



Registered Yoga School



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Course Information

Program: Pre+ Post Natal and Childrens + Teens Yoga Teacher Training Certificate

Prerequisite: There are no prerequisites for this course. All participants need to demonstrate a genuine desire to gain and share knowledge about yoga for prenatal and postnatal women, children and teens.

Days: 2 Days

Location: Nusa Lembongan or Canggu, Bali

See website for upcoming dates:

<http://santoshayogainstitute.edu.au/yoga-teacher-training/pre-post-natal-kids-ytt/>

Graduation: 4:00pm on the 2nd day

Study Hours: 14 hours

Contact Hours: 16 hours

Yoga Alliance: 30 Continuing Education Units for Yoga Alliance registered teachers

Investment: \$399 AUD for past Santosha students/ \$449 for non-Santosha students

Accommodation: Please refer to the Accommodation Guide for your course location

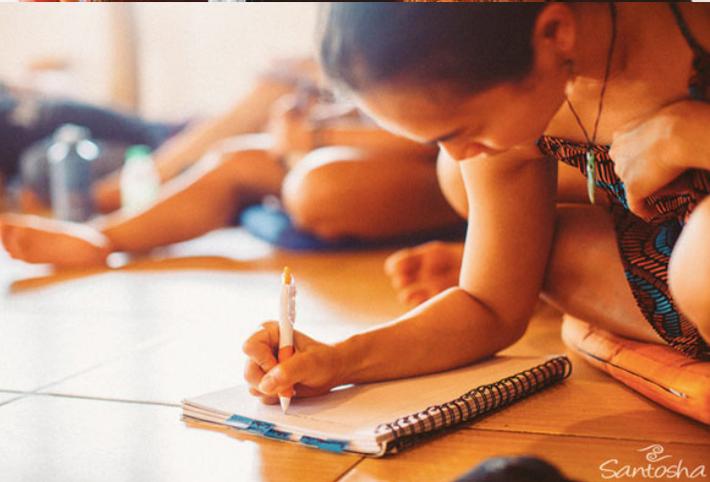


What to Bring

- Yoga mat (you may also be able to borrow a mat depending on your location)
- Pens/highlighters/notepads etc.
- A journal
- Small towel for yoga practice
- Meditation shawl and Japa Mala beads (meditation beads) if you have these
- Relevant books
- A smile on your face and a heart full of adventure

Your Investment Includes

- Experienced, knowledgeable yoga teachings
- Downloadable pdf - Pre+ Post Natal and Childrens + Teens Yoga Intensive Manual
- A Santosha Yoga singlet
- A promised life changing experience with lots of fun and laughter!





Pre + Post Natal and Childrens + Teens Overview

The Santosha Prenatal, Postnatal, Children's and Teen Yoga Intensive is an inspiring course that will provide you with the skills and knowledge to share the benefits of yoga with new and expectant mothers, children and teens. The course is suitable for anyone interested in enriching their understanding of the applications of yoga in these areas, whether your goal is to practice as a specialist yoga teacher, apply the knowledge to your work in a range of fields, or simply to deepen and evolve your own yoga and life experience.

Santosha's pre and postnatal course modules are formulated to provide students with the knowledge, confidence and holistic understanding of appropriate asanas and practices for safely teaching pregnant women during and after pregnancy. Prenatal Yoga classes provide an opportunity for expectant mothers to develop greater vitality and awareness of their blooming body that is home for two, as well as to deepen their relationship with their unborn baby. Gentle postures, breath work, vocal toning & meditation are taught to cultivate flexibility, calm and confidence in preparation for labor and childbirth. Women are assisted to access greater relaxation, comfort and enjoyment. Calmness & flexibility ease the birthing process, thus reducing pain and increasing the joy of giving birth.

With prenatal yoga, women prepare for as active, enjoyable and natural a birthing experience as possible. The course provides practitioners with the skills to empower mothers and enrich their experience of this transformational time in their lives.

The children and teen yoga modules offer a comprehensive experiential based training that will give you the building blocks to specialize in teaching children's or teen's yoga as a career. This is fundamentally one of the most important and vital areas of yoga teaching because teaching our children and youth will help to create a profound change in our world. Planting the seeds of peace in our children will allow them to experience the benefits of yoga, share them and practice them throughout their lives!

