



bend


where yogis are born.

P R E N A T A L
Y O G A T E A C H E R
T R A I N I N G

K E L L Y C O X

E-RYT, RYT, LCSW, BIRTH DOULA

M A Y 4 - 6



AFTER 4/4: \$500
BEFORE 4/4: \$450
\$150 non-refundable
deposit

PRENATAL **YOGA** TEACHER TRAINING

Students will learn contraindications of pregnancy, in regard to asana practice, how pregnancy affects body and how those conditions may affect practice. In depth look at cultural attitudes of pregnancy and birth, how to address in class and support students. Students will learn how to modify asana practice in an effort to develop class sequence as asanas relate to labor positioning, how to teach pranayama for labor. Postpartum issues, including postpartum depression, will be addressed as well as how to teach the postpartum body, including contraindications.

Offered to RYT200 teachers; 30 CEUs through Yoga Alliance (20 contact hours, 10 non-contact hours)