

GLOW, LLC

The Art and Science of Prenatal Yoga: A Teacher Training©

Developed and Created by Amy Hopkins

Instructor: Amy Hopkins, RN, LMT, CCCE, E-RYT

Student's Name _____

30 hour equivalent

private/semi-private course includes "at-home" as well as "face-time" portions

\$450 course fee due at time of registration- ask about payment plan.

Counts as 30 hours(+) CE toward YA and/or toward 200 hour Yoga Alliance Registered Yoga Teacher (RYT) status

Course description:

This 30-hour intensive is designed for yoga teachers, those on their path to becoming a yoga teacher, and also provides valuable continuing education for professionals who work or wish to work within the "Birthing Scope" and have a solid understanding and education of the human body, (or have similar experience deemed appropriate in advance by the instructor) i.e. yoga teachers, childbirth educators, doulas, massage therapists, nurses, midwives, physicians, personal trainers. Participants will gain the insight and confidence necessary to teach prenatal yoga, as well as apply a wealth of information and education to their related career practice.

With a refreshing balance of professionalism, compassion, and a relaxed sense of humor, Amy weaves her experience as nurse, massage therapist, doula, childbirth educator, and mother, to lead her students in developing a passion for working with this special population.

Upon completion of this training, participants will be awarded a "certificate of completion" and 30 CE contact hours (+) to be used toward Yoga Alliance "Registered Yoga Teacher" status. Participants must attend all portions of training to earn certificate and Yoga Alliance CE contact hours.

Course schedule: TBD (6 mos. suggested maximum time frame)

Course materials:

- Copyrighted Course Manual
- Required Texts
- Student Journal

Course content:

- Research on benefits and contraindications of prenatal exercise
- Anatomical, Physiological, and Psychological changes in pregnancy
- Dispelling of myths and decreasing fear around working with pregnant population
- Safe and therapeutic asanas, and sequencing for each trimester
- Appropriate pranayama (breathing) practices
- Birth education/preparation/Guest Speaker - local midwife
- Therapeutic hands-on adjustments/massage therapy perspective
- Ethics and Teaching: e.g. conflicting birthing values among students/ handling high-risk conditions/ etc.
- Advising students on when and how to vary their yoga practice
- Marketing /Your birthing community / Discussion on birth and postpartum support professions
- Teaching of, observation of, and participation in prenatal yoga class(es)
- Question and Answer - panel of current and/or former pregnant and/or postpartum yoga students

General Course layout/assignments:

- Yoga On York, LLC prenatal yoga class observation/participation at least 5 classes with Amy Hopkins and any extra with a qualified prenatal yoga teacher
- Journaling of all “real life” teaching experiences and thoughts from assignments/ readings during course
- Main Case Study - Creation and execution of prenatal yoga class based on Student’s pregnant client (to be chosen by student from student’s own community). Teach / journal about /and obtain feed back and turn in to instructor - at least 5 “practice classes”.
- Teaching of class with options for poses and sequencing to Amy Hopkins OR make a DVD/flip video etc of your teaching to your pregnant client and give to instructor - time for much constructive feedback.
- Final (written) exam: to be done “open-book” style by date determined by student and instructor.

Specific individual assignments, policies, and contract given to student at interview and registration process.