



LKY Pregnancy Yoga Online Course Syllabus (40hrs)

This course is ideal for qualified yoga teachers, recent teacher training graduates or those still completing their yoga teacher training who want to specialise in the growing field of prenatal and postnatal yoga. This is also a module for the 300hrs YTT.

The course is also beneficial for keen yoga practitioners who are pregnant or new mothers. It will help to deepen your knowledge of how yoga can support you during these new and exciting stages in your life. To teach pregnancy yoga you must first be a qualified yoga teacher.

Course Objectives

Trainees will be offered a balanced mix of theory and practical exercises providing them with valuable knowledge and tools to teach yoga to pregnant women and new mothers safely and confidently.

Trainees will learn to practice and teach asanas, pranayama, meditation, bandhas, mudras, mantras and kriyas relevant to pre & post-natal students, including contraindications.

Trainees will learn how to sequence yoga classes for pre & post-natal students

Trainees will have an understanding of the spiritual aspects of pregnancy

Trainees will become knowledgeable with working with students with various issues and problems (such as diastasis recti, postural changes, sciatica & c-sections)

Trainees will become more knowledgeable in Anatomy & Physiology of the pregnant student and post pregnancy student, and learn about the importance of mula bandha and understand the pelvis more.

Trainees will learn about preparing for birth and the stages of labour

Trainees will learn how to teach a mother & baby class

Trainees will learn how to prepare a health questionnaire and also learn legal aspects and the ethics of teaching pregnancy yoga

COURSE STRUCTURE

The virtual training will take place over 4 days, with up to a year to submit course assignments. You will receive access to the online training platform where you can access the pre-recorded section of the training, and will be part of a private Facebook Group where you can interact with your fellow trainees, and ask questions and gain access to links and files relevant to the course. You will also have daily interactive Zoom classes over the 4 days, where Louisa can answer any questions and give you feedback. Final teaching assessments will be carried out using video recordings.

Because the training will be a combination of pre-recorded classes, accessed through the Training Platform and live Zoom classes, which are recorded and sent to all students daily, you can adapt your training to suit your time zone and schedule. If possible, it is best to organise your schedule so that you have some interactive live classes so you can ask questions and receive feedback, etc. During the course you will be able to book a one-to-one 30 mins videocall with Louisa if needed.

Upon completion of the training, you will still have access to the LKY Training Platform, where you can re-watch the live lectures whenever you like, and be part of the Facebook Group.

You will finish the training course with the skills to:

- You will be able to teach a Pregnancy Yoga class, a Postnatal Yoga class and a Mother & Baby Yoga class.
- Teach a well-rounded yoga class that honours a woman's mind and body at this special and sacred time.
- Adapt your general classes for any pregnant ladies who also attend.
- Integrate yoga props and small equipment into your classes and one to ones to make them more bespoke.
- Adapt the class for those with injuries and/or common ailments such as lower back pain, pelvic girdle pain, low/high blood pressure and fatigue.
- Have a clear understanding of why it is important to incorporate all elements of yoga into a class.
- Have the knowledge of what actually happens to the body during pregnancy and birth.

Course is 4 days.

1. Techniques, Training and Practice: 11 Hours
2. Teaching Methodology: 8 Hours
3. Anatomy & Physiology: 9 Hours
4. Yoga Philosophy, Lifestyle & Ethics for Teachers: 6 Hours
5. Practicum: 8 Hours

Modules of LKY Pregnancy Yoga Teacher Training Course

Module 1 – 7 hours

Benefits of Pregnancy Yoga
Meditation
Pranayama for pregnancy
Mantras, Mudras, Bandhas
Womb Yoga

Module 2 – 7 hours

Teaching Methodology
Class Sequencing
Yogic Philosophy
Yoga Nidra

Module 3 – Pregnancy Anatomy - 10 hours

The Pelvis & Pelvic Floor
Hormonal Changes
Diastasis Recti
Yoga for Postural Changes
Energy Subtle Body Connections

Module 4 – 5 hours

Restorative Yoga
Ayurveda for pregnancy
Teaching Safely

Module 5 - 6 hours

Preparing for Birth
Stages of Labour
Mother & Baby Yoga

Module 6 – 5 hours

Business – legal issues, creating health questionnaires, ethics of teaching
Assessment - trainees will teach a yoga class
Feedback

LKY will try to adhere to these contact hours as much as possible knowing that all students must undertake at least 40 hours of training. Course Leader will be Louisa Craig (SYT500).

Reading List

Bountiful, Beautiful, Blissful by Gurmakh

Recommended: The Female Pelvis by Blandine Calais-Germain

Assessment Criteria and Evaluation Procedures

All coursework must be completed in order to be eligible to pass.

The pass mark on assignments - It is also important to clearly identify the process when a student doesn't pass.

The minimum pass mark on assignments is 'Satisfactory' 50%. In the event a fail is received, the student has two additional attempts to resubmit the assignment. If the student does not pass after the second attempt coaching will be given prior to the third attempt. After which a decision will be made as to the relevance of the assignment to the individual's ability to be a 'good' teacher.