Teaching our teenagers yoga can provide them with beneficial lifelong tools to help them cope with daily stresses, navigate exams and deal gracefully with the increasing pressures placed upon them as they transition into adulthood. By sharing the magic of yoga with the children and youth of today we are helping to create a better world tomorrow, one child at a time.

Why Pre + Post Natal and Childrens + Teens

Specialising in pre and postnatal yoga and yoga for children and teens has the potential to be a deeply inspiring and rewarding path for a yoga teacher. Sharing in the transformational experience of childbirth and supporting children and teens to take their place in our world as confident, calm and inspired beings is a privilege, a joy and a much-needed service.

There is a great demand for specialist pre and postnatal teachers and children's yoga teachers as these areas grow in popularity by the day. The skills developed in this course will assist all yoga teachers to refine their teaching to accommodate pregnant women or new mothers, children and teens in generalist yoga classes. The course also contributes 30 Continuing Education Units for Yoga Alliance registered teachers. Any Santosha student can attend these courses at a discounted rate.

An understanding of the benefits of yoga is useful for anyone who works with women and children. The skills and understandings imparted in the course may be used as tools across a range of professions including healthcare, education, childcare, community work and disability services.

Finally, yoga as a lifestyle, a life practice, is a wonderful tool for all mothers and children to apply to their daily lives for increased health, happiness, wellbeing and tranquility.

Who Should Attend

- Anyone interested in enriching their own knowledge and experience of the benefits of yoga for mothers, children and teens.
- Yoga teachers and teacher trainees interested in discovering the benefits and applications of yoga to pre and postnatal women, children and teenagers.
- Mums and mums-to-be interested in learning more and empowering themselves on their journey.
- Doulas, midwives, partners and anyone involved in the birthing process
- Teachers, childcare workers, youth workers, community workers and anyone who works with children and young people.

Why Our Course is Unique

- We include ERYT teachers for the Teacher Intensive.
- We create comprehensive and innovative modules in our trainings.
- Graduates can use their time with Santosha toward Yoga Alliance certifications.
- Santosha prefers quality over quantity. Thus we keep our class sizes small.
- All students receive post-graduate support. We are always an email away for questions and answers.

Prenatal Yoga

Our prenatal yoga module begins with an overview of the rejuvenating power of yoga for women in all stages of their reproductive life. We then move on to a comprehensive discussion of the benefits and applications of yoga for pregnant women in the three trimesters of pregnancy.

We focus on techniques to increase vitality and reduce backache, enhance breath control, improve circulation and lymphatic drainage, calm, strengthen, open and relax. The course then discusses yoga techniques to assist in active birth, particularly the use of pranayama and relaxation techniques as well as hip-openers and techniques to open the pelvis and birth canal. Finally, we provide the tools to guide women through calming meditations and creative visualisations to promote a sense of connection, equanimity and peace.

Teaching Areas

- Outline the general guidelines for effective prenatal yoga practice
- Define objective of each asana practice
- Sequence yoga sessions for non-pregnant women at different stages of reproductive cycle
- Contraindications for non-pregnant women
- Sequence appropriate yoga sessions for pregnant women in each trimester
- Contraindications for each trimester
- Pranayama and breath awareness
- Apply yoga principles in active birth
- Energetics, emotions, and physical aspects of pregnant women
- Meditation
- Toning pelvic abdominal vocal
- Common conditions and how to manage them
- Use of bolsters and blankets for comfort

Criteria

- Discuss basic principles of modifications during menstruation
- Display ability to use variations props during menstruation and pregnancy
- Describe basic guidelines of poses to be avoided and why
- Display an understanding of the three trimesters and how practice may differ depending on each stage
- Sequence a range of yoga routines tailor-made for the individual

Assessment methods

- Class participation – 100%

Postnatal Yoga

Santosha's postnatal yoga module focuses on two key areas – the use of yoga to strengthen and rejuvenate a woman's body following pregnancy and providing a haven of relaxation to promote the wellbeing of new mothers.

