Yoga Alliance, USA)



- Selected **Mudras**
- Meditative relaxation like **Yoga Nidra**
- **Meditation** technique for pregnant
- **Mantra** and **Bhakti** Yoga
- **Yogic diet** and nutrition for healthy child
- **Yoga therapy** for pains or other challenges
- **safety** and precautions in pregnancy
- Prenatal **Sun Salutation** with Mantra
- Prenatal **Prayers**
- Prenatal Pranayama techniques
- Prenatal Pratyahara techniques and importance
- Prenatal **Dharana** techniques and importance
- Prenatal Meditation techniques Being Blissful Meditation® for prenatal (Note: Extra studies required for this this course)
- Postnatal Yoga description
- Postnatal common problems
- Parent and Baby Yoga
- Yoga practices dedicated to each trimester, including asanas, pranayama & chanting, meditation
- Contraindications and benefits of a Yoga practice during pregnancy
- Postnatal Yoga practice - asanas, sequencing, techniques for the recovery after birth
- Traditional Yoga classes for pregnancy for all trimesters and thereafter.

3. Teaching Methodology for Pregnancy

- Students will learn and practice teaching skills for teaching prenatal Yoga
- Communication skills, priorities and qualities of prenatal Yoga teaching.
- Teachings for specific needs
- Preparations of lesson and sequence plan for each trimester.
- Sequence skills for prenatal Yoga
- Class management training
- Demonstration, observation, assistance and correction
- Qualities of a good Prenatal Yoga teacher
- Flow of students' learning process.

4. Anatomy and physiology for prenatal Yoga

- An introduction of Anatomy & physiology for pregnancy & reproductive

Syllabus

Prenatal Yoga Teacher Training Course (Yoga Alliance, USA)



system

- Importance of knowledge of Anatomy and physiology in Prenatal Yoga, Prenatal anatomy and fetal developments
- Normal Anatomy and physiology during pregnancy
- Introduction to complications, miscarriage, premature labor & other challenges
- Introduction of Chakra, Prana and Nadis special reference to prenatal
- Overview of physiological changes for mum and baby during 3 trimesters
- Introduction of stages of Labor and Birth
- Yogic tools for labour

5. Yoga Philosophy for Pregnancy

- An introduction of ethical lifestyle -Yama and Niyama
- Highlights and importance of Yogic philosophy including - Bhagavad Gita, Patanjali Yoga Sutra, Garbhounishad
- Basics of Ayurveda
- What are duties / Dharma of parents-to-be
- Understanding of joy of the birth of mother
- Psychological considerations during pregnancy as per Yoga
- Yogic and Vedic view on pregnancy and motherhood, theory of karma, Vedic rituals for newly born
- Spiritual and Yogic aspects of pregnancy & becoming a Sacred mother
- Yogic circle of women as a tool supporting during pregnancy
- Shakti - the divine power of femininity - female aspects of a yoga practice
- Conscious parenting

6. Practicum for Yoga for Pregnancy

- Design and teaching practice of prenatal yoga class
- Observe teaching practice of prenatal yoga class
- Assist, receive and feedback, while someone else is teaching
- Presentations and group discussions and practical evaluation
- Working with props for pregnancy
- Benefits of squatting and pelvic floor toning during pregnancy
- Postural alignment for pregnancy
- Restorative Yoga for pregnancy

Syllabus

Prenatal Yoga Teacher Training Course (Yoga Alliance, USA)



	<ul style="list-style-type: none">• Practice of teaching under teacher's guidance
Reference Books/ Texts	<ul style="list-style-type: none">• Yoga and Pregnancy - Dr. OmanandGuruji• Yoga The Ultimate Science - Dr. OmanandGuruji• Yatharth Yoga (Hindi) - Dr. OmanandGuruji• Asana Level 1 - Dr. OmanandGuruji• Alchemy of Life - Dr. OmanandGuruji• Awakening of Yogi - SukshmaVyayam - Dr. OmanandGuruji• Patanjali Yoga Darshan - Dr. OmanandGuruji• Hatha Yoga Pradipika - Dr. OmanandGuruji• Shrimad Bhagvad Gita - Gita Press Gorakhpur• Yogic Anatomy & Physiology - Compilation Parmanand Yoga• Surya Namaskar (Hindi) - Dr. OmanandGuruji