Categories of marking criteria:

- I. Information and knowledge
- II. Addressing the question
- III. Understanding the topic
- IV. Reading of literature (beyond lectures)
- V. Originality/independent/creative thinking
- VI. Presentation - format, length, organisation, clarity, style and general fluency

Category	Good - 60 to 100%	Satisfactory – 40-59%	Fail (refer) <40%
Information and knowledge	Contains most of the information required with a few minor errors.	Contains the essential core of the information required with some minor errors and only a few, if any, major errors.	Contains very little or none of the information required and/or substantial factual errors.
Addressing the question	Addresses the question adequately. Little or no	Does not address all aspects of the question. May contain some	Largely/completely fails to address the question either because material is

	irrelevant material.	irrelevant material.	largely irrelevant or because there is little or no information.
Understanding the topic	Demonstrates substantial understanding of topic within a wider context. Shows good critical and analytical abilities	Demonstrates limited or patchy understanding of topic and its context. Shows limited critical and analytical abilities	Demonstrates little or no understanding of topic and its context. No evidence of critical and analytical abilities.
Reading of literature (beyond lectures)	Shows evidence of having read some of the relevant literature and is able to use this in the answer. References cited.	May show evidence of having read some relevant literature but generally fails to demonstrate understanding of it or to use it correctly in the answer.	Little or no evidence of having read the relevant literature.
Originality/independent/creative thinking	Shows independent thinking, some of which may be faulty. Limited originality.	Shows little independent thinking.	Shows no independent thinking.
Presentation - format, length, organisation, clarity, style and general fluency	Ideas generally expressed coherently. Essay written logically and with appropriate structure, making connections between different arguments and ideas.	Some ideas expressed incoherently. Some faults in logic and structure of essay	Ideas expressed incoherently. Many faults in logic and structure of essay.

Assignments & Assessments

Philosophy - written assignments 1

Questions on pregnancy & birth.

Asana - written assignments 2

Questions on asanas, pranayama, and meditation.

Asana –

The trainees MUST attend at least TWO online pregnancy yoga classes during the time that they are on the course and send online reviews (this document will be sent to trainees at the beginning of the course).

Teaching - written assignment 3

Plan and write an hour's pregnancy yoga class lesson plan with chosen theme/bhav.

Teaching – observational class assessment for the hour's class 5 trainees will be assessed whilst teaching via Zoom (or if not doing intensive they shall send a video recording), which should include use of Sanskrit and giving modifications and offering variations, and Sanskrit language as appropriate.

In order to maintain high standards and ensure that we keep our good reputation, it is important that you reach a certain minimum standard. Whenever we feel that this is not the case, we will talk to you personally and try to put things right. The assessment is on a continuous basis and you will receive feedback on your progress. Students who do not meet the required standards will be asked to improve on the areas of weakness, and demonstrate that they have done this, before being issued with a certificate. All successful students can be registered on the database of accredited teachers at Yoga Alliance.

Prerequisites

Students are required to already have a 200hr teacher training certificate or equivalent. Successful applicants should be in good health and have stable personal circumstances to complete this course with the focus and dedication it requires. Before being accepted on to the course prospective trainees must attend a videocall with Lead Trainer, Louisa.

Accreditation

This course is accredited by Yoga Alliance Professionals.

“Our teacher training course has met the stringent requirements set by Yoga Alliance Professionals.

Our graduates are trained to the highest standard and are eligible to register with Yoga Alliance Professionals.”

GDPR

GENERAL DATA PROTECTION REGULATION

Upon registration as a student of our training course, you consent to your contact details (name, email and phone number) being passed onto our partners, Yoga Alliance Professionals, so they can contact you directly and invite you to register as a Trainee and Teacher and that you understand that you have the option of opting out of this registration process.

Admissions Procedures

Step 1: Fill out and submit the application (found on the ‘contact’ page of www.yogateachertrainer.co.uk) or contact us to receive an application by mail.

Step 2: Once an application has been submitted, you will be redirected to a payment page. Please submit full payment for the course. Once your application and payment are received, your application will be reviewed. An application will not be reviewed without payment.

Step 3: An acceptance packet, which includes additional information about the training will be e-mailed to the applicant within 2 weeks after the application and deposit have been received.

Please only submit an application if you are seriously planning to attend if accepted. Thank you.

Payment Information

The cost of the course covers the tuition and all recorded material for this online course including a course manual. Please pay total amount of £300 to secure your space via bank transfer to:

LouisaYoga,

Acc No: 06422228

Sort code: 80-22-60

Full payment for the training is required when all courses commence to allow you access to the online platform (payment plans can be arranged but this must be by arranging a standing order with your bank due to problems in the past with non-payments).

Your application will only be reviewed if your payment has been submitted along with the application. Once your application and payment are received, we will review your application and send you an acceptance email within 1-2 weeks.

Included in the acceptance email is information about the course. If we have any questions on the application, we will email you to check and reserve the right to deny an application if we don't feel the applicant is qualified or can safely complete the course. In this case, your payment will be refunded in full.