

Wisdom Method 85-hour Prenatal Yoga Teacher Training Program

In this 85 hour program you will learn how to safely teach yoga to pregnant women. Taught in 3 weekend intensives (25 hours each weekend session), this program will give you the skills to apply the teachings of yoga in the specialized setting of a prenatal environment.

Total hours: 85

Contact hours: 75

Non contact hours: 10

Structure: 3 weekend sessions (Fri-Sun)

Schedule: Friday-Saturday, 9 a-6:30 p, Sunday, 9 a-4:30 p *30 min. lunch daily*

Fees: \$1020 (5% discount if paid in full, \$969)

Payment plan: Deposit, \$300, plus 3 payments each of \$240

The Wisdom Method Prenatal Yoga training teaches instructors how to guide their pregnant students into a greater understanding of their own innate power by 1) envisioning the pregnant woman as the embodiment of the Divine Mother, 2) harnessing the transformative power of pregnancy to fuel a deeper sense of connection to the universal and, 3) encouraging a profound sense of union with the eternal, divine spark of life within each of us. Using classical yoga – including asana, pranayama, meditation, mantra, lifestyle training, and visualization – as a starting point, the Wisdom Method Prenatal Yoga training will help you guide your pregnant students to greater strength, confidence, and balance during each stage of pregnancy and through labor, delivery, and the postpartum period.

Outcome measures & competencies include, but are not limited to

- learning to teach asana appropriate for each trimester, including the use of props and supports to assist both the advanced and the beginner prenatal student
- sequencing a mixed-level prenatal class to best address the needs of prenatal students at different stages of their pregnancy and with varying levels of yoga experience
- sequencing a safe postpartum practice
- mantras, meditations, and affirmations for moms-to-be at each stage of pregnancy
- how to guide your students in using classical yoga – asana, meditation, mantra, lifestyle training, visualization, and pranayama – as a prenatal, labor, delivery, and postpartum tool
- learning fetal development as a representation of the stages of spiritual growth and the chakra system
- an understanding of the anatomy of a pregnant woman at each stage of pregnancy – including special alignment concerns, hormonal changes, and structural-mechanical shifts
- the postpartum period and safe, supported recovery
- differentiate between asana, meditations, and pranayama best suited for the varying stages of pregnancy and how to teach these to beginning students
- understanding and explaining the different nutritional concerns of pregnant women
- Ayurveda for the pregnant woman – guiding your pregnant students in the discovery of their Ayurvedic type, appropriate relaxation techniques, food choices, personalized meditations, and postpartum care
- understanding the US healthcare model of birth and birth options available to pregnant women
- using yoga asana, pranayama, and meditation to relieve the minor discomforts of pregnancy, labor, delivery, and the postpartum period
- helping your pregnant students connect to their innate power through asana, meditation, visualization, mantra, and pranayama in preparation for a safe and rewarding birth experience

- understanding high risk pregnancy and common pathophysiological concerns & complications for the pregnant woman
- the ethics and business of prenatal yoga – using your newly acquired skill set to serve

Main Topics:

anatomy of the changing pregnant body
safe sequencing throughout the trimesters
yoga as a prenatal, birth preparation, and delivery aid
meditation, relaxation, and strengthening for birth preparation
accommodating beginner to advanced pregnant women in your prenatal classes
nutrition and Ayurveda for the pregnant woman
yoga after delivery – safe postpartum sequencing and practices

Organization:

Through the trimesters

Focus:

Strengthening, birth preparation, and the pregnant woman as Divine Mother

Primary instructor:

Kellie Adkins, MS, ERYT, RPYT, RPYT

Location:

Altamonte Springs Yoga, Altamonte Springs, Florida

Application:

Email Kellie at kellie@wisdommethodoyoga.com or adkins.kellie@gmail.com

Recommended Reading

Yoga for Pregnancy, Birth, and Beyond by Francoise Barbira Freedman

Iyengar Yoga for Motherhood by Geeta Iyengar

Ina May's Guide to Childbirth by Ina May Gaskin

Birth Without Violence by Frederick Leboyer

Magical Beginnings, Enchanted Lives by Deepak Chopra

A Pea in a Pod by Linda Goldberg