The module outlines techniques for addressing common post-pregnancy issues such as backache; loose abdominal and pelvic floor muscles and discusses sequencing and the use of props. A comprehensive guide to designing restorative yoga classes is included, as is an overview of yoga for mums and bubs.

Teaching Areas

- Understanding the post-natal mother
- Outline the general guidelines for effective postnatal yoga practice
- Define the objective of each asana practice
- Sequence yoga sessions for postnatal women
- Contraindications for postnatal women
- Pranayama and breath work
- Use of props and restorative practice
- Use of asana modifications
- Toning pelvic abdominal vocal
- Common conditions and how to manage them

Criteria

- Describe the basic rehabilitation needs for women after giving birth
- Discuss various props to be used for restorative yoga
- Sequence a range of yoga routines, tailor-made for the individual

Assessment methods

- Class participation – 100%%

Childrens' Yoga

The children's yoga module provides an overview of the applications of yoga for children aged 3-12. It discusses the benefits of yoga for stress release and prevention, physical wellbeing and fitness, coordination and life!

The module provides a guide to tailoring asanas for children at different developmental stages, designing fun sequences and yoga games, and a range of associated yoga activities to promote awareness, compassion, radiance and consciousness in little beings.

Teaching intentions

- Outline the general guidelines for effective children's yoga practice
- Tailor yoga asanas for children based on developmental stages
- Sequence yoga sessions for children
- Use age-appropriate props
- Tools and tricks to make children's yoga sessions fun
- Tools for creating guidelines and rules for a children's yoga class
- Pranayama and importance of relaxation techniques
- Yoga for children with special needs

Criteria

- Encourage participation through group yoga and partner yoga
- Discuss key points to make yoga fun
- Sequence a range of yoga routines for children
- Demonstrate understanding of yoga for children with special needs

Assessment methods

- Class participation – 100%

Teens' Yoga

The Yoga for Teens module explores the unique needs of teenagers as they blossom into young adults. The module outlines techniques for sequencing classes that challenge and extend teenagers and meet their need for increased responsibility and independence.

We also discuss the need to support teens spiritually as they open to their soul's purpose and explore their place in the world. We focus on class management techniques to engage and inspire. Finally, we cover a range of stress management techniques to help teens embrace the challenges of their daily lives with grace and strength.

Teaching intentions

- Outline the general guidelines for effective teen's yoga practice
- Tailor yoga asana for teenagers
- Sequence yoga sessions for teenagers
- Use age-appropriate props
- Pranayama, yoga nidra and meditation

Criteria

- Discuss ways to tailor yoga for teens
- Encourage participation through group yoga and partner yoga
- Encourage focus through use of challenging asanas and acro-yoga
- Sequence a range of yoga routines for teens
- Pranayama and importance of relaxation techniques

Assessment methods

- Class participation – 100%



Requirements for Students

- Attend all modules and practice teaching sessions.
- Spend a minimum of one hour a day studying notes, doing assignments and/or general reading. For some, it may be more fun and beneficial to study in a group.
- Show respect to all teachers and peers.
- Come to each session with a beginner's mind. That is, open to learn new ideas and concepts without prejudice.
- Practice the Yamas and Niyamas - live yoga.
- Students are required to read/sign and hand in the Student Agreement on registration day. A student cannot attend classes until these are signed and handed to the facilitator of your course.

Upcoming Dates

The course runs over two days. You can find our upcoming course dates here:
<http://santoshayogainstitute.edu.au/yoga-teacher-training/pre-post-natal-kids-ytt/>

Accommodation and Travel to Bali

Please refer to our Accommodation Guide for details of both our onsite accommodation and offsite recommendations. The cost of your accommodation will depend on your choice - we offer suggestions to suit all budgets. All accommodation and room inquiries are to be made directly with the venues. For general details on travel to Bali, visa etc, our Student Handbook has all the information you will need.

Your Training Investment

- \$399 AUD for past Santosha students
- \$499 AUD for non-Santosha students

Course costs do not include flights, accommodation or meals.

Please note there is a \$149 AU non-refundable deposit included in this price, which cannot be returned in the event of a cancellation on your part.

You can view our upcoming dates and sign up for the course here:

<http://santoshayogainstitute.edu.au/yoga-teacher-training/pre-post-natal-kids-ytt/>



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Contact Us

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